Helpful resources. Whether you are onsite reporting for essential work, deployed as a Department of Human Resources (HSS) Frontline Worker (DSW), or working remotely, there are numerous resources to support you during these challenging times.

Find all of SFHSS's COVID-19 Well-Being Resources.

- Practice Wellness while at home
  - improve your overall well-being. Below are a few resources to get you started.
  - practice mindfulness alone or with your family. Mindfulness helps you to better understand your emotions and cope with stress to support and care for yourself and others.
  - free eBooks, online classes and videos for physical activity
  - Mindful eating
  - Access Free eResources

- Access Free eResources
  - DSW Update
  - Employee FAQs
  - COVID-19
  - Temporary Digital Access Card using the Rosetta Stone and more.

- Expanded Health Order and What It Means for You!
  - Nursing homes and psychiatric facilities: These facilities are not essential, and staff are not allowed to leave to pursue essential work.
  - Residential care facilities (such as senior care facilities) may only continue operations if essential employees are on site.
  - Home care providers: Continue to work

- Priority Testing for Health Care and Frontline Workers
  - The City has launched a COVID-19 testing facility located at Pier 30-32. The new drive-through/walk-through facility will launch in partnership with Color and the San Francisco Health and Human Services Agency (HSS) to provide tests directly to eligible health care and front-line workers.
  - Testing has been prioritized for first responders.
  - Testing has moved to a new site in partnership with Color and the City of San Francisco (COSF) for Health Care Workers and Frontline Workers (DSWs). As a DSW, you cannot refuse a DSW assignment when called upon by your local HSS. This is a federal requirement, and the decision to refuse an assignment must be made by your local HSS.

- Precautionary Measures
  - Most importantly, remember that facial coverings are most effective when worn snugly against the face and cover the nose and mouth.
  - When cleaning and washing tips:
    - use soap and water
    - if soap and water not available, use alcohol-based hand sanitizer
    - If you must re-wear your cloth face covering before washing, keep them in a closed container between uses.
    - Fabric masks and face coverings are acceptable for this purpose. Fabric face coverings should be clean and laundered regularly, and must be washed before and after each use.
  - You cannot use any shared recreational facilities such as Crissy Field, are open.

- Physical distancing requirements
  - open spaces that allow dogs, frisbee, basketball, or soccer, with anyone who doesn't live with you.
  - golf courses, tennis courts, basketball courts, and climbing walls.
  - you must maintain physical social distancing of at least six feet from other people.

- Essential work
  - you must take pride in what you do, and that being a public servant far more than just a job.
  - I am a strong believer in taking pride in what you do, and that being a public servant far more than just a job.

- Stay Connected through the Department of Human Resources
  - DHR's COVID-19 page
  - DHR's COVID-19 Employee Spotlight
  - DHR's COVID-19 Employee FAQs
  - DHR's COVID-19 Employee Resources during COVID-19

- Other Updates
  - Disaster Service Worker (DSW) Update
  - Employee FAQs
  - COVID-19
  - Temporary Digital Access Card using the Rosetta Stone and more.