

The RBC EmployeeCare Program

Concerned about the Ebola outbreak?

How the RBC EmployeeCare Program Can Help

Recent news headlines about the Ebola virus have many people worried. If you're feeling anxious about the outbreak or you're concerned about friends, co-workers or family members who may live, work or travel in affected areas, the [RBC EmployeeCare Program](#) can help.

Contact us any time, 24/7, to speak confidentially with a professional consultant who can help you cope with feelings of anxiety, and access helpful, accurate information. Or, go online to www.lifeworks.com to read:

- *What You Should Know About the Ebola Virus* (a feature available on the homepage)
- *When Media Coverage Makes You Anxious, How to Use the Program, Helping a Child Manage Fears After a Traumatic Event* (articles available under *Crisis* in the *Life* section)

You can also visit the following websites to access reliable information about Ebola:

- <http://www.cdc.gov/vhf/ebola> - The Centers for Disease Control and Prevention (CDC) provides information on Ebola hemorrhagic fever (Ebola HF) including the most recent outbreaks.
- <http://www.who.int/mediacentre/factsheets/fs103/en> - The World Health Organization (WHO) lists key facts regarding the Ebola virus including transmission, symptoms and treatment.

We're here for you 24/7.

Contact RBC EmployeeCare any time for confidential assistance.

Toll-free: 1.800.667.3400 TTY: 1.877.616.4422

You can also visit www.lifeworks.com

(English username: [rbc](#) password: [rbccanada](#)

or

French username: [rbcf](#) password: [rbcfrancophone](#)).

