

## *BENEFITS & RISK MANAGEMENT*

### November Newsletter



## Happy Thanksgiving

As we approach colder weather and busy holiday seasons we encourage you to stay healthy in body and mind. We continue to update pandemic protocols, encourage self-monitoring, mask/shield, hand washing, and social distancing.

However, one dangerous workplace behavior that seems to increase the spread

and exposure to COVID-19 is the irresistible need to mingle. Please refer to the ECISD COVID-19 information on ECISD website:

<https://www.ectorcountyisd.org/Domain/2103>

click on ECISD COVID-19 Resources

In this newsletter we include an update on open enrollment, COVID-19 and Flu information, and seasonal tips.



## Open Enrollment ends on 11/20/2020

### Open enrollment will be from October 13 –November 20, 2020

As with many things this year, open enrollment will be different. Protecting our employees' health while providing benefit enrollment is our primary concern. Employees may enroll in one of three ways:

- **Self-Enroll Online** <https://ffbenefits.ffga.com/ectorcountyisd/>  
This method has been offering in the past. Employees may enroll at any time during the open enrollment period.
- **Enroll by Phone** Employees call 855-765-4473, option 4, which goes to a call center staffed by First Financial Enrollers. The hours are 8 am to 7 pm, Monday through Friday. Weekend enrollment is available on Saturday, 11/14, 10:00 am-5:00 pm and Sunday, 11/15, 12:00 noon-5:00 pm.
- **Enroll Virtually through Teams** Employees will call as above and request that the enroller shares his/her screen. The enroller sends the employee a TEAMS link by email. The enroller shares his/her screen with the employee's enrollment information. Employees can ask questions and/or give directions to the enroller.

## WHAT IS THE DIFFERENCE BETWEEN INFLUENZA (FLU) AND COVID-19?

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with [influenza viruses](#).

There are some key differences between flu and COVID-19. COVID-19 seems to spread more easily than flu and causes more serious illnesses in some people. It can also take longer before people show symptoms and people can be contagious for longer. Another important difference is there is a vaccine to protect against flu. There is currently no vaccine to prevent COVID-19. The best way to prevent infection is to avoid being exposed to the virus. More information about differences between flu and COVID-19 is available in the different sections below.

Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and [testing](#) may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics, but there are some key differences between the two.

While more is learned every day, there is still a lot that is unknown about COVID-19 and the virus that causes it. This page compares COVID-19 and flu, given the best available information to date.

### SIGNS AND SYMPTOMS

#### Similarities:

**Both COVID-19 and flu** can have varying degrees of signs and symptoms, ranging from no symptoms (asymptomatic) to severe symptoms. Common symptoms that COVID-19 and flu share include:

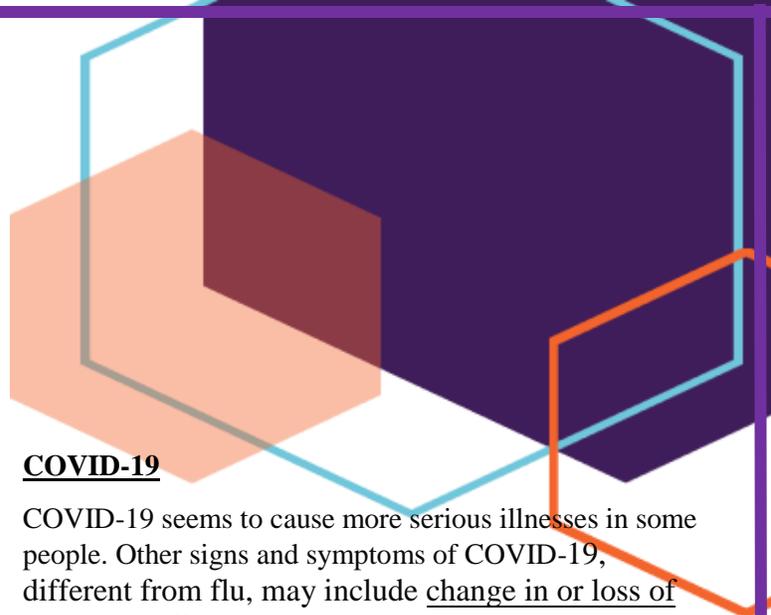
- **Fever or feeling feverish/chills**
- **Cough**
- **Shortness of breath or difficulty breathing**
- **Fatigue (tiredness)**
- **Sore throat**
- **Runny or stuffy nose**
- **Muscle pain or body aches**
- **Headache**
- **Some people may have vomiting and diarrhea, though this is more common in children than adults**

#### Differences:

#### Flu

Flu viruses can cause mild to severe illness, including common signs and symptoms listed above.

[Flu Symptoms](#)



#### COVID-19

COVID-19 seems to cause more serious illnesses in some people. Other signs and symptoms of COVID-19, different from flu, may include change in or loss of taste or smell.

[COVID-19 Symptoms](#)

### HOW LONG SYMPTOMS APPEAR AFTER EXPOSURE AND INFECTION

#### Similarities:

**For both COVID-19 and flu**, 1 or more days can pass between a person becoming infected and when he or she starts to experience illness symptoms.

#### Differences:

If a person has COVID-19, it could take them longer to develop symptoms than if they had flu.

#### **Flu**

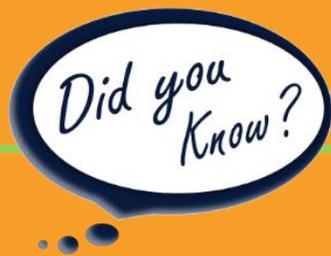
Typically, a person develops symptoms anywhere from **1 to 4 days after infection**.

[Flu Symptoms](#)

#### **COVID-19**

Typically, a person develops symptoms **5 days after being infected**, but symptoms can appear **as early as 2 days after infection** or **as late as 14 days after infection**, and the time range can vary.

[COVID-19 Symptoms](#)



## Lower risk activities for the Thanksgiving Holidays

- Having a small [dinner](#) with only people who live in your household.
- Preparing traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and delivering them in a way that doesn't involve contact with others.
- Having a virtual dinner and sharing recipes with friends and family.
- Shopping online rather than in person on the day after Thanksgiving or the next Monday.
- Watching sports events, parades, and movies from home.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html#:~:text=Having%20a%20small%20dinner%20with,%2C%20and%20movies%20from%20home>



Website:

<https://www.ectorcountysd.org/Domain/148>



Contact:

432-456-9789



[Donna.ziriaux@ectorcountysd.org](mailto:Donna.ziriaux@ectorcountysd.org)

[Yolanda.gordon@ectorcountysd.org](mailto:Yolanda.gordon@ectorcountysd.org)

[Estela.vejil@ectorcountysd.org](mailto:Estela.vejil@ectorcountysd.org)

[Maria.melendez@ectorcountysd.org](mailto:Maria.melendez@ectorcountysd.org)

A graphic with a warm, golden-yellow background and a cluster of vibrant orange and red autumn leaves on the right side. The text "Happy Thanksgiving" is written in a large, elegant, black cursive font across the center.

Happy  
Thanksgiving

**Benefits & Risk Management**