



Coronavirus COVID-19
HERE TO HELP



COVID 19 PLASMA DONATION REMINDER!

The Federal Drug Administration (FDA) has recently approved the donation of plasma as it looks to the development of treatments for the coronavirus. Per the FDA, convalescent plasma is an antibody rich product made from blood donated by people who have recovered from the coronavirus or COVID 19. Preliminary research suggests that the use of convalescent plasma can lessen the severity and length of those suffering from the coronavirus.

Hospitals in our area have been using this treatment with great success as highlighted on the news in recent days. Plasma donations are being accepted throughout our region and The Jefferson Blood Donor Center in Philadelphia is one such location. If you have recovered from the coronavirus and are at least two weeks removed from your last symptoms, please consider setting up a screening to donate through The Jefferson Blood Donor Center. One donation has the ability to help up to four patients and this treatment is saving lives!

FIVE OF OUR COWORKERS HAVE ALREADY PARTICIPATED! THANK YOU!

<https://www.jeffersonhealth.org/coronavirus-covid-19/covidplasma.html>

Here's a great article that reinforces the need for the plasma donations

<https://www.npr.org/sections/health-shots/2020/05/11/852354920/market-for-blood-plasma-from-covid-19-survivors-heats-up>

**Health Advocate offers a FREE nurse line!
For non-urgent health issues please call 877 240 6863.
This nurse line is available 24 hours a day, 7 days a week.**

Better Together Community News

Norcross Joins Local Food Distributors to Discuss Food Security During COVID-19 Pandemic
U.S. Congressman Donald Norcross (NJ-01) joined representatives from Del Monte Fresh Produce and Holt Logistics Corp. today to discuss their food donations to our local communities and the work they have done for our local food banks.

To view the full article, click the link below:

<https://norcross.house.gov/media-center/press-releases/norcross-joins-local-food-distributors-discuss-food-security-during>

**For More Articles and News Coverage go to our website and click the
Better Together Community Resource Link:**

<https://www.holtlogistics.com/covid-19/>



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MANAGING STRESS - NOW AND IN THE FUTURE

Health Advocate is offering a recorded webinar entitled How to Manage Stress During and After the COVID 19 Outbreak. Since this webinar is recorded, it can be viewed at your convenience. The information about the webinar is included below:

As the COVID-19 pandemic continues, many people are experiencing stress and uncertainty about their current situation as well as what is to come next. Even as some regions begin loosening restrictions, we still face an unknown future that can cause fear and anxiety.

Join us for this brief webinar to discuss tools and techniques to manage stress related to both ongoing and potential future challenges and maintain mental well-being during this difficult time.

<https://engage.vevent.com/index.jsp?eid=6194&seid=1418#/main/simplify>

401K PARTICIPANT SERVICES CENTER- 1 844 749 9981
NJ CORONAVIRUS AND POISON CENTER HOT LINE – 1 800 222 1222
GREATER PHILADELPHIA CORONAVIRUS HELPLINE – 1 800 722 7112

COVID 19 TESTING

Rite Aid has expanded the number of stores that are offering **FREE** testing. At this time, they are also now testing people without symptoms (**MUST BE OVER 18 AS TESTS ARE SELF ADMINISTERED UNDER THE GUIDANCE OF A PHARMACIST**).

Local Rite Aids participating in this testing include Sewell, NJ; Barrington, NJ; Wilmington, DE and several Philadelphia, PA stores. To schedule a test, please use the below link:

<https://www.projectbaseline.com/study/covid-19/>