



Weekly Newsletter

COVID-19 Edition

Dear City Employee,

With the regional Stay Home Order extended through May, you may be experiencing restlessness and anxiety. If so, I encourage you to take advantage of our expanded [Employee Assistance Program](#) (EAP) services, available to all City employees. Your health and welfare is a top priority.

The City is continually expanding testing for COVID-19. As of May 4, testing is now available to all essential or frontline workers, regardless of symptoms or exposure. Robust testing is a key element of our overall recovery. However, we must continue to follow the Stay Home Order to keep ourselves and our community safe.

While a few departments may soon begin to open certain limited operations, they will do so only to the extent it is safe for our employees and the public we serve. We are still involved in a major fight against COVID-19. Our work as Disaster Service Workers (DSW) will continue. Remember you cannot refuse a DSW assignment when your department contacts you for an assignment. Please refer to the [Employee Notice –COVID-19 Disaster Service Worker Assignments and Employee Leave](#) for more information.

Thank you again to all of you who have stepped forward in this time of great need.

Be well,

Micki Callahan

Human Resources Director

Quick Links to Newsletter Sections:

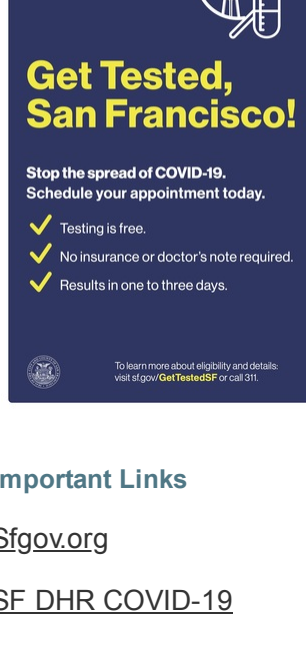
[CRITICAL UPDATES](#)

[WELL BEING RESOURCES](#)

[EMPLOYEE SPOTLIGHT](#)

[EMPLOYEE RESOURCES](#)

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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](#)

[SFMTA](#)

Other Updates

**Supporting Physical
Distancing:** San Francisco
Closes Golden Gate Park's
JFK Drive and McLaren
Park's Shelley Drive to
Vehicles. [Learn more.](#)

Critical Updates

Universal COVID-19 Testing for All Essential Workers in San Francisco

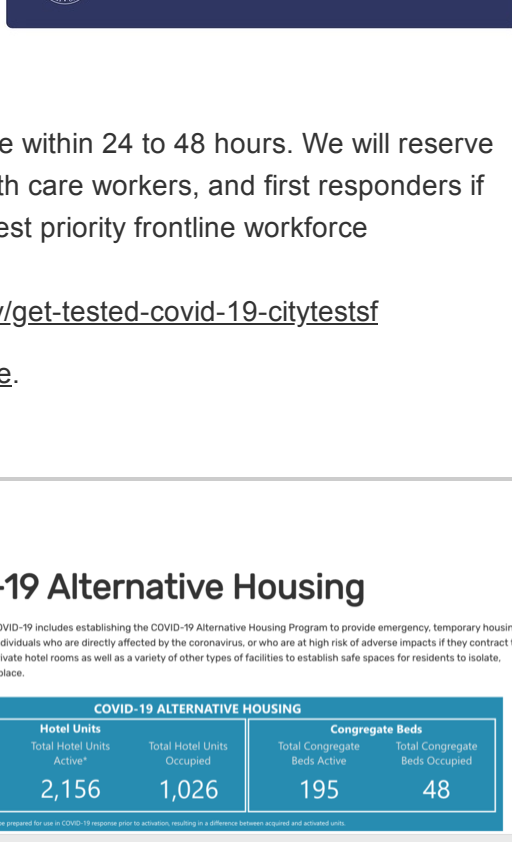
To achieve the City's goal of universal access, we have continually expanded testing, based on where the need is greatest and the availability of resources. The Department of Public Health has stabilized the supply chain for testing and has now expanded testing for our frontline and essential workers.

As of May 4, any essential or frontline worker can now be tested, regardless of symptoms or exposure. You can decide when you want to test, but it is important to get tested immediately when you feel ill, or have symptoms, or if you believe you have been exposed to COVID-19.

This test is easy, fast, and free. Results are available within 24 to 48 hours. We will reserve appointments for City employees, city contract health care workers, and first responders if appointments become unavailable. This is our highest priority frontline workforce

To make an appointment please visit: [sf.gov/get-tested-covid-19-citytestsf](#)

Learn more by reading Mayor Breed's [press release](#).



New Alternative Housing Program

Data Tracker

San Francisco's COVID-19 Data

Tracker now displays information updated daily about the City's ongoing efforts to provide temporary alternative housing for priority vulnerable populations and frontline workers. The innovative alternative housing options include private hotels, congregate sites, trailers and recreational vehicles (RVs).

The City monitors and manages the flow into and out of sites used for individuals isolating with COVID-19 or awaiting test results. For asymptomatic people experiencing homelessness, the City is actively developing new sites to ensure the most vulnerable have safe spaces to shelter in place for the duration of the emergency. Sites for this purpose include hotels and trailer/RV sites. Frontline workers who have a higher level of exposure to COVID-19 while performing essential duties may access hotel sites for a two-week respite period to preserve our healthcare system capacity and help prevent community spread of the virus.

[Learn more about the Alternative Housing Program Tracker.](#)

COVID-19 Alternative Housing

The City's response to COVID-19 includes establishing the COVID-19 Alternative Housing Program to provide emergency, temporary housing and shelter options for individuals who are directly affected by the coronavirus, or who are at high risk of adverse impacts if they contract the virus. The City is using private hotel rooms as well as a variety of other types of facilities to establish safe spaces for residents to isolate, quarantine, or shelter in place.

COVID-19 ALTERNATIVE HOUSING					
Hotel Units		Congregate Sites		Congregate Beds	
Total Hotel Units Available	Total Hotel Units Occupied	Total Hotel Units Available	Total Hotel Units Occupied	Total Congregate Site Beds	Total Congregate Beds Occupied
2,741	2,156	1,026	195	48	

Front-Line Worker Housing Program (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.

Front-Line Worker Housing allows us to keep our essential staff and Disaster Service Workers (DSWs) safe while helping prevent the spread of COVID-19 within the community. It also addresses concerns about potentially exposing loved ones to COVID-19 and provides respite for those who may be working extended hours or commuting long distances.

We encourage you to apply if interested. Please see the attached Frequently Asked Questions document for more information on how to submit a request. Access the [Application Portal Here](#)

Download the [Frequently Asked Questions PDF](#) for more information.

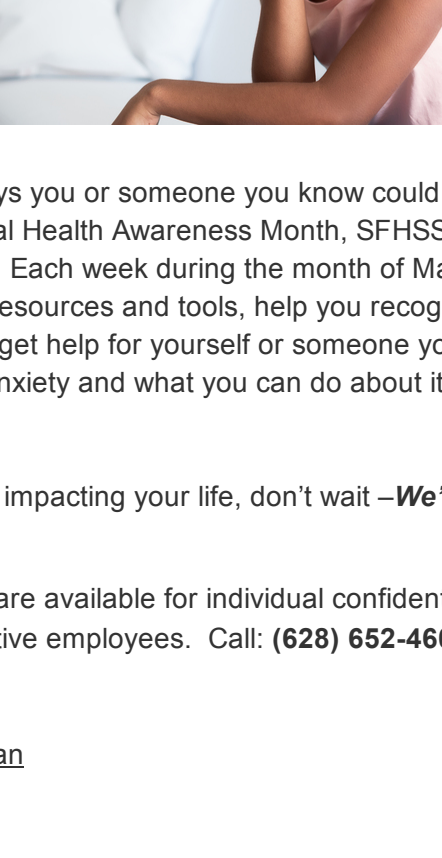


SF CENTral: SF City Employee Network

SF CENTral is a new portal for all City employees to get Citywide updates and information from their departments in one place. This week learn about the extended stay home order, new face covering requirements and expanded COVID-19 testing for City employees.

As SF CENTral continues to expand in the weeks ahead, you can look forward to more departments joining the portal. SF CENTral will provide you with timely public health and safety information as well as updates on how the City is responding to COVID-19.

Learn more: <https://sfthr.org/sfcentral>



Well-Being Resources

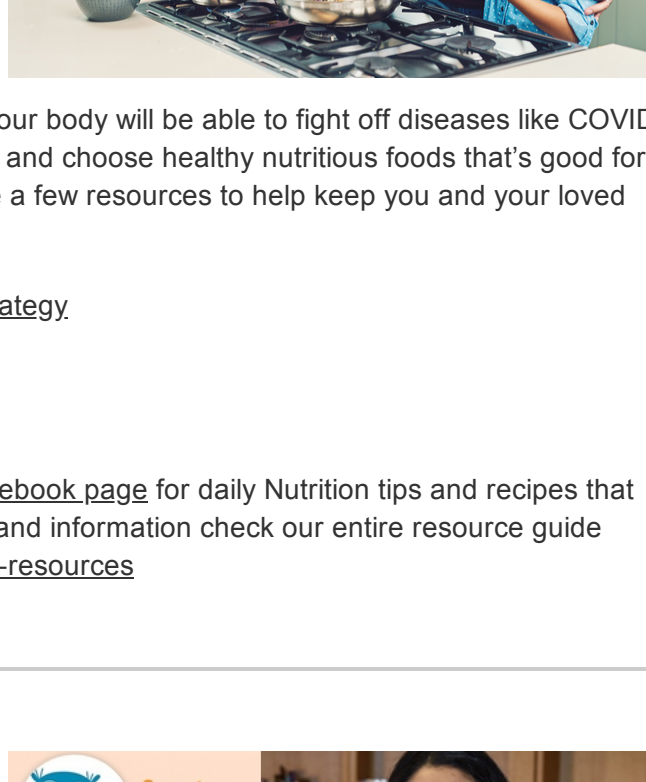
We're Here For You: Mental Health Awareness Month- Worry & Anxiety

We're Here For You: Mental Health Awareness Month – Worry & Anxiety

One in five American adults suffer from mental illness in any given year. There are many ways you or someone you know could be impacted by a mental health issue. In honor of Mental Health Awareness Month, SFHSS Well-Being is elevating the conversation on mental health. Each week during the month of May we will focus on one area of mental health and provide resources and tools, help you recognize the signs of mental illness, and identify how you can get help for yourself or someone you love. This week, we're unpacking the signs of worry and anxiety and what you can do about it. For more information, click [HERE](#).

If you are concerned about how worry and anxiety is impacting your life, don't wait –**We're Here For You.**

- **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**
- Mental Health Benefits through your [Health Plan](#)
- [National Suicide Prevention](#) Lifeline at **(800) 273-8255**. This is a free **24-hour hotline** answered by the certified crisis center nearest to your area code.

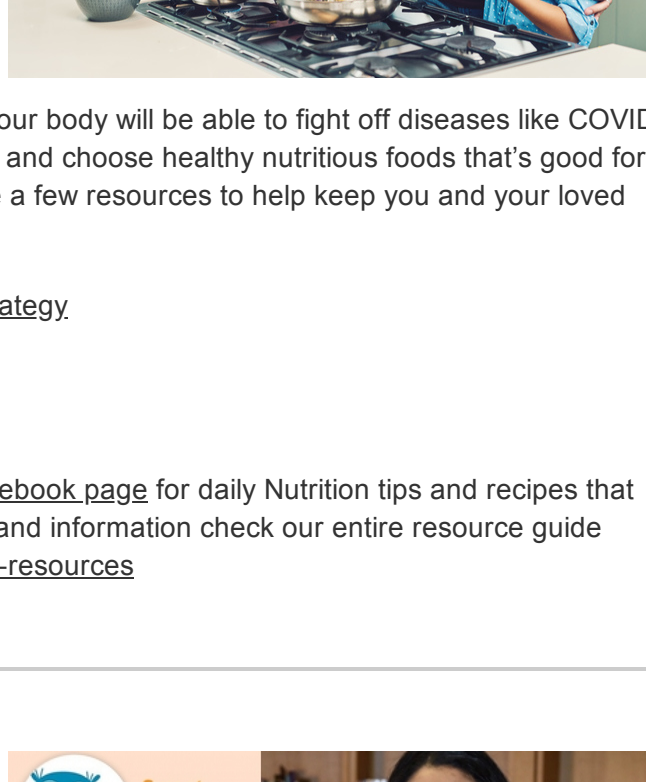


Better Together Well Being- Healthy Eating

This week is all about **Healthy Eating**. We get it. There's nothing more comforting than comfort foods when you're staying in. As we're trying to stop the spread of COVID-19 in our community, let's also try to make smart food choices to keep our mind and body healthy. The healthier you are, the more your body will be able to fight off diseases like COVID-19. Next time you're grocery shopping, try and choose healthy nutritious foods that's good for your body, mind and well-being. Below are a few resources to help keep you and your loved ones on the healthy track.

- [Meal Prep: A Helpful Healthy Eating Strategy](#)
- [Shop Smart and Save Infographic](#)
- [Tips for Ordering Takeout or Delivery](#)

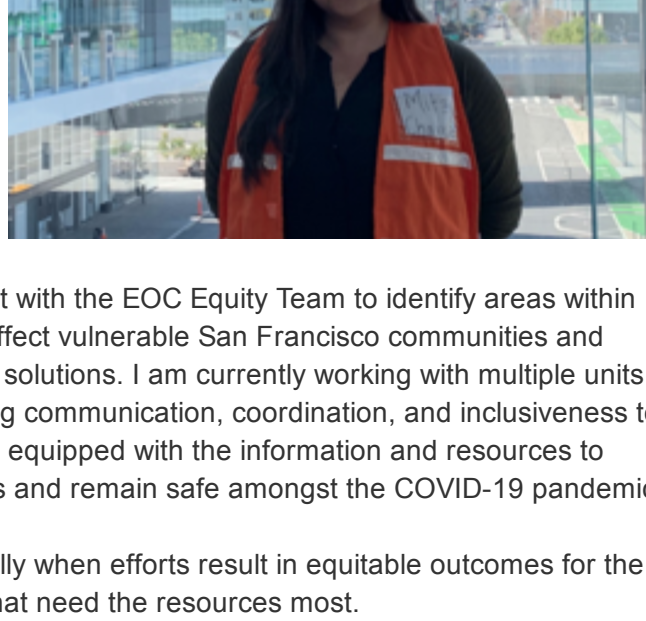
Like being connected? Join us on our [Facebook page](#) for daily Nutrition tips and recipes that we can all try together! For more support and information check our entire resource guide here: <https://sfhss.org/covid-19-well-being-resources>



Sweet Stories with SF Public Library: Virtual Storytime

Watch the San Francisco Public Library's virtual storytimes led by SFPL librarians and special guests on Instagram and Youtube, Tuesdays and Thursdays at 2 p.m. and Saturdays at 10 a.m.

For past storytime readings go to [SFPL's Virtual Storytime Webpage](#).

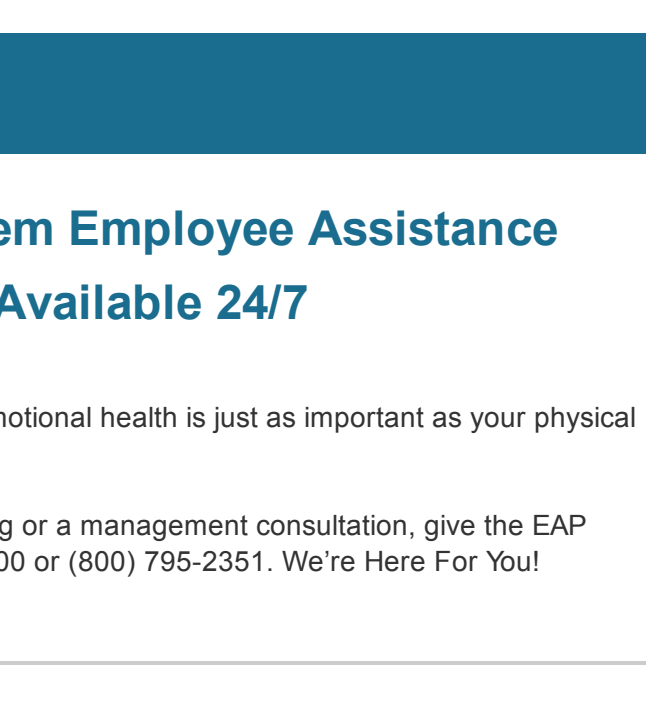


Employee Spotlight

Mitzi Chavez,

San Francisco Human Placed at the Department of Human Resources within the Workforce Development Division, and working directly with the Diversity Recruitment Team

I'm proud to be a part of this generation of the City and County San Francisco family as I can use this platform to give back to the City that raised me, and represent the communities I belong to.



I am working as an Equity Officer Assistant with the EOC Equity Team to identify areas within policies, procedures, and programs that affect vulnerable San Francisco communities and assist in facilitating recommendations and solutions. I am currently working with multiple units in the EOC discussing key issues regarding communication, coordination, and inclusiveness to ensure all San Francisco communities are equipped with the information and resources to successfully follow all Public Health Orders and remain safe amongst the COVID-19 pandemic.

Being a civil servant is a privilege, especially when efforts result in equitable outcomes for the communities that I represent, and those that need the resources most.

Estoy orgullosa de ser parte de esta generación de la familia de la Ciudad y Condado de San Francisco porque puedo usar mi plataforma para regresarle mi apoyo a la ciudad donde crecí, y representar a mis comunidades.

Estoy trabajando como Asistente al Oficial de Equidad dentro del Equipo de Equidad en identificar áreas en políticas, procedimientos, y programas que afectan a comunidades vulnerables en San Francisco y asistir con recomendaciones y soluciones. Actualmente estoy trabajando con varias unidades dentro de el Centro de Operaciones de Emergencias (EOC) sobre comunicación, coordinación, e inclusividad para asegurar que comunidades en San Francisco tienen la información y recursos adecuados para seguir todas las ordenes del Departamento de Salud Publica y mantenerse seguras durante la pandemia, COVID-19.

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 \(SFDCP\)](#) 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.

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