

COVID-19 Newsletter May 1, 2020

INTRODUCTION

We greatly appreciate your ongoing support, hard work, and dedication while we navigate through the challenges of Covid-19 both personally and professionally. We remain committed to your health and safety and 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 Contractors Loan Program, 2-1-1 state resources, making a difference during Covid-19, podcasts, and family entertainment.

Covid-19: How can I help protect myself?

- Call 2-1-1 for Help with Covid-19.
- Wearing a face mask when leaving home can help save lives.
- Follow instructions on the CDC site for homemade masks link.
- 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.

Making a Difference During COVID-19

Covid-19 has created challenges in our everyday lives. As we each do our part to help slow the spread of coronavirus disease, you may wonder if there is more you can do to help. If so, please click [here](#) for tips from the FDA.

Podcasts

While we continue to stay “Safer at Home,” [here](#) are some podcasts you might enjoy about staying healthy, meditation, sleep, and money matters.

Family Entertainment

If you are looking for some new ideas to entertain your family, please check out the links below:

- [San Diego Zoo Cams!](#)
- [Kelp Cam!](#)
- [Mothers’ Day Crafts for Kids](#)
- [Watch John Krasinski’s “Some Good News”](#)

LA County Pet Adoptions

The Los Angeles County Department of Animal Care and Control (DACC) is currently waiving adoption fees at all seven animal care centers to quickly place animals in homes during the COVID-19 crisis. For more information please click [here](#). Adoptions are by appointment only.

RESOURCES & LINKS

Contractors Plan Loan Program

If you participate in Inter-Con’s 401k program, you may be eligible to borrow up to \$50k or 50% of your vested account balance. For more information, log into your account at www.TheContractorsplan.com. For questions, you can also contact the benefit call center at 1-855-495-1189 M-F 7am-7pm central time.

2-1-1 State Resources

If you, or someone you know, needs assistance paying housing bills, finding food, or other various essential services, you can dial 2-1-1 directly or go to [211 Help](#) for assistance in your state.