

General COVID-19 Resources

[Employee Assistance Program:](#) Resources, trainings, coaching and self-help available to all Lexington employees. Contact at 1-800-252-4555.

[YMCA Emergency Childcare Initiative:](#) The Fulton County YMCA is offering emergency childcare services for first responders and health care workers.

[Grokker:](#) Physical and mental wellness videos available for free through the month of April.

[COVID-19 Apple App:](#) An app that helps users determine if they should seek care for COVID-19 symptoms through questions about their health and exposure and guidance on next steps.

[PDF – TotalCare EAP Registration Instructions:](#) How to register on the Employee Assistance Program website and take advantage of the benefits it offers.

[PDF – TotalCare EAP COVID-19 Resources Flyer:](#) Resources available from the Employee Assistance Program specifically related to COVID-19.

[PDF – COVID-19 Workplace Tips for Employees:](#) Tips from the U.S. Chamber of Commerce Foundation on how to stay safe and healthy in the workplace during the pandemic.

[PDF – How to Hand Rub:](#) Graphic from the World Health Organization advising on the proper way to rub hands with a sanitizing product.

[PDF – How to Hand Wash:](#) Graphic from the World Health Organization advising on the proper way to wash hands with soap and water.

[PDF – Respiratory Etiquette:](#) Graphic advising on proper respiratory etiquette that will help prevent the spread of disease.

[PDF – What You Need to Know About COVID-19:](#) Fact sheet from the Centers for Disease Control on what we know about COVID-19.

[PDF – What to Do If You Are Sick with COVID-19:](#) Flyer from the Centers for Disease Control about what to do if you become sick with COVID-19.

[PDF – Resources That Can Be Enjoyed via Laptop:](#) A list of fun and educational resources and activities that can be enjoyed from the comfort of your own home while on lockdown.

[PDF – Computer to Television Connection Guide:](#) A tutorial on various ways to connect televisions to computers to better enjoy online resources.