

# COVID-19 Newsletter April 3, 2020

## INTRODUCTION

Your health and safety are very important to us, and we greatly appreciate your hard work and dedication during this time of uncertainty. As we navigate through this pandemic together, we are committed to doing our best as a company to bring you resources and tools that we hope will be helpful to you and your families.

Included in this newsletter are links for free services for Tax Relief, HUD Relief for Homeowners, Livestream Music, Kids Resources, Online Exercise, and EAP Services.

## Covid-19: How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Maintain 6 feet for social distancing.

## RESOURCES & LINKS

### Tax Relief Information

The IRS has established a special section focused on steps to help taxpayers, businesses and others affected by the coronavirus. [This link](#) will take you to the IRS website where you can find information such as the tax deadline date, economic impacts and what you need to know, FAQ, and guidance on tax assistance.

### HUD Fund for Homeowners Amid Coronavirus

HUD provides immediate relief for homeowners amid the nationwide Covid-19 response. You can find information on foreclosure and eviction moratorium guidelines [here](#).

### Free Livestream Concerts This Week

Since we can't attend live concerts, the links below are

livestream performances by many artists that you can stream from the comfort of your home:

- [HTTPS://WWW.CNET.COM/NEWS/EVERY-LIVE-CONCERT-AND-BAND-YOU-CAN-STREAM-FROM-YOUR-HOME/](https://www.cnet.com/news/every-live-concert-and-band-you-can-stream-from-your-home/)
- <https://www.wkar.org/post/list-live-streaming-concerts#stream/0>

### Free Exercise Videos

It's important to stay active during a "Stay at Home" order. The links below provide access to free workout videos online varying from cardio, yoga, and weight training. Each of following links provides access to free videos that you can enjoy:

- <https://www.health.com/fitness/coronavirus-at-home-workout>
- <https://www.youtube.com/user/yogawithadrien>

### FREE KIDS RESOURCES DURING COVID-19

While the kids are at home and learning online, [this link](#) offers some resources for eBooks, virtual museum tours, and educational information that may help with both learning and entertainment while school remains closed.

### DISASTER DISTRESS HOTLINE (FREE GOVERNMENT SERVICE FOR COUNSELING)

[This site](#) provides free government counseling assistance and a free hotline for information on infectious diseases. The Disaster Distress Helpline is open to everyone. You may call for yourself or on behalf of someone else.

### Employee Assistance Program (EAP)

Cigna also offers an Employee Assistance Program (EAP) to members via their 24/7 contact line 1.877.622.4327. For non-Cigna members, the toll-free hotline is 866.912.1687. Cigna has additional information at the following link regarding COVID-19 [Coronavirus microsite](#). Cigna also offers a [Cigna's Disaster Resource Center](#) which contains educational tools including disaster-related handouts for employees along with links to community resources for recovery.