



Dear EA Members,

Please read and/or pass out at your meetings. If you plan to suspend meetings, please contact us so we may post that information on the website. Thank you!

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 conscience around this issue, as each group is autonomous, and remembering that it is up to each individual to take precautions for 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 feel ill

Regardless of group decisions, each individual is responsible for their own health decisions. Other options include participating in the phone, chat, skype, and online meetings and this information is available on the EA website. If your group does decide to suspend a face-to-face meeting at this time, please contact the [EAI Database Coordinator](#) 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:

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

Thank you,

Emotions Anonymous International Staff

EA Connection

The March newsletter is now available to view online through our website [here](#). It is also available to download and print [here](#).

Interested in writing something for EAI?



Slogan 9 – This too shall pass.

What if my EA meeting is postponed....



You can participate in other ways that we offer meetings, information can be found [here](#). You can also participate in [The Loop](#) or

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