

Success is to be measured not so much by the position that one has reached in life as by the obstacles which [one] has overcome. ~ Booker T. Washington

## Today's Top Three Things to Know:

### 1. Training and Resiliency Resources

During these uncertain times, there are many resources available to support the health, well-being and development of you and your family as you navigate the unfamiliar paths of stay-at-home orders, social distancing and distance learning. Learn more by visiting the links provided below:

- a. [Resiliency Resources](#) handout
- b. [Organizational Development & Training](#) website
- c. [Employee U](#) – Register for all training through Employee U to be sure you receive participant info.
- d. [Mandatory Training](#) – Everyone has to do it and it's a perfect teleworking activity
- e. [Teams Virtual World Resources](#) Additional Teams Training session will be available soon.
- f. [Wednesday Webinars from OfficePro](#)
- g. [Activate Your Potential Resource Listing](#)

### 2. LiveWell – April is Stress Less Month

Highlighted below are LiveWell and other resources to help you and your family stress less:

- a. [LiveWell Newsletter Digest](#)
- b. [Mental Well-Being Resources](#)
- c. CIGNA: [Coronavirus Resource Center](#); [iPrevail](#) and [Happify Health](#) Health Apps
- d. KAISER: [Kaiser Coronavirus Resource Center](#); [MyStrength](#) Health app
- e. [Employee Assistance Program](#) (EAP) website
- f. [BurnAlong](#) is online health, wellness, and fitness classes to help you stay motivated.
- g. The Standard offers a "[Will Wizard](#)" to assist employees in creating a will that they can then review during a free 30-minute EAP legal consultation.

### 3. FFCRA Information and Pandemic Gap Leave

**Families First Coronavirus Response Act** specifies two specific components: Expanded Family Medical Leave (EFML) and Emergency Paid Sick Leave (EPSL). EFML, also referred to as FML+, is a temporary expansion of FML "Classic".

- a. Review the [FFCRA chart](#) for specific scenarios of EFML and EPSL.
- b. FML+ runs concurrent to FML classic for a total of 12-week entitlement.
- c. The qualifying event for EFML is school and/or daycare closures.
- d. An [EFMLA Designation Notice and Rights Form](#) is available on FairfaxNET.
- e. To see more information about FFCRA, view the [full FAQs](#) on FairfaxNet.

**Pandemic Gap Leave** – EFML/EPSL leaves a gap for employees who lack work with no alternative placement available or employees who are 65 and older without the option to telework based on our current criteria. The county is creating a **gap leave** that mimics the FFCRA entitlement.

#### Information and Resources:

- [Zoom Conferencing Information](#)
- [Daily Top Three for Employees](#); [Coronavirus Information for Employees](#)
- [Pandemic Leave Employee Request Form](#); [FFCRA Employee Request Form](#)
- [Employee Job Match Reassignment Request Form](#)
- [Fairfax County Emergency](#) blog; [Fairfax County COVID-19](#) website; [Fairfax County Health Dept](#) website