

COVID-19 Newsletter May 15, 2020

INTRODUCTION

We understand that dealing with the Covid-19 crisis has been a challenge both personally and professionally and greatly appreciate your ongoing hard work, dedication, and support. We will continue to do our best as an organization to bring you resources and tools that we hope will be meaningful to you and your families.

Included in this newsletter are links for Benefits.gov, NFL updates, getting a goodnight's sleep, America's test kitchen, staying hydrated, and a guide to important links.

Covid-19: Staying Safe

- If you have a cough, sore throat, fever, chills, muscle aches, or loss of taste/smell, contact your doctor.
- Wearing a face mask when leaving home can help save lives.
- 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.
- Call 2-1-1 for assistance.

RESOURCES & LINKS

Benefits.Gov

On Benefits.gov you can find government benefit information related to healthcare, food and nutrition, mental health resources, financial assistance information, as well as a hotline for additional support. They also provide a hotline for domestic violence if you or someone you know needs assistance. Simply log onto [Benefits.gov](https://www.benefits.gov) for more information.

NFL Sports Update

For sports fans, the NFL is planning to begin their season in September 2020. While there will be contingency plans in place due to Covid-19, you can find the full 2020 schedule at [NFL](https://www.nfl.com).

Recommendation for a Goodnight's Sleep

Good sleep habits are important according to the CDC. Here are a few tips to assist you:

- Be consistent.
- Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
- Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom.
- Avoid large meals, caffeine, and alcohol before bedtime.
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.
- For more information, go to [sleep help](https://www.cdc.gov/sleep).

America's Test Kitchen

A special collection of 50 free recipes (pantry meals, make and freeze, baking projects, and more) for everyone during the COVID-19 emergency. Please go to [recipes](https://www.testkitchen.com) for more information as well as to sign up for a free newsletter.

Good Hydration

Hydration is essential for everyone, not just athletes. As part of Cigna's approach to staying healthy, you will find links to staying hydrated and how to create delicious smoothies. Click [here](#) and [here](#) to learn more.

Guide to Important Links

[Centers for Disease Control \(CDC\)](https://www.cdc.gov)

[World Health Organization \(WHO\)](https://www.who.int)

[Disaster Distress Hotline \(Free Government Service for Counseling and Resources\)](https://www.dhs.gov)