

EMPLOYEE COVID REFERENCE GUIDE

As Centra, we recognize there are several sources and recommendations directed at individuals around COVID-19. We know that this can be very overwhelming and hope the information below is helpful in navigating this difficult time.

The main resource we look to is the Centers for Disease Control & Prevention (CDC). Use the following link for Interim Guidance for Businesses and Employers Responding to Coronavirus Disease:

https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html?deliveryName=USCDC_2067-DM25771

As Centra, we are also closely monitoring the outbreak of COVID-19, the disease caused by the novel Coronavirus. This includes information on what to do if you have symptoms, Please see the link below for access to the most up to date information:

<https://www.centrahealth.com/coronavirus>

Additional Information

What Should I Do Before Going To The Emergency Room?

- If you are not experiencing emergency symptoms, call the Coronavirus Care Line first at **434.200.1225** and they may send you to one of our testing locations (no drop-ins).
- If you are not sure if you are experiencing coronavirus symptoms, call your primary care provider first or use Centra 24/7 online virtual visits.
- If you are experiencing difficulty breathing among other symptoms of COVID-19 and feel you need emergency care, call 911 and tell them you are experiencing difficulty breathing and that you think you might have the Coronavirus.
- If you think you may have symptoms of the coronavirus or have been in contact with someone who has been diagnosed, please call before entering any healthcare facilities and follow the CDC recommendations for preventing the spread.

Feeling Overwhelmed with the Outbreak?

When talk of a virus outbreak hits close to home, it's normal to feel stressed about a potential pandemic and emerging health crisis. No matter how you're feeling, your free Work/Life Services can help. Get connected to outside people and resources that can help you with tasks that feel overwhelming such as childcare, household help, etc.

Try these tips if you're feeling overwhelmed or fearful about an outbreak.

1. Don't inflate the risk

Our brains are used to taking something that is made to sound scary and unknown, and inflating the risk of it actually happening to us. It's a part of our brain's intrinsic, built-in fight-or-flight response. Big and scary gets attention. Ordinary but also potentially bad for our well-being gets less attention.

2. Take normal, healthy precautions

Both flu and coronaviruses are spread through everyday contact, through touch, a cough, or a sneeze. If you're sick, stay home and don't go to work or out in the world. If you're not sick, stay away from close contact with a person who is and engage in healthy habits when it comes to cleanliness. Wash your hands regularly and thoroughly. Carry a small travel-sized bottle of hand sanitizer with you and use it regularly.

3. Avoid over-consumption of media

Limit your consumption of media and stories related to the outbreak. Scientists and public health officials are working overtime to better understand the virus and are looking at ways to limit its impact. Trust in their work and efforts. If you need updates, check out a government resource for the best, most accurate information, such as the U.S. Centers for Disease Control and Prevention (CDC).

4. Use your past coping skills

Use what's worked in the past to help manage anxious feelings. Maybe it's engaging in self-talk, to undo the irrational thoughts coming into your head with rational, fact-based responses. Whatever works to help relieve your stress and reduce your anxiety.

Brought to you by your Centra family

