



## Employee Update – April 1, 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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### 3 Things You Should Know About:

## Your Aetna Dental Insurance



### Aetna is more than just dental insurance.

Did you know that your Aetna dental insurance comes with more resources? If you’re looking for **support with managing anxiety and stress** during these challenging times, check out some of the tools and resources offered by Aetna:

- Managing Anxiety and Stress through COVID-19 ([Webinar](#))
- Ways to Stay Calm During the COVID-19 Pandemic ([Webinar](#))
- Coping with Coronavirus Fears ([PDF](#))



### Aetna offers parents and children support.

Are you struggling to explain the COVID-19 pandemic to your children? Aetna provides tips and resources to help both children and parents:

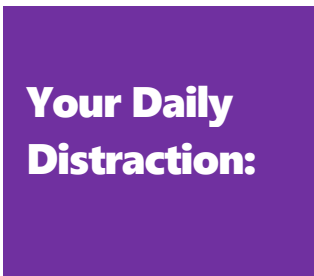
- Helping Children Cope ([Webinar](#))
- You can be a Health Hero! For kids ages 5-10 ([Webinar](#))
- Things to Do at Home with Your Kids ([PDF](#))



### Are you alone? Do you know someone who is? Aetna is here to help.

Are you home alone during this public health crisis? Do you know someone who is alone at this time? Here are some resources for individuals handling the COVID-19 situation alone:

- Feeling lonely? You’re not alone ([PDF](#))
- Things to do while staying at home ([PDF](#))
- Ways to stay connected without leaving your home ([PDF](#))



- **Listen:** Good Morning by Max Frost ([YouTube](#))
- **Watch:** 12 Virtual Disneyland Rides... ([Link](#))
- **Do:** Challenge your friends and family—see who can get 10,000 steps first by the end of the day!

Have you found a good daily distraction (e.g., activity, song or playlist, or anything to make your day a little better)? [Email us your daily distraction.](#)