

## Employee Resources for COVID 19

Following are links to resources you might find helpful during this time. This document will be updated as new information is received. Many of the below links are to websites that might also be updated frequently. If you find a link that no longer works, feel free to email me and I will try to locate the updated link.

Sincerely,  
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### Coronavirus (COVID-19) – General Information

The outbreak of *coronavirus disease 2019 (COVID-19)*, caused by the novel (new) coronavirus strain discovered in China, is causing concern for people worldwide. Residents are encouraged to follow the advice of their local and national governments, public health authorities, and health care providers. The following news outlets and health organization websites are updated regularly:

- CNN provides live, daily updates here: <https://edition.cnn.com/specials/asia/coronavirus-outbreak-intl-hnk>
- Channel News Asia keeps a running update of the Wuhan outbreak here: <https://www.channelnewsasia.com/news/topics/coronavirus-covid-19>
- The **U.S. Centers for Disease Control and Prevention (CDC)** has a robust hub monitoring the outbreak: <https://www.cdc.gov/coronavirus/index.html>
- The **World Health Organization (WHO)** has a page on the novel coronavirus here: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

### City of Benicia Insurance Provider Links containing information on COVID-19

<b>Kaiser Permanente</b>	<a href="https://healthy.kaiserpermanente.org/health-wellness/coronavirus-information">https://healthy.kaiserpermanente.org/health-wellness/coronavirus-information</a>
<b>Employee Assistance Program (EAP)</b>	<a href="https://www.mhn.com/members/news/what-you-need-to-know-about-covid-19.html">https://www.mhn.com/members/news/what-you-need-to-know-about-covid-19.html</a>

## **Online Resources for Working from Home**

How to Work from Home Without Losing Your Mind

<https://www.entrepreneur.com/article/253800>

The Health Benefits of Working from Home

<https://thriveglobal.com/stories/the-health-benefits-of-working-from-home>

How to Work from Home During the Coronavirus Outbreak

<https://www.flexjobs.com/blog/post/working-from-home-outbreak>

Coping with Stress During the 2019-nCoV Outbreak

[https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a\\_2](https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2)

How to Keep Yourself Happy and Productive if You're Working from Home because of the Coronavirus Outbreak

<https://www.businessinsider.com/work-from-home-tips-health-2019-4>

## COVID-19 Child Care Resources

Follow these links for the Center for Disease Control's recommendations regarding school closures and a checklist for teachers and parents:

### **CDC- Checklist for Teachers and Parents:**

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/checklist.html>

### **CDC- Considerations for School Closure**

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/considerations-for-school-closure.pdf>

Below are some web resources for locating day care centers, family day care homes, child care financial assistance, and in-home child care resources:

### **Resources for locating Out-of-Home Child Care Providers and Financial Assistance:**

<http://www.childcareaware.org/resources/map>

<https://childcareta.acf.hhs.gov/licensing>

<http://www.acf.hhs.gov/programs/occ/resource/ccdf-grantee-state-and-territory-contacts>

### **Resources for hiring an In-Home Child Care Provider:**

The websites listed below are online posting boards that help families find a nanny or babysitter independent of a placement agency. These sites allow parents to place an advertisement for a caregiver or browse the resumes of nannies and babysitters who are looking for a child care position. Please note that there may be fees associated with these services and that parents are responsible for checking references. Some sites partner with background check agencies, and services are available for an additional fee. Please click on the following links for additional information:

<http://www.gonannies.com>

<http://www.care.com>

<https://www.seekingsitters.com>

<https://www.care4hire.com>

<https://www.nannylane.com>

<http://www.sittercity.com>

<https://www.urbansitter.com/>

Also, listed below is the contact information for nanny agencies that place caregivers nationwide. Please keep in mind that in providing a list, we have not confirmed if these agencies place caregivers in your area. You may wish to contact these agencies for additional information.

Heartland Estate Staffing

P.O. Box 16623

Missoula, MT 59808

406-542-0241

<http://www.estatestaffing.com>

Nanny Poppins, Inc.

4 Rex Lane

Acton, MA 01720

888-849-6090

<https://nannypoppinsagency.com/>

For a list of Nanny Agencies by state, please visit the Association of Premier Nanny Agencies (APNA) website:

<https://theapna.org/apna-member-agencies/#!/directory/map>

### **Creative Child Care Solutions:**

Due to the temporary closure of many child care providers and schools, locating an opening at an out-of-home child care facility can be extremely difficult. Now is the time to reach out to your community. We anticipate that many child care workers that will be displaced from their jobs may be willing to offer child care services to those that still have to show up to work. It is also possible that you have stay-at-home parents or individuals in your local community network that would be more than happy to offer assistance. We understand that asking for help can be awkward and maybe even anxiety-inducing, but crises have the capacity to make a community stronger in unexpected ways. So in addition to the above resources, below are some creative solutions for finding care:

- Post to social media or online parenting groups to see if any friends or those in your local community could care for your child(ren).
- Post to Next Door (<https://nextdoor.com/>) to see if anyone in your surrounding neighborhood could care for your child(ren).
- Coordinate with co-workers to watch each other's child(ren).
- Try to work an opposite shift of the secondary parent (if applicable) to cover needed supervision
- Reach out to family members and friends to see if any are available to assist.
- Ask your supervisor if they could assist in coordinating creative care solutions. If you're a supervisor, help to be as flexible as feasibly possible to accommodate any coordination being attempted by employees in accordance with your business practices.
- See if you can get the information from your school or daycare for teachers or caregivers that may be offering temporary care. These caregivers should already be CPR and First Aid certified, and will probably be the best option for any children that have special needs that have to be accommodated.
- Call your local United Way to see if they know of any additional local child care resources in your area (<https://www.unitedway.org/find-your-united-way>)