



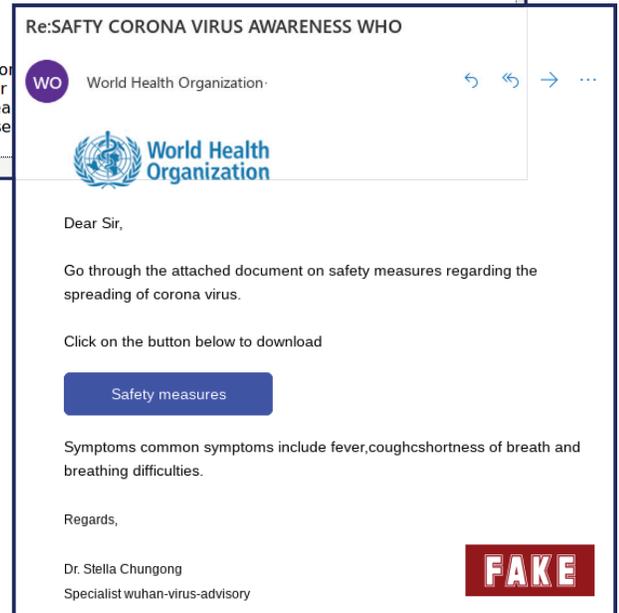
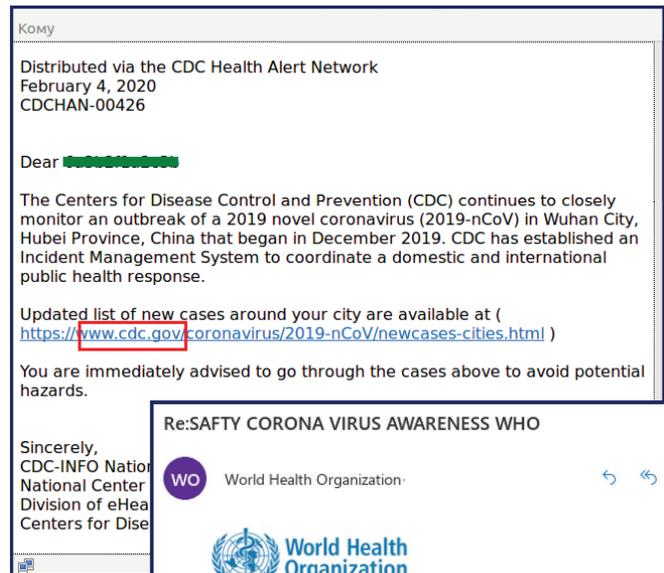
APRIL 2020

CYBER SECURITY DURING A PANDEMIC

COVID-19 has impacted the global economy, daily life, and human health around the world, changing how people work and interact every day. But in addition to the pressing threat the virus poses to human health, these rapid changes have also created an environment in which **hackers, scammers, and spammers all thrive.**

In times of stress or distraction, people are more likely to fall for malicious scams and tricks. Phishing and scam websites themed around the pandemic are exploding on the web. **Scammers are taking advantage of people's fear** of getting COVID-19. Consumers can avoid being cheated by understanding how these thieves are trying to steal their personal information and money.

The emails may seem as though they are from the CDC or WHO. Some emails and texts contain fake information about cases in your neighborhood. **REMEMBER:** Public health agencies like the Centers for Disease Control and World Health Organization would **never send you unsolicited emails asking for personal information.** They will never ask you to login to view safety information, never email attachments you didn't ask for, or ask you to donate directly to emergency response plans or funding appeals.



Call: 877.834.4596

Visit: <https://wellnesstherightway.hmchealthworksc.com>



PREVENT FRAUD FROM HAPPENING TO YOU



Check the sender's email address. Are they who they claim to be? Check that their contact name matches the actual email address they're sending from.



Do not click or tap! Never click on any suspicious links as it may be an attempt at phishing.



Do not download files from unfamiliar people. Avoid opening attachments from any external email addresses or phone numbers.



Never share sensitive information, even with family members. Be sure to regularly monitor personal accounts, and never click on any suspicious links as it may be an attempt at phishing.



THANK YOU FOR YOUR SERVICE!

Grocery & Delivery Workers

They can't work from home. They spend hours a day within a few feet of a never-ending line of strangers, despite public health guidelines on social distancing. And rather than their work slowing down, it has sped up.

America's grocery store workers and truck drivers are on the front lines of the coronavirus pandemic, helping to keep the nation's 330 million residents alive and fed in an uncertain and frightening time. The crucial role of grocery store employees makes them essential workers like emergency and healthcare staff.

Grocery stores are reducing their operating hours so their workers, who clock in at all hours, have extra time for meticulous cleaning and re-stocking.

Help Them Help You

- **DO NOT GO TO THE GROCERY STORE IF YOU FEEL SICK!**
- Wash your hands before and after going to the store. Bring hand sanitizer to wash your hands on-the-go.
- Bring sanitizing wipes or use bottles of store provided cleaning spray to wipe down your grocery cart.
- Take an inventory of what you need before you go the grocery store so you don't have to go back to the store several times.
- **DO NOT OVER BUY OR HOARD** products. Panic buying disrupts food and product distribution.
- Go to the store during off-peak hours when possible. If your store is crowded, stay at least six feet away from others.
- Use online shopping, pick-up and delivery options to reduce grocery store trips and help decrease shopper volume. Remember to tip your shopper or delivery person. The delivery charges are not a tip.
- If you are a senior, check if you store has special hours dedicated to Senior only shopping.



APRIL TIP SHEET

As the coronavirus advances across the country, more Americans are staying in their homes. That sort of "social distancing" is considered essential to slowing the spread of the virus and easing the burden on the health systems. The fact that there's so much urgency to disconnect can create a lot of fear. People have been forced to change their day-to-day lives in ways they likely didn't see coming. **For those who struggle with depression, anxiety and other mental health issues, this can be an especially challenging time. The following tips below can help you.**



- If you typically attend therapy sessions outside the home, **talk to your behavioral health provider about tele-therapy, video therapy** or other online mental health services. It is important to continue these sessions using these stay home options!
- To ensure access to prescribed medications, you can **ask your health care provider about getting a 90-day supply** vs. a 60 or 30-day supply. If this is not possible, be sure to refill your medications as soon as they are allowed.
- Pay attention to emerging symptoms.
- **Provide self-care. Stay on a routine of sleeping, waking, taking medications and eating at regular times.** Netflix and chilling is fine without going overboard. Limit screen time and avoid intensely focusing on news updates more than once a day.
- Maintain human contact as best as you can. **Reach out to family and friends** as the need for social distancing or self-isolation continues. If more than one person is hunkering down in the same place, shared activities, such as playing with children or having conversations that focus on pleasant topics, can be positive distractions. **If you are alone, connect with loved ones even if it's virtually through FaceTime, Zoom, Skype, or telephone.**