

PFT COVID-19 Update 8-26-20: CDC Mystery- Covid Stats- PA Stress Help - Blues-links

CORONA VIRUS Updates

CDC Changes Testing Recommendations Without Explanations

Yesterday the Centers for Disease Control and Prevention changed its testing guidelines, without explanation, alarming medical experts around the country. The CDC now says that people with confirmed coronavirus exposure who do not have symptoms do not need to get tested.

We know that 40 percent of cases are asymptomatic, which means that many people who are infected will go undiagnosed. **AFT President Randi Weingarten** highlighted the problem on Twitter this morning, noting that this move smacks of political malfeasance; a way to try to reduce the number of tests so that the confirmed infection rate will go down.

The AFT President didn't mince words.

*"It will put lives at risk and make it harder to combat the virus and return to normal."
-- Randi Weingarten*

[View and share her pointed Twitter feed here.](#)

The Statistical Picture of COVID in Allegheny County

Even as Allegheny County surpassed the 10,000 COVID case milestone today, our region continues to battle back in a positive direction after the summer surge. The next great challenge is literally just around the corner with widespread reopening of schools (*to some lesser or greater degree*) across the region.

For the facts that hopefully will continue to drive decision-making in our region, please [visit the county's COVID statistics and information page by clicking here.](#)

24-7 Statewide Helpline to Help Manage COVID Stress

The coronavirus and the efforts to suppress it have altered almost every aspect of daily life, increasingly so during the stressful time surrounding back to school. This year like no other, it's no surprise that some people are struggling with anxiety and finding it hard to cope.

Pennsylvania is operating a statewide helpline through the Department of Health and Human Services (PA-DHS). It is staffed around the clock.

The number to call is 1-855-284-2494

For TTY, please dial 724-631-5600

[Click here to view valuable PA-DHS resource websites](#) for our Commonwealth.

A Bluesday Photo and Sign of the Times from Carmalt

PFT Member **Stephanie Lackner (Carmalt/Building Representative)** recently shared a screen image of her school's first-ever virtual building committee meeting. Note all the blue being worn--the meeting happened on the first Tuesday of this month.



Every day is Bluesday in our book—[share your pictures with us here](#) wearing PFT blue to help keep everyone's spirits up!

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.

[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](#)

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



Coronavirus Self-Checker

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

**** PFT Coronavirus Updates Released Weekly If Possible ****

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

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

In solidarity—

Nina Esposito-Visgitis