

WHAT IS THE CORONAVIRUS (COVID-19)?

The entire world is talking about the **Coronavirus Disease 2019 (COVID-19)**. COVID-19 is caused by a respiratory virus first identified in Wuhan, Hubei Province, China. This is a new virus that hasn't caused illness in humans before, but has now become a pandemic—spreading around the world. The situation is rapidly evolving. Stay informed with these resources from the County Health Department and the U.S. Centers for Disease Control and Prevention (CDC):

[What are the symptoms?](#) | [How do I protect myself and others?](#) | [How does it spread?](#) | [What is social distancing?](#)

[Prince George's County COVID-19 Updates](#) | [State of Maryland COVID-19 Updates](#)

PROTECT YOUR PHYSICAL & MENTAL HEALTH



Focusing on our physical and mental health helps us to be there for our families, friends, and neighbors.

Employee Assistance Program—KEPRO

Available 24 hours a day, the [KEPRO team](#) can help you find counseling resources (8 free sessions), as well as locate adult and child caregiving services, and more. Put the EAP to work for you! Call 877-334-0530 or visit [EAPHelpLink.com](#) (Company Code: prince georges).

Video Visits

Both of the County's healthcare providers offer video visits to their members. **What's a video visit?** It's a great alternative to making an appointment and having to go to your doctor's office. With video visits, you can make an appointment and see a medical professional from your smartphone 24 hours a day. Medical professionals can treat and prescribe medications for medical conditions such as allergies, a cold or the flu, earaches, infections, nausea, and sore throats. Learn more about video visits:

Cigna members – [get started here](#) or visit [myCigna.com](#) | **Kaiser members** – [get started here](#) or visit [kp.org](#)

MAKE THE MOST OF YOUR (KIDS') TIME



With schools and daycare centers closed for weeks due to COVID-19, you may be looking for ways to keep your kids entertained and learning. These online resources are available to you—and your kids!

Explore a little culture and education

Experience the best museums from the comfort of your own home by browsing [online tours and exhibits](#).

Follow a live cam

Tune in and watch animals at play at the [Maryland Zoo](#), the [National Zoo](#), and the [Philadelphia Zoo](#).

Keep learning while schools are closed

Take advantage of Scholastic's free Learn at Home [online resources](#).