

March 18, 2020

Dear CAUSE Foundation Volunteers and Supporters,

We are currently in a health crisis that is unprecedented in our lifetimes. Flight Attendants are on the front lines in this pandemic and we and all citizens of our country and around the world awaken each morning to new numbers, closures and instructions on staying as safe as possible. The CAUSE Foundation encourages you to take care of yourselves, families and those close to you by complying with social distancing (as much as possible) and getting help if you suspect exposure or are feeling ill.

Many are experiencing strong emotions relative to the COVID-19 outbreak. We encourage you to get help when you or your family need it. Please educate yourself on who to contact and how and where to find help if you are experiencing symptoms.

- Take care of yourself by eating healthy foods, exercise regularly and get plenty of sleep.
- Share your concerns and how you are feeling with a friend or family member. Seek help when you need it. Clergy, counselors and doctors are available.
- Stay informed and rely on reliable sources, not necessarily social media where many rumors and misinformation could be forthcoming. It's also a good idea to take a break from the news and try reading, going outdoors or working on hobbies to distract yourself and ease the stress.
- You may also contact these resources:

AFA EAP International Help Line 800-424-2406

UAL Employee Assistance Program (844) 327-9990

Counselors provide confidential support and are there to assist you 24/7.

The Centers for Disease Control at www.cdc.gov

CAUSE continues to rely on your generous donations, whether through payroll deduction donations or our online platform at: www.thecausefoundation.org

United Airlines and The CAUSE Foundation will survive this. CAUSE will continue to offer assistance to our qualified recipients and will rely on your generous support in order to continue that assistance.

Stay vigilant and stay healthy.

Kathy Ochenrider, President
The CAUSE Foundation