

# Precautionary actions to minimize exposure to coronavirus disease (COVID-19)

As we learn more about the spread of the coronavirus disease (COVID-19), here are a few steps you can take to minimize exposure and maintain your health and well-being.



## Practice Basic Hygiene

- Wash your hands—for at least 20 seconds—after going to the bathroom, before eating, after coughing/sneezing/blowing your nose, when entering/exiting public areas
- Don't touch your eyes, nose, or mouth
- Cover your coughs and sneezes, ideally with a tissue, or your sleeve
- Clean and disinfect frequently-touched areas and objects



## Minimize Unnecessary Exposure to Others

- Consider working from home if you or a member of your household is not feeling well or recently traveled to an affected area
- Consider postponing non-essential travel and leverage technology to meet virtually when possible
- Ensure online tools and security protocols are in place to support remote work



## Stay Informed

- View the latest information from the [Centers for Disease Control and Prevention](#) (CDC)
- Consider enrolling in the [CDC Smart Traveler Program](#) if you expect to travel abroad
- Additional information and resources are available through the [World Health Organization](#)



## Stay in Touch

Keeping safe distances doesn't prevent you from keeping in touch. Now's a good time to communicate to provide calm and reassurance to clients, family members, and at-risk members of your community.

Together we can help maintain a safe and healthy environment for everyone.

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### Important Information

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76029 | M20-46875 | 03/2020 | EXP 03/31/2021