

Not feeling well? Try a Video Visit.

See a doctor from the comfort of your home.

Both of Prince George's County's healthcare providers ([Cigna](#) and [Kaiser Permanente](#)) offer video visits to see medical professionals using a smartphone or computer with a webcam. With video visits, you can access care 24 hours a day—even on weekends and holidays. Medical professionals can treat and prescribe medications for medical conditions such as allergies, a cold or the flu, earaches, infections, nausea, and sore throats. For more info, visit ohrm.mypgc.us.



OHRM

Office of Human Resources Management

Employee Update – March 23, 2020

The Office of Human Resources Management (OHRM) will issue periodic updates to Prince George's County Government employees during the [reduction in government operations](#) and the Coronavirus Disease 2019 (COVID-19) pandemic. In each *Employee Update*, you'll find information and tips from OHRM, the latest COVID-19 information, and additional tips to support you.

Keep Informed:

Employee Info from Human Resources	County Updates on COVID-19	Tweets from the County Executive	Tips and Info for Working Remotely
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Reduction in Operations Due to COVID-19: Handling the Stress at Home

While the County has reduced its operations to minimize the spread of the Coronavirus Disease 2019 (COVID-19), OHRM and Level Up want to provide you with some helpful tips for you and your family to support your social distancing efforts.

Reclaim Your Calm

Everyone gets overwhelmed sometimes. But too much stress can be hard on your health — and Level Up is here to share healthy habits with you to help you keep calm:

Sweat more, stress less

Symptoms of stress can create a vicious cycle between your mind and body. Exercise helps to break this cycle by relieving tension and releasing feel-good brain chemicals that fight the effects of stress. Social distancing doesn't mean that you can't go outside.

Suggestions:

- Find some way to be active each day, and head outside if the weather permits.
- Try something new online—search for a yoga class or a cardio workout online. Find something that matches your exercise level and consult your doctor beginning a new workout.

Take a break to breathe

When stress strikes, try a few minutes of deep breathing. Being mindful of what can trigger your stress can also help you maintain your cool.

Unplug to recharge

Your phone needs time to recharge, and so does your brain. Disconnecting from digital devices for a little while each day can help you stress less, sleep better, and spend time doing more rewarding activities.

Suggestions:

- Breathe in for a count of five, hold for a count of five, and exhale for a count of five. Repeat 10 times or until you start feeling more calm, grounded, and focused.
- Need more? Search for a free meditation app or website online. Many apps offer free guided meditation to support stress relief.

Suggestions:

- Set aside time each day (1-2 hours) that you do not touch your electronic devices.
- Spend this time doing anything besides looking at a screen—play a board game, read a book, play with your pet, or try something creative like painting, journaling, or drawing.

Continue to Make the Most of Your (Kids') Time

This difficult time can be particularly hard on young children. Their routines at school and at home have been disrupted. Here are some online resources to that are available to you and your kids to provide some education and entertainment:

Tour the world's largest art museum

Take a virtual trip to Paris, France and [visit the Louvre Museum](#).

Head to outer space

Digitally explore the surface of [Mars](#).

Listen to a NASA astronaut read from space

After you see Mars, tune into some *out of this world* [story time](#).

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