



Public Health Brief

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Are You an Employee or Small Business Owner?

These are difficult times for small businesses, including owners, managers, and employees. The following will provide some information to help you with some steps you can take to minimize the stress of the days ahead.

California Economic Development Department – An FAQ document and chart on benefits should be released soon:

https://www.edd.ca.gov/about_edd/coronavirus-2019.htm

Governor's Office of Business and Economic Development

<https://business.ca.gov/coronavirus-2019/>

Small Business Outbreak and Pandemic Guide: Coronavirus Edition, 3/5/20

<https://www.merchantmaverick.com/business-pandemic-guide-coronavirus/>

Centers for Disease Control and Prevention (CDC) Interim Guidance for Businesses and Employers

https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fguidance-business-response.html

Sick Workers and Spooked Customers, The New York Times, 3/4/20:

<https://www.nytimes.com/2020/03/04/upshot/coronavirus-impact-small-businesses.html>

17 steps businesses can take to respond to coronavirus, LA Economic Development Corporation, 3/9/20

<https://laedc.org/2020/03/09/17-steps-coronavirus/>

Is your small business Coronavirus ready?

<https://www.zenefits.com/workest/is-your-small-business-coronavirus-ready/>



Public Health

Prevent. Promote. Protect.

Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120

Alpine County Board of Supervisors, Phone: (530) 694-2281

District 1: Donald M. Jardine, District 2: Ron Hames, District 3: Katherine Rakow,

District 4: Terry Woodrow, District 5: David Griffith

Be mindful of the needs of others. Many people are upset or fearful, some may be ill and need practical support.

Focus on health, not disease. Take care of yourself and encourage others too. Eat balanced meals, keep hydrated, get enough sleep. Go for a long walk with a spouse or friend and your dog! Garden. Enjoy some sunshine.

If you practice a faith, do not neglect worship, even if it's not your usual routine. Set aside time each day to meditate and pray.

Use newfound time to connect with people. Not traveling? Fewer events? Give your friends or family a call. Share a great story and a laugh.

Train the brain. Focus on that which is good and edifies the soul, not fear. Take a break from the headlines and social media; read your favorite poem or book or meditation.



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