

PFT COVID-19 Update 4-15-20: AFT Mourns - Webinar - Allergy Season - PCA vid - links

CORONAVIRUS



Updates

We Join AFT In Mourning The Loss Of Members In New York.

Every life lost as a result of this pandemic is intensely painful for so many families. Part of the inevitability of this ongoing tragedy will be the loss of AFT members as well. *Politico* reports that nearly 50 New York City Department of Education employees have died from the coronavirus.

As of April 10th, 48 school-based New York City employees—22 paraprofessionals, 21 teachers, two administrators, one facilities staffer, one guidance counselor and one food service staffer—have died. Two central office employees have also died. Forty of these are members of the United Federation of Teachers, including 11 retirees.

[Click here to read the full story on Politico.](#)

[To share the story and a message on Facebook, click here.](#)

[Share the news to your Twitter account here.](#)

[Click to visit a special website created by UFT honoring some of the fallen.](#)

AFT-Sponsored Webinar: ‘Healthy Emotion Regulation During Uncertain Times.’

This just in from AFT:

Have you been riding a roller coaster of emotions lately? You aren't alone. Join Marc Brackett on **Thursday, April 16th at 3:00 PM EDT**, for this timely webinar on strategies to help make the ride a little smoother. This interactive session, titled "*The Big 7: Healthy Emotion Regulation During Uncertain Times*," will offer research-based strategies to support your own and others' well-being and better decision-making, relationship quality and performance during this time.

[Click here to register.](#)

Allergy Season Presents Unique Challenges During The COVID-19 Pandemic.

The seasonal challenges allergies present as spring begins to bloom can now be doubly concerning on account of our keen attention and awareness of COVID-19 symptoms. Watery eyes, runny nose, a slight cough, a tickling sensation in the back of the throat—these are telltale allergy symptoms that these days might be easy to mistake as evidence of coronavirus.

[This televised and written report from WTAE \(the written has more detail\)](#) can help you make sense of the differences between the two, but remember to always seek the advice of a qualified medical professional if you have symptoms or questions that need answers.

PCA Heard Loud and Clear in New Video ...



Pittsburgh Classical Academy (**Rob Mitchell, Building Rep**) in the house with a fight song--look for future shares from **Sunnyside, Phillips K-5, Morrow, Schiller, South Hills Middle, Westwood, Spring Hill ...**

Continue to share inspiring school messages with us, and we'll do our level best to share with PFT members! **Send youtube links to dan_evans@pft400.org.**

**** PFT Coronavirus Updates Now Every Wednesday. ****

Missed an update or message? [View our archive of COVID-19 Updates here.](#)

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](#)

[PA-Specific Resources from Senator Casey](#)

[Student Debt Relief 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

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