



# Newsletter

COVID-19 Edition

Dear City Employee,

Thank you to all of the essential, front line and disaster service workers who have supported the City's response to COVID-19 and to all City employees who have maintained continuity of City operations in these unprecedented circumstances.

As we continue to support the overall health of our City, we must maintain our own health as well. Please consider taking advantage of the below resources and guidance to managing your overall health and safety:

- Universal Testing**- All essential or frontline workers serving the San Francisco community can be tested at anytime regardless of symptoms. [Schedule a Test Today.](#)
- Managing Exposure for City Employees**- We have created guidance for City employees to inform you on best practices to protect yourself against COVID-19 and what to do if you are exposed. Find the guidance [Managing Exposure to COVID-19](#) for City Employees and more on the [DHR website.](#)
- 24/7 Employee Assistance Program**- Your mental health is just as important as your physical health, and services such as the [24/7 Employee Assistance Program \(EAP\)](#) are here to support you through this pandemic.

Please be sure to take care of your health and well-being, so we can continue the fight against COVID-19 safely together.

Thank you again to all of you who have stepped forward in this crisis.

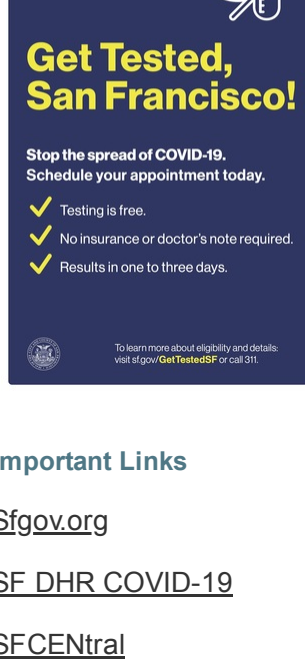
Be well,

**Micki Callahan**

**Human Resources Director**

**Quick Links to Newsletter Sections:**

- [CRITICAL UPDATES](#)
- [WELL BEING RESOURCES](#)
- [EMPLOYEE SPOTLIGHT](#)
- [EMPLOYEE RESOURCES](#)
- [STAY CONNECTED](#)



**Important Links**

- [Sfgov.org](#)
- [SF DHR COVID-19](#)
- [SFCENtral](#)
- [SF Department of Health Coronavirus Facts](#)
- [SF72](#)
- [Centers for Disease Control and Prevention](#)
- [SF DPH Nurse Triage Hotline](#)
- [Disaster Service Workers](#)
- [SFMATA](#)

**Other Updates**

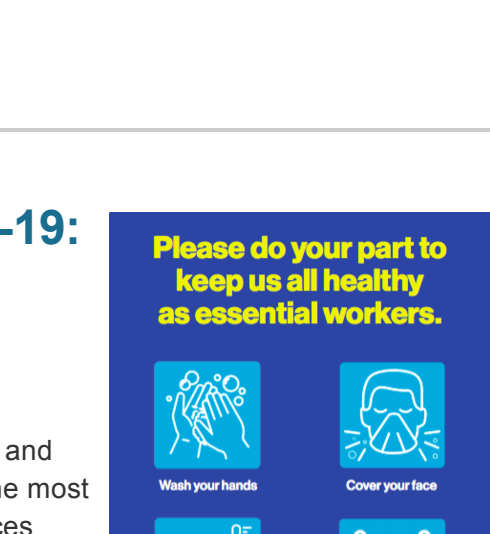
**Universal Testing**

All essential or frontline worker serving the City of San Francisco, can be tested at any time. [Schedule a test today.](#)

**Front Line Worker/ Frontline Workers (FLWH):** The FLWH program provides complimentary hotel accommodations and three free meals a day to City workers and CBO partners who are directly impacted or face greater risk of exposure to COVID-19 while performing essential duties. Access the [Application Portal](#)

## Critical Updates

### Mayor London Breed Announces Updated Budget Impacts as a Result of COVID-19



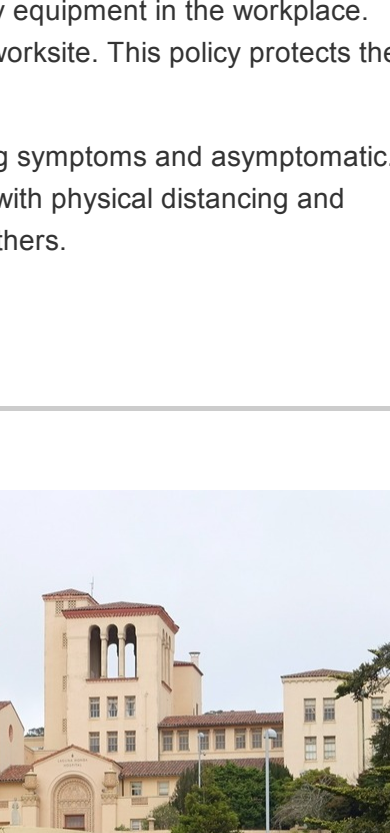
Mayor London N. Breed provided an update about the budget impacts the City is facing as result of COVID-19. A \$1.7 billion budget deficit is expected in the current fiscal year and upcoming two-year budget. In the current year, the City must close a \$250 million shortfall. For the upcoming two-year budget, the shortfall is projected to be \$1.5 billion. These projections assume a slow recovery beginning in late 2020, but if that recovery is delayed due to continued community spread of COVID-19, the projected deficit could grow.

In a report prepared jointly by the Mayor's Budget Office, the Board of Supervisors Budget and Legislative Analyst, and the Controller's Office, a summary of the current projections of the City's General Fund revenue and expenditures for the five-year period from FY 2019-20 through FY 2023-24.

The City has delayed its budget process given the public health emergency. The Mayor will introduce a balanced revised interim budget to the Board of Supervisors by June 1st.

Download the [full report](#) for more details.

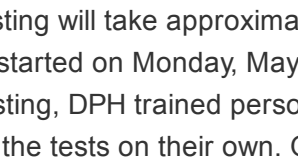
### Managing Exposure to COVID-19: Guidance for City Employees



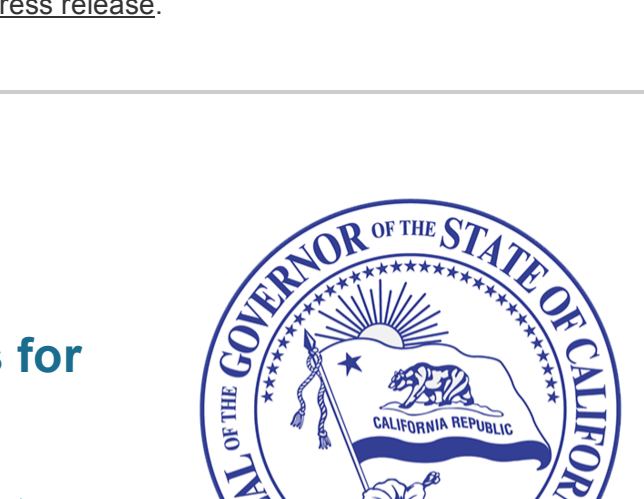
Thousands of City employees continue to report to the workplace to support the City's response to COVID-19 and ensure continuity of business operations. To provide the most recent information and guidance based on best practices developed by the Department of Public Health and the Center for Disease Controls recommendations, we have created a [Managing Exposure to COVID-19](#) Guidance for City Employees. A few highlights include:

- How to Protect Yourself
- What to do if you have been in close contact with someone who has COVID-19
- What to do if you have COVID-19 symptoms
- How to protect those around you if you have been diagnosed with COVID-19
- Cleaning and disinfecting recommendations

For the full guidance PDF please click on the button below.



### REMINDER: Face Coverings Required for City Employees



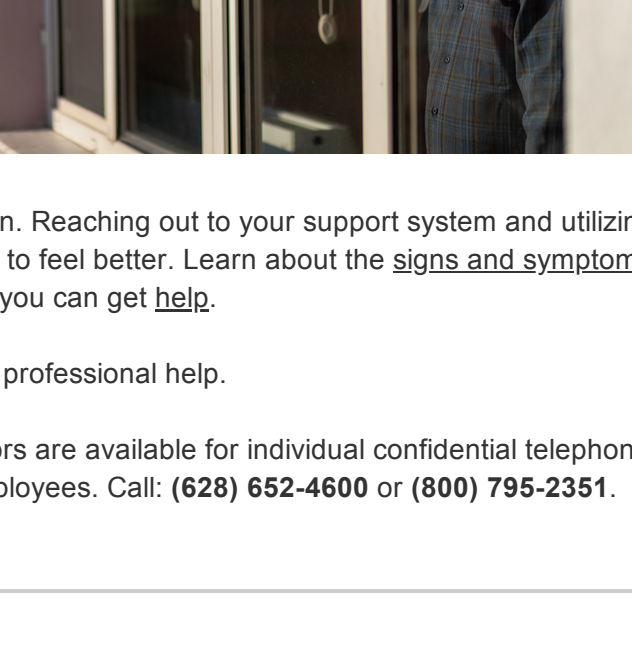
Health Order C19-12 was issued on April 17, 2020. This order requires all residents and employees to wear face coverings in most settings outside of their homes.

Employees are advised that face coverings are required safety equipment in the workplace. Employees without a face covering will not be allowed on the worksite. This policy protects the health and safety of all employees in the workplace.

COVID-19 can be spread by people who are both experiencing symptoms and asymptomatic. Wearing face coverings over your nose and mouth combined with physical distancing and hand washing, can help slow the spread of the COVID-19 to others.

See the [full health order here.](#)

### City Launches Required COVID-19 Testing for Residents and Staff at Skilled Nursing Facilities

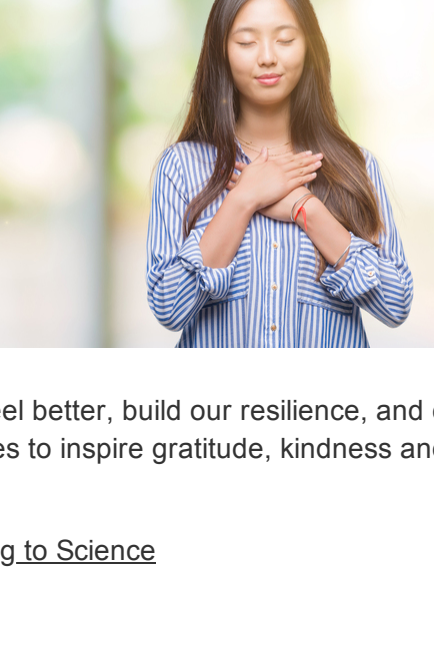


Universal testing is one of a series of resources that the Department of Public Health (DPH) is providing to the City's Skilled Nursing Facilities (SNF). DPH resources for SNFs include guidance on the prevention and management of COVID-19 in long-term care facilities as well as a new set of protocols on outbreak preparedness and response. The testing program and these resources build on the lessons learned from the swift response to the outbreak at Laguna Honda, and the expert support and guidance from the Centers for Disease Control and Prevention and the California Department of Public Health.

The first round of complete SNF testing will take approximately one month and will primarily be administered by DPH staff. Testing started on Monday, May 4th at Laguna Honda Hospital. During the first round of citywide testing, DPH trained personnel at other facilities as needed so that they could begin administering the tests on their own. Once all facilities have been tested, the goal is to establish a regular testing cycle about every two weeks, based on what is currently known about the virus's incubation period. Testing science and technology is rapidly evolving and will continue to inform our response and testing strategy. As more information becomes available about the virus, the testing schedule may adjust.

For more information please go to the full [press release.](#)

### Governor Newsom Announces Workers' Compensation Benefits for Workers who Contract COVID-19 During Stay at Home Order

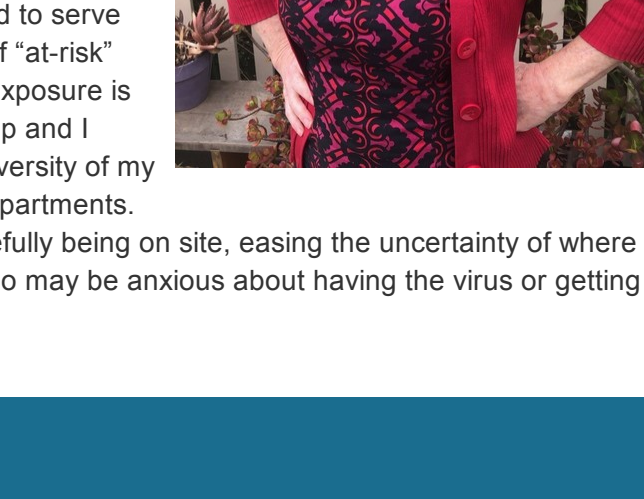


As California has begun to enter Stage 2 of the gradual reopening of the state this past Friday, Governor Gavin Newsom announced on Wednesday, May 6 that workers who contract COVID-19 while on the job may be eligible to receive workers' compensation. The Governor signed an executive order that creates a time-limited rebuttable presumption for accessing workers' compensation benefits applicable to Californians who must work outside of their homes during the stay at home order.

For more information please go to the full [press release.](#)

## Well-Being Resources

### Mental Health Awareness Month: Social Isolation & Depression

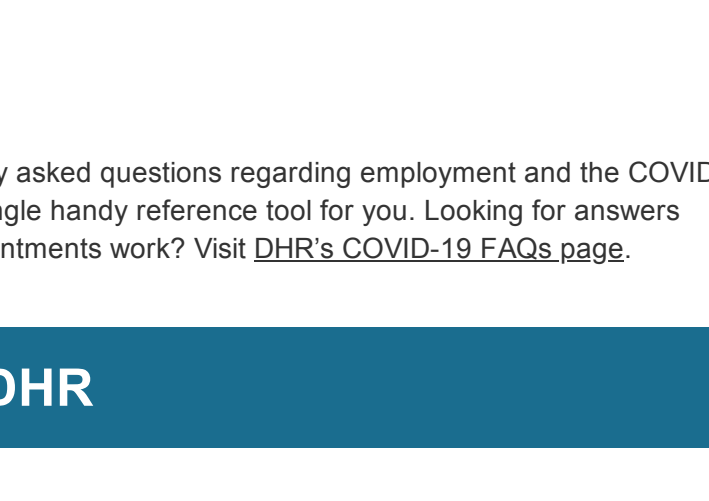


We all feel blue or down at times – It's a normal part of the ups and downs of life. Whether you live alone or with others while we are sheltering in place, you may be experiencing these low points more often. Reaching out to your support system and utilizing your coping strategies may be all you need to feel better. Learn about the [signs and symptoms of social isolation and depression](#) and how you can get help.

If feeling better is still difficult, reach out for professional help.

**24/7 FREE Tele-Counseling:** EAP Counselors are available for individual confidential telephone counseling and consultations for active employees. Call: **(628) 652-4600** or **(800) 795-2351**.

### Celebrate Asian Pacific Islander American Heritage Month with SF Public Library

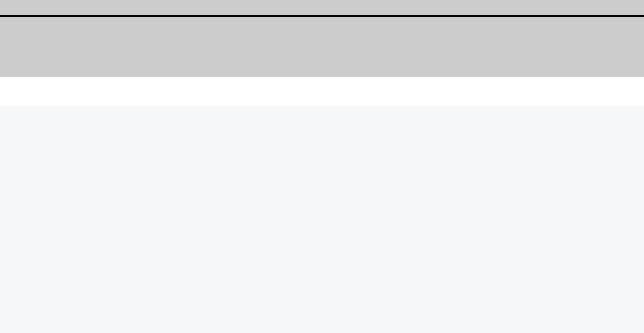


May is Asian Pacific Islander American Heritage Month, and the San Francisco Public Library will be celebrating throughout the month hosting a number of online events including:

- APIA Author Panel: Overcoming Loss of Identity and Trauma
- Book Club: The Mountains Sing by Nguyễn Phan Quế Mai

For additional events and more information please go to <https://sfppl.org/events>.

### Academy @Home



#MuseumFromHome with Academy @ Home! The California Academy of Sciences has created an innovative and interactive way to experience the museum while we shelter in place. Whether you're searching for STEM activities for your kids or just want to keep tabs on your favorite Academy creatures, Cal Academy has curated an eclectic array of science-centric games, videos, and DIY projects to help you stay learning and engaged, wherever you are. Upcoming events include:

- Moon Explorers Online
- Virtual Tours of Outer Space
- Virtual Nightlife, Vol. 4

For more information on upcoming events please go to [calacademy.org/academy-at-home](http://calacademy.org/academy-at-home).

### Well Being Together – Practice Gratitude



Gratitude is taking a moment to acknowledge all the good in your life and be thankful for what you have. Evidence suggests our ability to focus and recognize the positive things in our life that we are grateful for is strongly associated with our happiness and overall ability to be in a good mood. Gratitude helps us feel better, build our resilience, and can foster our connection to others. Below are a few resources to inspire gratitude, kindness and encourage compassion.

- [14 Health Benefits of Practicing Gratitude According to Science](#)
- [Begin a Gratitude Journal](#)
- [Take a Gratitude Quiz](#)

Let's practice gratitude together! Join us for daily activities on our Facebook page. For more support and information check our entire resource guide here: <https://sfhss.org/covid-19-well-being-resources>

## Employee Spotlight

### Shawn Rosenmoss, Greeter at Pier 30/20 COVID Testing Site



Sr. Environmental Specialist at the Department of the Environment

"When people come to the drive or walk through testing site, I wave them in the right direction and if necessary, remind them to roll up their windows. Like most CCSF public servants, I really wanted to serve my city in this crisis, but I am in a couple of "at-risk" groups so needed an assignment where exposure is minimal. I was delighted when this came up and I could be part of a team that reflects the diversity of my city family as there are staff from many departments. Even though it's a small contribution, hopefully being on site, easing the uncertainty of where to go and what to do is helpful to those who may be anxious about having the virus or getting the test."

## Employee Resources

### SF Health Service System Employee Assistance Program (EAP) is Now Available 24/7

EAP is now available to help 24/7. Your emotional health is just as important as your physical health during this COVID-19 pandemic.

If you need a quick stress relief, counseling or a management consultation, give the EAP counselors a call anytime at (628) 652-4600 or (800) 795-2351. We're Here For You!

### COVID-19 Financial Questions

Assessor Carmen Chu has launched a new video series called "Cooped Up with Carmen" to connect residents with information and answer some of the common questions people have shared. So far she has brought in experts to cover topics such as property tax deferral, stimulus checks, 90-day mortgage grace period, student loans, and access to retirement funds. The series is available on her [Facebook page](#).

Are you wondering how the economic impacts of COVID-19 will affect your retirement savings plan? San Francisco's [Deferred Compensation Plan \(SFDCCP\)](#) counselors are available to address your questions and concerns.

### Employee FAQs

We've gathered the mostly commonly asked questions regarding employment and the COVID-19 public health emergency into a single handy reference tool for you. Looking for answers about using leave or how DSW appointments work? Visit [DHR's COVID-19 FAQs page](#).

## Stay Connected to DHR

### Stay Connected through the Department of Human Resources

Whether you are on-site reporting for essential work, deployed as a Disaster Service Worker or sheltering in place, the Department of Human Resources is here to provide you with key information and helpful resources.

**Need individual confidential telephone counseling?**

Contact the [Employee Assistance Program](#).

Find out the **latest updates** through [DHR's COVID-19 page](#).

**Do your part: Stop the spread. Together we can save lives.**

Share this email:

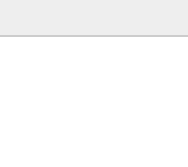
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