

This is just to update you on several items:

- Please see the attached flyer about the telemedicine/virtual visit benefit you have in your current United Health Care insurance benefit. You can see a doctor by video.
- If you think you may have COVID-19 or been exposed, go to Health Now at <https://uamshealth.com/healthnow/> and follow their directions. They will advise you if you need to self-quarantine.
- This email and all information shared with employees will be posted on the Human Resources Website: <https://www.littlerock.gov/for-job-seekers/human-resources/helpful-documents/covid-19leave-policies/>
- To keep your family safe along with your co-workers, please consider taking your temperature before you come to work – thank you!
- Should you develop a fever, you must be fever free for 48 hours without any fever reducing medication BEFORE you can return to work.
- Other City COVID-19 related information can be found here: <https://www.littlerock.gov/COVID19>
- Do not forget about our Employee Assistance Program if you or your immediate family need professional counseling during this stressful time.

Additionally, we are getting a lot of questions about employee travel. The Centers for Disease Control has published a document on this and here is the link: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>. The decision is yours to make, but please make sure it is an informed decision and consider that you could be bringing back a virus that your co-workers or family may not be able to survive.  
*Please do the right thing!*

Thank you to all employees for taking the necessary precautions to ensure that we keep everyone healthy and safe.

Stacey Witherell  
Director of Human Resources  
City of Little Rock Human Resources Department  
500 West Markham, Suite 130W  
Little Rock, AR 72201  
Office (501) 371-4549  
Fax (501) 371-4496  
[switherell@littlerock.gov](mailto:switherell@littlerock.gov)