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#stayhomestayhealthy

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ADVICE ON COVID-19

COVID-19 CHALLENGES

We're facing a challenging and difficult period in our lives at the moment, COVID-19 is changing the way we live. Each person, company, and government, is trying to deal with this in the best way possible, and we will continue to do the same.

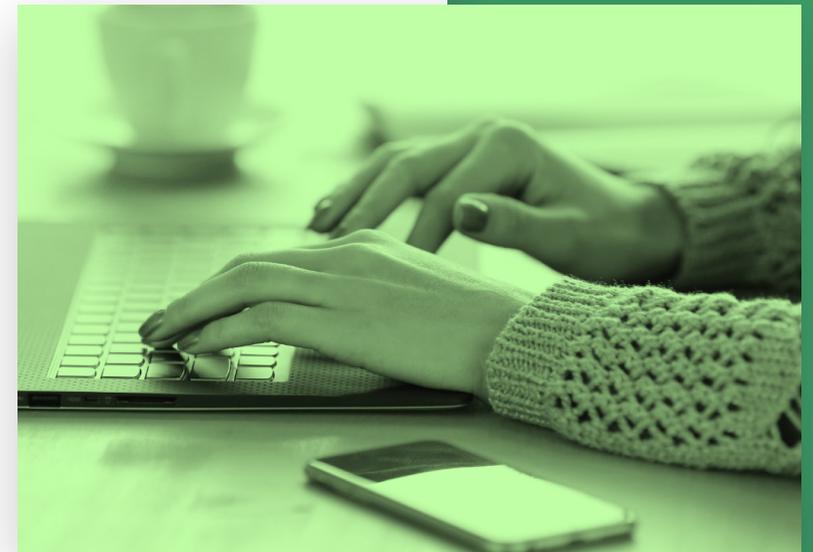
Paddy Power is no exception. We're all working remotely and doing our part to contain this pandemic and protect our community. We're helping our employees to deal with the outbreak the best way we can, and making sure their wellbeing is our top priority.

ADVICE ON COVID-19

WORK FROM HOME

Working from home can be challenging, but there are many ways to reduce the impact this is having, which can also be very rewarding! Here are some tips we can follow to help us be more productive during the Covid-19 outbreak:

- Wake up at least 30 minutes before your workday starts and take off your pajamas. It will get you in the right headspace for work;
- Find what type of space you're most productive in, which you'd associate with your job. Get off your couch/bed;
- Pay attention to ergonomics – Be aware of your posture, and set alarms to periodically; Get up; Put your feet up; Add a rolled towel for lumbar support; Elevate your laptop; Make sure you have computer accessories that are ergonomically tailored for you, with appropriate distance from your monitors and suitable lighting;
- Keep a structured daily schedule and make sure you have well defined goals;
- Take frequent breaks; making sure you're catching some daylight, and taking a break from anything work-related;
- Socialize with your co-workers to keep the loneliness at bay.



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WORK-LIFE BALANCE

Parental Advice

Children can struggle with expressing their fear and concerns verbally, which can often lead to behavioral changes. There are signs of stress and anxiety which you can look out for, including sleeping problems, headaches and stomach aches.

Have an informative conversation about the coronavirus, and encourage your children to share everything they've heard so you can determine which facts you need to tell them first.

Remember that, above all, this is an opportunity to create better relationships with your children. Create a structured family routine and enjoy the time together!

Learn different skills

Take the chance to learn new skills. Udeemy is a great choice if you're looking for a catalog of courses at a reasonable price. During this quarantine period Udeemy has provided more than 400 extra courses, and many teachers have also released their content, for free!

Working out is important

Keep moving! Our gyms might be closed, but sports professionals joined their followers and started training through live feeds. Exercise is vital for our mental and physical health and is arguably more important than ever during periods of self-isolation.

Keep social

Reinforce the relationships with your family, talk with your friends, maybe even arrange that coffee meet up you've postponed time and time again!



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COMMUNITY SUPPORT

Giving Back to the Community

Paddy Power engages in CSR throughout the year, but there are times when we can go further. This is a time for empathy, and together we can overcome this. How? Small gestures make a big difference!

Here is a list of 10 suggestions on how we can help during the Covid-19 outbreak:

1. Before going to a supermarket or a restaurant to get food, call and ask some of your neighbors if they need you to bring them anything;
2. Volunteer to walk the dogs;
3. Ask your neighbors would they like you to check for their post;
4. Does anyone need help around the house? Mowing the grass or watering the plants can be a good help;
5. Volunteer to take out the trash;
6. If you have a special talent, why not cheer up your neighbors from your balcony?
7. If you have children at home and need to entertain them, why not suggest they draw a couple of pictures to brighten up your neighborhood;
8. Create an online group for your entire neighborhood, so you can communicate more effectively;
9. Pick up the phone, and call some of your most vulnerable neighbors. Even just a brief 'hello', could make all the difference to someone;
10. Even if your neighbors initially say they don't need anything, be persistent. The truth is, some people have a hard time accepting help.



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