



Coronavirus COVID-19  
**HERE TO HELP**



## Stop the Spread of Rumors



**Even as life begins to return to normal and more is understood about the Coronavirus, we need to make sure we continue to follow the guidance set forth by the CDC.**

**A helpful resource to make sure we understand what may be false information is the link to Stop the Spread of Rumors.**

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/share-facts.html>

**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/>



## Coronavirus COVID-19 **HERE TO HELP**



If you find your summer vacation plans are up in the air, here are some fun ideas on how to make the best of being at home!

[https://www.healthadvocate.com/mobile/downloads/communications-pdfs/Covid19/2002003-COVID19-StaycationIdeas-60FLY\\_NC.pdf](https://www.healthadvocate.com/mobile/downloads/communications-pdfs/Covid19/2002003-COVID19-StaycationIdeas-60FLY_NC.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**

**For those employees that are trying to manage working while also being a caregiver to someone who is ill or elderly, take a moment to read this helpful article from the Health Advocate Blog.**

<http://blog.healthadvocate.com/2020/06/tips-for-caregivers-stay-resilient/>

