

## TIP SHEET: RETURNING TO WORK AFTER COVID-19

It can be stressful reacclimating yourself as you prepare to return to work following the novel Coronavirus (COVID-19) pandemic. This stress can often create mental, physical and emotional challenges that can feel overwhelming as you try to adjust to a new 'normal' over the coming weeks and months.

This tip sheet is designed to provide you with information and resources to help make your return to work as stress-free as possible.

### CHILDCARE RESOURCES

With the possibility of schools and daycare centers remaining closed, coordinating childcare can be extremely difficult as you get ready to return to work. Below are suggested ways to help you navigate possible alternatives, such as:

- Reaching out to family members, stay-at-home parents or friends who may be available to assist you as you return to work.
- Asking your supervisor if flexible shifts or hours are available. It may be possible to alternate schedules with your spouse/partner to minimize or even eliminate the need for alternative childcare.
- If you are a supervisor, be as flexible as possible to accommodate employees in accordance with your business practices.
- Checking for resources from your local school and/or childcare center about temporary care providers.
- Posting to social media or online parenting groups to find additional childcare options.
- Posting to Nextdoor (<https://nextdoor.com/>) to see if anyone in your surrounding neighborhood could care for your child(ren).
- Searching for local grassroots childcare co-ops and matching services that are quickly coming online to help address needs during this time.
- Contacting your local United Way about local child care resources (<https://www.unitedway.org/find-your-united-way>).

### IN-HOME CARE PROVIDER WEBSITES

The websites listed below are online posting boards that allow parents to browse the resumes of nannies and babysitters who are looking for a childcare position. It is important to note that there may be fees associated with these services and that parents are responsible for checking references of the individuals they hire. Some sites partner with background check agencies whose services are available for an additional fee.

- <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/>

## TIP SHEET: RETURNING TO WORK AFTER COVID-19

### FINANCIAL SUPPORT RESOURCES

While some businesses begin to slowly reopen, many will remain closed or continue to alter their business methods. With these changes, you may be worried about things such as paying your bills or purchasing daily necessities like food and water. When these worries arise, it is important to understand the tools and resources available to help you with all of your financial decisions.

- Check with your financial institution on assistance they can provide regarding deferring payments or loans.
- If you have a professional financial consultant, it may be a good time to revisit your long-term plan and adjust accordingly.
- Reach out to any credit card providers where you may be late on payments as you may be able to work out a payment plan to help ease other financial burdens.
- If you are struggling with paying back your loans, reach out to your loan servicer to learn about repayment options such as lower payments per month, deferments or forbearance of payments.
- Reach out to your SupportLinc or a free financial consultation to ease any financial stress you may be experiencing.

### STAYING PHYSICALLY HEALTHY

Currently, there is no vaccine to prevent infection of COVID-19 and the best way to protect yourself is to avoid being exposed to the virus. To do so, the CDC recommends everyday preventive actions to help slow the spread of COVID-19 and other respiratory viruses, such as:

- Avoiding close contact with people who are sick and stay at home if you are sick.
- Avoiding touching your eyes, nose and mouth with unwashed hands.
- Covering your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe. These include things such as tables, doorknobs, light switches, counters, faucets and other household items or appliances.
- Following the recommendations for using facemask:
  - Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.
  - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or is unable to remove the mask themselves.
  - The cloth face cover is meant to protect other people in case you are infected.
  - Do NOT use a facemask meant for a healthcare worker.
- Continuing to keep about 6 feet between yourself and others and avoid crowded places and avoid mass gatherings. The cloth face cover is not a substitute for social distancing.
- If possible, avoid using public transportation, taxis or ridesharing applications.
- Washing your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing:
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60 percent alcohol.