

COVID-19 Newsletter April 10, 2020

INTRODUCTION

We are committed to your health and safety and greatly appreciate your continued hard work and dedication during this time of uncertainty. As we navigate through this pandemic together, we will do our very 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 the CDC on face coverings, Cigna telehealth, CDC myth busters, daycare and family resources, and free cooking videos.

Covid-19: How can I help protect myself?

Wearing a face mask when leaving home can help save lives.

- 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.

masks, which are in short supply. It is extremely important that N95 masks are reserved for those who need them most and have the highest risk of infection, including medical professionals and healthcare workers.

You can follow instructions available online from the CDC on how to make your own face mask [here](#).

Face coverings should be washed after each use. These measures will help flatten the curve and save lives.

Face Covering Do's and Don'ts

Do:

- Use it to completely cover your nose and mouth
- Read the directions provided to you on use of the mask
- Put it on properly and adjust it as necessary throughout the day
- Wash your hands and face after removing the mask before touching your face
- Keep it clean
- Keep it away from running machinery or equipment that could entangle the mask
- Keep it on your person when you are not using it
- Request or make a new one if it becomes damaged or in any way unsanitary

Don't:

- Let it obstruct your vision
- Wear it if it causes any difficulty in your ability to breathe
- Wear it if it causes your safety glasses or reading glasses to fog up and impair your vision
- Let it hang around your neck
- Lay it on a surface where it may contaminate the surface or lay it on a surface that may already be contaminated
- Use it if it is damaged in any way

Cigna Telehealth

Telehealth (also known as telemedicine) is the use of technology such as computers and mobile devices to help you get health care from anywhere, anytime. If you subscribe to Inter-Con's medical plan, this service is available to you. To help mitigate the spread of disease, if you don't have an urgent medical need, Telehealth is a safe alternative to visiting a clinic. Learn more [here](#).

RESOURCES & LINKS

Face Covering VS A Mask

On 4/3/20, the CDC revised their recommendations to the public and are recommending face coverings when out in public and or while working an essential job. Our employees should check with their supervisor and or manager regarding use of face coverings.

In the City of Los Angeles, effective 4/10, the Mayor is requiring that all essential business employees wear a face mask or cloth covering (bandana, fabric, scarf) when working and or visiting an essential business.

A face covering is not the same thing as a mask.

At this time, you should not be purchasing medical grade

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CDC Myth Busters

There is a lot of information circulating about Covid-19. The CDC has put together some [myth busters](#) to help clarify some of the facts around this virus. It's important that you always obtain information from a trusted source such as the CDC or WHO.

Locating Daycare, Family Day Care & Child Care Financial Resources

The following links provide you with guidance on childcare and family care across the U.S. There are also resources for Nanny Services. Please note that there may be fees for service.

[Child Care Aware](#)

[National Database of Child Care](#)

[Office of Child Care](#)

Free Online Cooking Classes

The food network channel is offering a free 3-month trial on their App. You can use the App for 3 months to take advantage of their cooking classes as well as kitchen skills videos. Learn more [here](#).

How to Wear a Cloth Face Covering:

Face coverings should:



- Be fit snugly but comfortably against the side of the face.
- Be secured with ties or ear loops.
- Include multiple layers of fabric.
- Allow for breathing without restriction.
- Be able to be laundered and machine dried without damage or change to shape.