
Subject: PFT Coronavirus Update 3-20-20: Taking Care Of You

CORONAVIRUS



Updates

Dear Dan:

Throughout the week, we've shared a lot of information via email and other channels about schools, schedules, COVID-19 resources, state and nationwide initiatives, and much more.

We would like to use today's update to provide a single web page that is critically important to you and yours.

The National Centers for Disease Control and Prevention (CDC) offers a wealth of resources on its website--but perhaps none any more important than the **Coronavirus Self Checker** -- a simple question and answer checklist that helps you or someone you know or care about answer medically appropriate questions to determine whether or not you should self-isolate, self-quarantine or seek further treatment.



Coronavirus Self-Checker

A guide to help you make decisions and seek appropriate medical care

[Click the image to visit the page--](#)and be sure to bookmark the CDC as your preferred source for medically sound information.

Please take care of yourselves!

In solidarity,
Nina EV

Sent via ActionNetwork.org. To update your email address, change your name or address, or to stop receiving emails from Pittsburgh Federation of Teachers, please [click here](#).