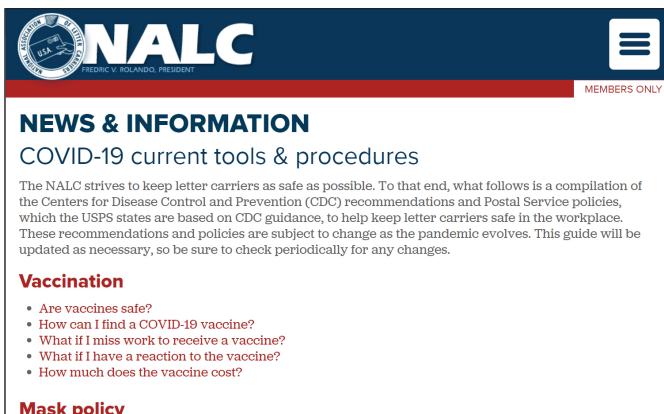


## New COVID-19 guide available

**N**ALC strives to keep letter carriers informed and as safe as possible. To help letter carriers navigate the COVID-19 pandemic, a new COVID-19 guide that includes current tools and procedures is now available on the NALC website.

This guide is designed to keep letter carriers safe in the workplace. It is a compilation of the Centers for Disease Control and Prevention (CDC) recommendations and Postal Service policies, which the Postal Service states are based on CDC guidance. Recommendations and policies are subject to change as the pandemic evolves. The guide will be updated online as necessary. It is available at [nalc.org/news/covid-19/guide](https://nalc.org/news/covid-19/guide). **PR**



**NALC**  
FREDE RIC V. ROLANDO, PRESIDENT

MEMBERS ONLY

### NEWS & INFORMATION

#### COVID-19 current tools & procedures

The NALC strives to keep letter carriers as safe as possible. To that end, what follows is a compilation of the Centers for Disease Control and Prevention (CDC) recommendations and Postal Service policies, which the USPS states are based on CDC guidance, to help keep letter carriers safe in the workplace. These recommendations and policies are subject to change as the pandemic evolves. This guide will be updated as necessary, so be sure to check periodically for any changes.

**Vaccination**

- Are vaccines safe?
- How can I find a COVID-19 vaccine?
- What if I miss work to receive a vaccine?
- What if I have a reaction to the vaccine?
- How much does the vaccine cost?

**Mask policy**

## EAP offers help when you need it most

**T**he Employee Assistance Program (EAP) is a free, voluntary and confidential program that offers assessment, consultation, counseling, life coaching and training to any postal employee (or family member living under the same roof) who needs help with life's many challenges.

"EAP is an amazing resource," NALC President Fredric Rolando said. "During these unusually stressful times, it's important to remember that the people at EAP are there to provide or find help for a wide variety of problems."

EAP is jointly administered by NALC, the American Postal Workers Union (APWU), the National Postal Mail Handlers Union (NPMHU) and the Postal Service. The majority of EAP services are provided by an independent contractor. EAP discussions are confidential—your privacy is protected by strict federal and state confidentiality laws and regulations and by professional ethics standards for counselors.

EAP counselors have experience dealing with a wide range of personal and workplace concerns. Postal



employees might seek help from EAP for issues relating to difficulties with family, children, marriage, divorce, care of an elderly person, child care, depression or anxiety, grief or loss, substance abuse, job performance concerns, or personal or work relationship problems.

Dealing with the effects of the pandemic and the resulting isolation has increased the potential for self-harm or self-medication (alcohol or substance abuse). It is important for those struggling with mental health issues, as well as those who support them, to seek assistance opportunities, including telemedicine and other available services.

EAP can help postal employees support each other. If you notice a co-worker who you believe may need help, you can contact EAP to help you connect the co-worker with EAP services. EAP counselors will help you assess the problem and advise you on how best to approach that person to offer help, including the option of referring the co-worker to EAP.

EAP has improved the way it serves postal employees and their families. In addition to person-to-person or phone communication, employees or family may use video counseling or text messaging; avail themselves of the many online tools offered through the myStrength portal; or find articles, locators, assessments, trainings, webinars, calculators, advice, videos and recipes in the health resource library. All of these services are available through the EAP's website, [eap4you.com](https://eap4you.com).

Letter carriers seeking EAP services also can call 800-EAP-4YOU (800-327-4968), TTY 877-492-7341 or visit [eap4you.com](https://eap4you.com). **PR**