



## COVID-19? CORONAVIRUS? WHAT IS AN EA MEETING TO DO?

The EAI office has received inquiries asking about meeting practices as a result of COVID-19. This office serves as a repository of shared group experience and functions as a resource center for EA members and groups. Providing guidance on health issues is outside the scope of the EAI. We encourage members to contact national, state/provincial, and/or local health authorities for appropriate information. Gathering professional information can help make an informed group decision around this issue, as each group is autonomous, and remembering that it is up to each individual to take precautions for their personal safety. We know there is a lot of concern right now and we deeply value the comfort that can be gained from EA meetings. Each group or individual should determine for themselves whether or not to gather, as different communities are being affected in different ways. The EAI main office will remain open and orders will continue to be filled.

Suggestions for your group to discuss could include: avoiding shaking hands and handholding, making sure meeting hospitality tables are sanitary or suspending food hospitality at this time, reminding individuals regularly to not attend meetings if they have any physical symptoms or exposure. Regardless of group decisions, each individual is responsible for their own health decisions. Other options include participating in phone, chat, skype, and online meetings and this information are available on the EA website. If your group does decide to suspend a face-to-face meeting at this time, please contact the EAI office ([groupdata@emotionsanonymous.org](mailto:groupdata@emotionsanonymous.org)) so we may include updates with your meeting information on the website.

Information about the outbreak is widely available. The Center for Disease Control (CDC) has up-to-date information and suggests the following for prevention:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Wash your hands.

Thank you,

Emotions Anonymous International Staff