

## NEW! Kaiser Permanente Makes Temporary Changes to Consolidate Facilities & Services



The outbreak of COVID-19 across the world and here in our region has led Kaiser Permanente (KP) to vastly expand their virtual care services to convert all possible in-person appointments to virtual and postpone non-urgent surgeries and procedures. These efforts have led to a dramatic decrease of in-person visits to KP facilities.

KP will focus resources on caring for the most vulnerable, including those with confirmed or suspected cases of COVID-19. To most effectively focus resources, they will temporarily consolidate Kaiser Permanente medical offices in the Mid-Atlantic region.

For more information on how this will impact locations, urgent care centers, pharmacy, and other services, [read more...](#)



# OHRM

Office of Human Resources Management

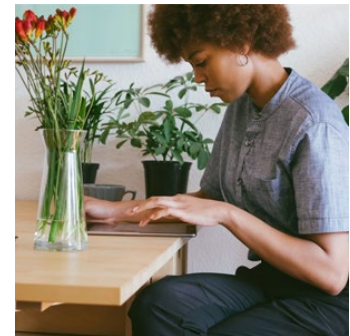
## Employee Update – April 3, 2020

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
------------------------------------	----------------------------	----------------------------------	------------------------------------

## 3 Things You Should Know About: Making the Most of Your Telework Day



1

### Get dressed.

Although many people see comfy clothes as a perk of teleworking, consider the impact on your mindset. It's important to recognize what helps you to feel motivated, successful, and energized for work. This will also help avoid that terrifying moment when your web camera switches on.

## 2

## Create a designated work area.

Create and keep a dedicated workspace. Whether it's a home office, a desk in the corner of your living room, or even the kitchen table, make sure it works for you—make adjustments as needed to your comfort level, which includes good lighting and supportive seating.

## 3

## Control your eating.

Working from home means full access to the kitchen. So be mindful of your food intake. Schedule time specifically for eating to make meals and snacks more satisfying. Listen to your body's cues. Eat only in response to physical hunger and stop when comfortably full – and make sure it's healthy.

**Your Daily  
Distraction**  
*from*  
**Level Up**

Looking for a pleasant distraction today? Look no further. The following distractions were provided by the team behind your employee wellness program, [Level Up](#).

- **Listen:** *I Gotta Feeling* by The Black Eyed Peas ([YouTube](#))
- **Watch:** Take a moment for a virtual vacation today ([Link](#))
- **Do:** Explore free learning websites from pre-K to high school ([Link](#))

*Recommend a daily distraction (e.g., activity, song or playlist, or anything to make your day a little better) and we'll give you credit and a wellness prize [Email us your daily distraction.](#)*

### Office of Human Resources Management

1400 McCormick Drive  
Largo, MD 20774  
301-883-6330

