

COVID-19 RESOURCES

Help for Our Associates During this Crisis.

The novel coronavirus (2019-nCoV) is a respiratory illness that can spread from person to person. The virus originated in Wuhan, China, and has since been declared a global pandemic by the World Health Organization (WHO).

TIPS FOR PEOPLE WITH SYMPTOMS*

- 1 Remain home and isolate yourself from others, except to get medical care.
- 2 Monitor symptoms and seek medical care if they worsen. Call ahead to allow healthcare workers to prepare and protect others.
- 3 Wear a Facemask around other people.
- 4 Cover coughs and sneezes.
- 5 Wash your hands with soap and water for 20 seconds or use a 60% alcohol-based hand sanitizer.
- 6 Do not share personal items such as dishes, drinking glasses, utensils, towels or bedding.

The outbreak of COVID-19 can be stressful. Fear and anxiety about the illness and the uncertainty of what is to come may be overwhelming and cause strong emotions. Coping with stress in a positive way will make you, the people you care about, and your community stronger. Below are some links to provide answers and get the help you need during these uncertain times...

Health:

https://www.whitehouse.gov/wp-content/uploads/2020/03/03.16.20_coronavirus-guidance_8.5x11_315PM.pdf

<https://www.cdc.gov/>

<https://www.azdhs.gov/preparedness/epidemiology-disease-control/infectious-disease-epidemiology/index.php#novel-coronavirus-home>

Utilities:

<https://www.aps.com/support>

<https://www.srpnet.com/about/customer-assistance.aspx>

<https://www.swgas.com/en/covid19>

<https://www.verizonwireless.com/support/covid-19-faqs/>

Taxes:

<https://www.irs.gov/newsroom/tax-day-now-july-15-treasury-irs-extend-filing-deadline-and-federal-tax-payments-regardless-of-amount-owed>

Other Resources:

<https://studentaid.gov/announcements-events/coronavirus>

<https://arizonatogether.org/>

<https://www.phoenix.gov/Resources>

<https://azahcccs.gov/AHCCCS/AboutUs/covid19FAQ.html>

**Source: Center for Disease Control*