

COVID-19 Resources

Support Services for Employees Health and Safety Guidance	
California Department of Public Health <ul style="list-style-type: none"> Community Outreach Resources and Communications CDPH New Releases for Daily COVID-19 Updates COVID-19 Alerts Protect Yourself Getting Care Protecting Others Employment 	World Health Organization <ul style="list-style-type: none"> Stay Safe Situation Updates Research and Guidance Overview of Coronavirus Prevention Symptoms <p>WHO Interactive Map</p>
Centers for Disease Control and Prevention <ul style="list-style-type: none"> Help Protect Yourself What To Do If You Are Sick Symptoms Slow the Spread Cloth Face Covers COVIDView Weekly Surveillance Self-Checker Take Extra Precautions Cases in the U.S. Healthcare and Public Health 	CDC Travel Advisories <ul style="list-style-type: none"> Travel Health Notices Travel Advice and Resources Frequently Asked Questions
Social Emotional Health	
Employee Assistance Program (EAP) <ul style="list-style-type: none"> This may be a stressful time and wellness resources are available in person or remotely through CVT. EAP is available to all covered employees and their covered dependents. New COVID-19 Featured Content: <ul style="list-style-type: none"> ✓ How to talk to kids about COVID-19 ✓ How to talk to older kids about COVID-19 ✓ Financial uncertainty in uncertain times ✓ How to keep your family healthy ✓ How to stay healthy ✓ When and where to get the right medical advice ✓ Effective handwashing <p>Centers for Disease Control and Prevention</p> <ul style="list-style-type: none"> Stress and Coping <p>National Alliance on Mental Illness</p> <ul style="list-style-type: none"> How to Protect Your Mental Health During the Coronavirus Outbreak <p>Nation Suicide Prevention Lifeline</p> <ul style="list-style-type: none"> 1-800-273-8255 	
What can I do to prevent the spread of the virus?	
<p>There are steps you can take to minimize your exposure to illness:</p> <ul style="list-style-type: none"> Stay home while you are sick and avoid close contact with others. Wash your hands often and vigorously with soap and water for at least 20 seconds. Avoid touching your eyes, nose or mouth with unwashed hands. Avoid contact with people who are sick. Wear a cloth face covering when going out in public. Cover your mouth/nose with a tissue or sleeve when coughing or sneezing. Clean and disinfect frequently touched objects and surfaces. 	
What should I do if I show symptoms of COVID-19?	
<p>If you are showing symptoms of COVID-19 (fever, cough, shortness of breath) at work, notify your manager immediately that you need to leave the workplace. Immediately contact your health care provider to get guidance on next steps. You should immediately begin at-home isolation, and next steps should be made in accordance with guidance from health care professionals.</p>	
If I stay home after exhibiting symptoms, do I need to take leave?	
<p>Please contact your supervisor or HR to determine your leave options.</p> <ul style="list-style-type: none"> Cathy Lasure, Assistant Superintendent for Personnel: CLasure@mrpk.org Kelli Burns, Director of Classified Personnel: KBurns@mrpk.org 	

