



Coronavirus COVID-19  
**HERE TO HELP**



## COVID 19 TESTING

Testing is becoming more available for COVID 19. Rite Aid is offering testing for those who do NOT have severe symptoms.

**This testing is available at certain Rite Aid locations in NJ, PA and DE.**

More information can be found through this link:

[https://www.projectbaseline.com/study/covid-19/?utm\\_source=riteaid&utm\\_medium=covid-19&utm\\_campaign=website](https://www.projectbaseline.com/study/covid-19/?utm_source=riteaid&utm_medium=covid-19&utm_campaign=website)

Some local counties have also begun to offer testing sites. To get more information check out the website of the county where you live. Some of these testing sites do require registration.

**If you are experiencing severe symptoms, please go to the emergency room!**

**Health Advocate offers a FREE nurse line!  
For non-urgent health issues please call 877 240 6863.  
This nurse line is available 24 hours a day, 7 days a week.**

### Local Donations

Food banks and charitable organizations need assistance as the request for food continues to rise.

If you are able to make a contribution, consider supporting the following local organizations and be sure to check out their wish list and order items they need.

**New Jersey - local community food bank**

<https://angelsoutreach.org/covid-19-help/>

**Supports Greater Philadelphia area**

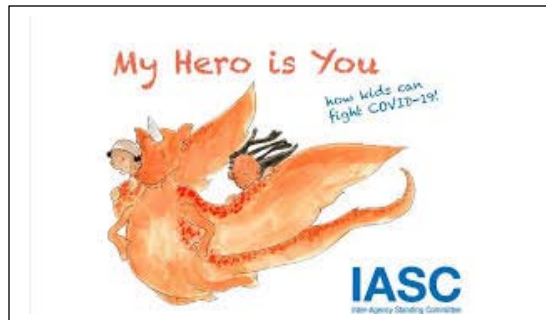
<https://www.philabundance.org/>



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### **Helping Kids to better Understand**

Here is a book shared with Human Resources that can be a resource for parents to help children better understand the current situation. Thank you Erick Saia!



<https://interagencystandingcommittee.org/system/files/2020-04/My%20Hero%20is%20You%2C%20Storybook%20for%20Children%20on%20COVID-19.pdf>

**401K PARTICIPANT SERVICES CENTER- 1 844 749 9981**  
**NJ CORONAVIRUS AND POISON CENTER HOT LINE – 1 800 222 1222**  
**GREATER PHILADELPHIA CORONAVIRUS HELPLINE – 1 800 722 7112**

### **GRIEF AND LOSS**

With the current limit on social gatherings, our usually way to celebrate and grieve have changed dramatically. These situations can be difficult to navigate without the physical presence of family and friends. Here is some information that can be helpful.

<https://www.healthadvocate.com/mobile/downloads/communications-pdfs/Covid19/2002003-39FLY-Grieving-Loved-One-to-COVID.pdf>

