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**Subject:** PFT Coronavirus Update 3-26-20: Talking to Children, Mindful Mtgs., PA Primary

**Date:** Thursday, March 26, 2020 at 4:18:53 PM Eastern Daylight Time

# CORONAVIRUS



## Updates

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Dear Dan:

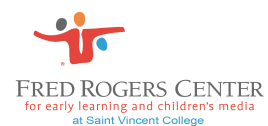
### **Talking To Children About Coronavirus: The Fred Rogers Center**

So much has been placed on everyone's shoulders in a relatively small window of time, having sound advice and reminders about how to talk to our children (or our students) about COVID-19 seems appropriate.

This one page guide isn't an answer to everything--but offers simple reminders and questions to consider from the perspective of the child. What else would you expect from the Fred Rogers Center?



### **TALKING WITH CHILDREN ABOUT CORONAVIRUS**



[Click the image or click here to view, share or download the document.](#)

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### **Take A Little Time For Yourself: Mindfulness Conferences**

**Interactive Mindfulness Conferences: Sundays, Tuesdays & Thursdays @ 7:30 PM.**

Join **Kathy Flynn-Somerville (Teacher on Special Assignment)** for a virtual gathering for guided mindfulness practice and community open to all reading this message.

Tap into the livestream at <https://zoom.us/j/489248217> on Sunday, Tuesday, and Thursday evenings, **7:30 PM - 8:00 PM, EST.**

**Mindfulness Meeting Information: Feel Free To Share!**

Join Zoom Meeting: <https://zoom.us/j/489248217>

Meeting ID: 489 248 217

### One tap mobile

+16465588656,,489248217# US (New York)

+13126266799,,489248217# US (Chicago)

### Dial by your location

+1 646 558 8656 US (New York)

+1 312 626 6799 US (Chicago)

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US

+1 301 715 8592 US

+1 346 248 7799 US (Houston)

Meeting ID: 489 248 217

Find your local number: <https://zoom.us/u/au53KgEH6>

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## Vote By Mail! The PA Primary Election is Postponed Until June 2nd

Unlike in the past, this year, you don't need an excuse to vote absentee. Submit your application online here: <http://votespa.com/ApplyMailBallot>

**INSTRUCTIONS** (*be sure to choose the mail-in ballot option if you have your valid driver's license handy*)

- If you're a voter with a valid PA Driver's License or PennDOT ID number, you may apply with this online form.
  - If you do not have one of these ID numbers, you will need to download a paper application and mail it to your County Board of Elections. Otherwise, you may visit your local county elections office.
    - For an absentee application, download the [absentee paper application form](#).
    - For a mail-in ballot application, download the [mail-in ballot paper application form](#).
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## Information Links That Bear Repeating:

Below please find additional links providing helpful information you can bookmark and count on as the COVID-19 situation changes and evolves. *It will do so daily.*

[AFT/AFTPA Coronavirus Resources & Updates for Members](#)

[AFT/PFT Employee Assistance Program \(EAP\)](#) A Negotiated, Free Benefit to Members

[Click for EAP Information Flyer](#)

[Click for Life Skills Solutions Website](#) (*login upper right*)

[National Centers for Disease Control \(CDC\) Coronavirus Resources](#)

[PPS Coronavirus Resources and Links](#)

[PA Department of Health Coronavirus Resources](#)



**Coronavirus Self-Checker**

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

[Federal Emergency Management Agency \(FEMA\) Rumor Control](#)

[Allegheny County Health Department Rumor Control](#)

**Please keep in touch—keep sharing your ideas, your questions and your concerns.**

**In solidarity—**

**Nina Esposito-Visgitis**

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Sent via [ActionNetwork.org](https://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](#).