Supporting Remote Employees During COVID-19
General Resources

COVID-19 Resources

- Vermont Department of Health
- Centers for Disease Control and Prevention
- CDC Resuming Work Toolkit
- Agency of Commerce and Community Development COVID-19 Recovery Resource Center

External Resources on Worksite Wellness During COVID-19

(please note these are not resources developed by the Department of Health or the CDC)

- RiseVT
  
  Monthly challenges, newsletters with nutrition and physical activity tips, blog with wellness resources.

- WellRight Covid Support Resources
  
  Videos on wellness at home, webinars, and other resources on Covid-19 and work.

- WELCOA Covid Toolkit
  
  Videos, at home-workouts, webinars and other resources on Covid-19 and work.

- Center for Workplace Mental Health
  
  Resources to support mental health during Covid-19.

- National Association of Chronic Disease Directors Work Remotely Resource
  
  Tips on successfully working from home during the pandemic, including setting up a home office in small spaces, conference call etiquette, and effective communication.
Healthy Eating

Ideas:

- Start a healthy recipe share.
- Offer monthly healthy eating challenges, such as eating a healthy breakfast, eating more fruits and vegetables, or drinking water instead of sugary drinks.
- Host a virtual healthy staff lunch, encouraging employees to bring a healthy lunch.

Resources to share:

- UVMMC Wellness Blog
- Food Security during Covid-19
- Food planning during the pandemic
- Nutrition and food safety tips and resources

Physical Activity

Ideas:

- Offer a monthly activity challenge, such as daily walking or taking regular stretch breaks.
- Encourage employees to take short activity breaks during the day.
- Share resources to online fitness classes, or hire a local instructor to teach online classes.
- Hire a personal trainer to teach a one-time online class on at-home exercises.

Resources to share:

- Short at-home fitness videos
- RiseVT Challenges and Resources
- At home fitness for wheelchair users
- Desk exercises
- Come Alive Outside Challenges

For more worksite wellness resources, visit healthvermont.gov/worksite-wellness
Tobacco Cessation

Ideas:
- Promote 802Quits resources.
- Encourage employees to work together on cessation, such as participating in a virtual cessation class together.

Resources to share:
- 802Quits.org

Preventive Care and Safety

Ideas:
- Provide ergonomic support for home offices:
  - Offer virtual assessments.
  - Offer a virtual one time class.
- Remind employees to access preventative care such as cancer and heart health screenings, dental cleanings, and immunizations when it is safe to do so.
- Make a plan for offering flu vaccine clinics during the pandemic.

Resources to share:
- Flu Finder – Find a flu vaccine near you
- Preventive Care Schedule
- Ergonomic Set-Up Checklist
- YouFirst – support to pay for breast and cervical cancer screening

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Emotional Wellbeing

Ideas:

- Provide virtual connection opportunities for social time with co-workers.
- Encourage employees to access mental health supports when needed.
- Share resources on mental health and stress reduction.
- Support flexible work schedules for employees balancing family and work.
- Share resources on domestic violence awareness.
- Celebrate employee achievements.

Resources to share:

- Healthy Sleep
- Mental Health and Stress Reduction During the Pandemic
- Vermont Mental Health Supports and Resources
- Videos on financial wellness, meditation and more
- Vermont Network on Domestic Violence
- TheBasics.Org resource for caregivers of infants and toddlers
- National Alliance on Mental Illness COVID-19 Resource Guide
- Vermont Helplink—Alcohol and Drug Support Center
- National Suicide Prevention Lifeline – 1800-273-8255

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