



Coronavirus COVID-19
HERE TO HELP



Outdoor Safety

With nice days like we had this past weekend, a lot of us are likely spending more time outside. Please take a moment to read this article that reminds us with warmer weather and the opening of some parks, we still need to take precautions, as the battle against COVID 19 continues.

<http://blog.healthadvocate.com/2020/04/working-out-safely-outdoors/>

Don't forget about sun safety!

It is more than just applying sunscreen!

https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

**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.**

Local Donations

Food banks and charitable organizations need assistance as the request for food continues to rise.

If you are able to make a contribution, consider supporting the following local organizations and be sure to check out their wish list and order items they need.

New Jersey - local community food bank

<https://angelsoutreach.org/covid-19-help/>

Supports Greater Philadelphia area

<https://www.philabundance.org/>



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Guardian - Dental care

Most dental offices are closed with the exception of emergency appointments. Our dental insurance provider, Guardian, is offering tele dentistry visits. While these video visits do not take the place of preventative dental care, they allow you to speak to a dentist to discuss any specific dental need. This is also a great way to speak to a dentist to determine if an emergency visit is required. The below link provides additional information around tele dentistry - which is free to Guardian members until the end of June.

<https://www.guardianlife.com/coronavirus/teledentistry-member-guide>

Also, don't forget about Guardian's full website should you need to find a dentist or get a new dental card. If you are not already registered, be sure to register under 'benefits through my **employer**'.

<https://www.guardianlife.com/login>

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 Questions?

As the Coronavirus/COVID 19 pandemic continues, there has been a lot of information shared by the Centers for Disease Control (CDC), state governments and local health departments.

The CDC website has a great Frequently Asked Questions section.

If you are confused about information or looking for a specific answer, please use the below link.

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>