

COVID-19 Related Employer Resources from April 17th “Ask HR” Webinar

Please take a look at the following links which are intended to be used by employers to access reputable resources to serve them during the Coronavirus/COVID-19 pandemic.

All links can be opened by hovering over the words in purple, which are descriptors of the information you will find when clicking on the link to open it.

OSHA Recording Requirements & Guidance

United States Department of Labor: [Recordkeeping requirements, forms and instructions for employers](#)

United States Department of Labor: [Enforcement guidance for recording cases of COVID-19](#)

United States Department of Labor: [Employer responsibilities overview](#)

United States Department of Labor: [OSHA fact sheet](#)

Employee & Self-Care Resources / Mental Health & Emotional Support

Coaching, Counseling, Meditation, Wellness Practice: [NurturInse, Erie PA](#)

Daily Noon-Time Virtual Support Group Meeting for COVID-19 Crisis: [National Alliance of Mental Health](#)

Support Resources for Parents & Children Coping with COVID-19 Crisis: [Child Mind Institute](#)

Meditation Website/App for Anxiety, Stress & Sleep: [InsightTimer](#)

Face-to-Face Social Networking Site/App (up to 8 People can Video Chat in a “Room”): [Houseparty](#)

Psych! Online Trivia Party Game (from Ellen DeGeneres) to Play with Friends: [Google Play Download](#)

The Healing Power of Laughter Video Clip: [National Comedy Center](#)