

COVID-19 Newsletter May 8, 2020

INTRODUCTION

As we continue to navigate through challenges during Covid-19, please know that we remain committed to your health and safety and greatly appreciate your continued support, hard work, and dedication. 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 CDC updates, financial resources, Masterclass, digital library, free online photography class, and a free Disney drawing class for kids and adults.

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.

been in close contact with anyone who has tested positive for COVID-19 or is presumed to be infected with COVID-19, you must quarantine for 14 days from your last contact with that individual. If you begin experiencing symptoms, you must self-isolate for 10 days and 72 hours after fever and symptoms subside. For more information, go to [CDC](#).

Finances/Economic Impact Payments/Taxes/Student Loans

If you are looking for information on student loans, IRS filing, Social Security information, student loans and more, please click on [Financial Resources](#) for helpful tools.

Masterclass

Masterclass provides a platform to learn from industry experts in various industries including, but not limited to, Culinary courses, Entertainment, Film Writing, Sports & Games, and Science and Technology. The program is approximately \$180.00 for unlimited access to all classes. For more information click [here](#).

Online Photography Class

The Professional Photographers of America (PPA) has opened its entire catalogue of online photography courses to everyone free of charge. There are over 1,100 courses to choose from across a variety of topics for beginners and more advanced photographers alike. Courses will be free until the end of May, and all that's required is signing up for a free account with the PPA. For more information click [here](#).

Free Disney Drawing Class

Disney has offered free online drawing classes for years. The step-by-step tutorials are taught by professional Disney animators, and your kids can simply follow along and learn to draw your favorite Disney characters. For more information log onto their site at [Disney Drawing](#).

RESOURCES & LINKS

CDC Update

The Centers for Disease Control and Prevention have updated their guidance on how long people who are positive for COVID-19 should self-isolate. New evidence suggests it may take longer for the virus to shed, which means that an infected person may be able to infect other people for a longer period than originally thought. People who are positive or presumed positive for COVID-19 should now self-isolate for **10 days and 72 hours** after fever and symptoms subside. This means you must stay home until your fever has resolved without the use of fever-reducing medications and there is improvement in your respiratory symptoms (e.g., cough, shortness of breath) for at least 3 days (72 hours) after recovery, **AND** at least 10 days have passed since your symptoms first appeared or you were tested. If you have