



Employee Update – March 17, 2020

The Office of Human Resources Management (OHRM) will issue periodic updates to Prince George's County Government employees during the [activated situational telework program](#) and the Coronavirus Disease 2019 (COVID-19) pandemic. In each *Employee Update*, you'll find information and tips from OHRM, the latest COVID-19 information, and additional tips to support you.

Keep Informed:

Employee Info from Human Resources	County Updates on COVID-19	Tweets from the County Executive	Tips and Info for Working Remotely
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Feeling Sick? Stay Home & See a Doctor

Do you have a cough? A sore throat? A fever? Now—more than ever—it's important to stay home when you're not feeling well. With the Coronavirus Disease 2019 (COVID-19) pandemic, we are actively trying to slow down the spread of the disease with social distancing, good hygiene (e.g., washing your hands), and self-quarantine measures when you feel sick.



So, how do you get medical attention when you're practicing social distancing and trying to self-quarantine at home? You see a doctor—*online*. Both of the County's healthcare providers ([Cigna](#) and [Kaiser Permanente](#)) offer video visits to see medical professionals using a smartphone or computer with a webcam.

With video visits, you can access care 24 hours a day—even on weekends and holidays. Medical professionals can treat and prescribe medications for medical conditions such as allergies, a cold or the flu, earaches, infections, nausea, and sore throats.

For more healthcare and wellbeing resources related to COVID-19, visit ohrm.mypgc.us.

Calls for Compassion:

Now for Adults, Teens & Kids

From *Level Up* – Your Employee Wellness Program

For the next few weeks, Level Up's partners at Aetna will provide [virtual listen-in sessions](#) (15-20 minutes in length), which will include positive readings, guided meditation and grounding practices.

New sessions for kids and teens! Do you have children at home who could use some stress relief? Have them dial into one of the [free sessions](#). For more employee wellness information, visit princegeorgescountymd.gov/levelup.