



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GENERAL FREQUENTLY ASKED QUESTIONS

Q. What is COVID-19/Coronavirus?

A. Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Q. How does COVID-19 spread?

A. The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

Q. How can I practice social distancing?

A. Social distancing is a way to reduce exposure, slow the spread, and minimize transmission of contagious diseases. We must practice universal social distancing to protect everyone. Limit your movements outside of your home. Avoid public spaces, large gatherings, and proximity in confined spaces. Maintain at least a 6-foot distance between yourself and others when you go out. Avoid shaking hands with anyone and close physical contact with individuals displaying symptoms. Use collaboration, video conferencing, and teleconferencing tools instead of holding in-person meetings when possible.

Q. If I have COVID-19, can I infect my pet? Can I get COVID-19 from my pet?

A. There is currently no evidence that pets can spread COVID-19 or that they might be a source of infection in the United States. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the new coronavirus. When possible, have another member of your household care for your animals while you are sick. If you are sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets. Global health organizations are monitoring the outbreak's potential impact on animal health and will notify the public if new information becomes available.

Q. If I find out that I have COVID-19, who should I contact, and how would that be handled?

A. You should contact Stacey Leoniak, Sr. VP of HR Stacey.Leoniak@ymcadc.org, information will be kept confidential.

Q. If I have coronavirus, what can my employer tell others about my condition?

A. The Y is required to keep all medical information about you private and confidential.

Q. Will I have to continue to pay my insurance premiums while quarantined?

A. Y Employee Benefits has offered a waiver of medical premiums for the month of April to help Ys manage capacity issues during this crisis. This means that employees on UHC plans will not have medical deductions taken in the month of April. The Senior Team has expanded this to include employees on Kaiser plans as well, so no one will have medical premium deductions for the month. Thank you to our partner at Y Employee Benefits for their support.

Q. Can I use my medical benefits while quarantined?

A. Yes, if you are currently enrolled in a medical plan. It is advised that you call your physician's office for further information. Many physicians are conducting a telemedicine visit via phone or video conference which is a safer option.

Q. Due to coronavirus (also known as COVID-19), my work hours have been cut, I've been required to take unpaid leave, or my employment has been terminated. What can I do?

A. You may file a claim for Unemployment Insurance benefits with the state you reside. Select the unemployment tab for additional information and the unemployment links.

Q. Where can I get technology help?

A. YMCA.ITHelpdesk@ymcadc.org or 202-459-4190 (calls are being forwarded). It will be helpful if all e-mail communication to the IT team includes a mobile or home phone number.

Q. What if I don't have reliable internet access at home, or my connection is slow?

A. Contact your supervisor for further instructions and assistance.

Q. Can employees work remotely?

A. All positions are not able to be performed remotely. Discuss options with your supervisor.

Q. When and how can employees use Zoom for meetings?

A. The basic account, sign up is free. Host up to 100 participants, unlimited 1 to 1 meetings, 40 minutes limit on group meetings, unlimited number of meetings online support, video conferencing features, web conferencing features, group collaboration features.

Q. I'm feeling anxious. Who can I talk to?

A. Visit the Healthy Living and Wellness tab to see available resources

Q. What if I need to go into the office at ASO?

A. Notify your supervisor of your intent to go into the office. Follow social distancing protocols.

Q. Is the parking garage next to ASO at 1615 L Street open?

A. With the current Covid-19 epidemic and many offices teleworking it has been decided to reduce the 1615 L St garage operating hours. Beginning April 1st the garage hours will be from Monday-Friday 7am-7pm. Once the situation improves and offices reopen we will resume normal operating hours.

Q: Can I go to my branch?

A: As of Monday March 23rd, branches will be open a few days a week. Contact your Executive Director to make arrangements to go to the branch as we are respecting social distancing and only small groups will be allowed access at a given time.

Q: How do I access my computer files?

A: If you don't have vpn access, our IT team can move your files to one drive. Send an email to helpdesk@ymcadc.org to open a ticket.

Q: When will our branches reopen?

A: As soon as we are informed that by state and local officials and other governing agencies that it is safe and we are permitted to resume operations we will reopen immediately. In the meantime, there may be additional opportunities to contribute through your Y in the community as referenced above in YMCA Updates.

Q. Should we recruit summer camp staff at this time?

A. Yes, we are recruiting for summer camp staff at this time. Please continue to post your summer opportunities. Interviews at this time should be done via phone or skype.

Q. Who can I contact if I have further questions about COVID-19 in the workplace?

A. We have created a Hotline for you to call or email with any questions or concerns related to coronavirus. You can contact the Emergency Preparedness Team at 202-459-4258 or YMCAHealth@ymcadc.org.

Q. Will I receive a Coronavirus check from the federal government?

A. Coronavirus checks, direct deposits are coming. Here's everything you need to know.

<https://www.nbcnews.com/politics/congress/coronavirus-checks-direct-deposits-are-coming-here-s-everything-you-n1168936>.