

COVID-19 Newsletter July 1, 2020

INTRODUCTION

With the recent increase in the spread of this disease, we want to assure all our employees that we are taking all necessary precautions to keep you safe at work and share information as it becomes available to us. We will continue to bring you resources and tips that we hope will be helpful to you and your families. We thank you all for your continued hard work, dedication, and support.

Included in this newsletter are links for tips to avoid injury, company HIPAA information, social distancing reminders, virtual vacations, and healthy eating.

Covid-19: Resources

- Call 211 for Covid-19 related assistance.
- Maintain 6 feet of social distance.
- Wash hands often for at least 20 seconds.
- Use an alcohol-based hand sanitizer.
- Always go to a reputable site for information such as the CDC or WHO.
- Wear a face covering whenever you are out in public.
- If you are sick, stay home.

remain protected from disclosure. You can rest assured that Inter-Con complies with HIPAA and all privacy laws to protect your private information.

SOCIAL DISTANCING AND SAFE PRACTICES

As we start to see more business reopen, it's important to continue to practice safe distancing. Many states continue to see new cases daily so it's critical that we each do our part to keep ourselves and other safe. Here are some reminders per the CDC:

- Maintain 6 feet of social distancing.
- Clean shared surfaces regularly.
- Wear a face covering whenever you are out in public.
- If you are sick, stay home.
- If you have been exposed to someone with Covid-19, tell your manager.
- Wash your hands for at least 20 seconds with soap.

For more information, visit [CDC Covid-19](#).

TOP 10 VIRTUAL VACATIONS

Accuweather is sharing the top ten virtual vacations to places such as Hawaii, New York, Iceland, and more. Take a vacation from the comfort of home at [virtual vacations](#).

HEALTHY EATING

The HelpGuide offers information on how to eat healthy. This site offers suggestions for a healthy diet, cooking at home, and healthy foods for kids. Visit [Healthy Guide](#) for more information.

RESOURCES & LINKS

CIGNA'S TRAINING TIPS TO AVOID INJURY

According to CIGNA's wellness center, stretching before and after working out helps keep your body balanced. It prevents muscles from over-compensating and interfering with your form. Here are some recommended stretches to get you started. Go to [prevent-injury](#) to learn some simple stretching exercises.

WE COMPLY WITH HIPAA

As COVID-19 cases increase and more employees have a need to take a COVID related leave of absence, Inter-Con ensures that all protected health information is and will