LATEST COVID-19 OSU-CHS INFORMATION
health.okstate.edu/news/coronavirus

HUMAN RESOURCES IN TULSA
• 918-594-8221 or tulsa.hr@okstate.edu
• Faculty and Staff FAQ: go.okstate.edu/coronavirus/faq/faculty-staff-faq

OSU MEDICINE COVID-19 DRIVE THROUGH TESTING FOR EMPLOYEES
• Location: OSU-CHS Campus (east parking lot), 1111 W. 17th Street, Tulsa, OK 74107
• Hours: Monday–Friday, 8:00 a.m. – 5:00 p.m., by appointment only.
• IF YOU ARE EXPERIENCING SYMPTOMS OF COVID-19 OR HAVE BEEN EXPOSED TO SOMEONE WHO HAS TESTED POSITIVE FOR COVID-19, PLEASE CALL ERIKA TEEL, OUR OCCUPATIONAL HEALTH NURSE, AT 918-281-2755 TO SCHEDULE AN APPOINTMENT. If it is on the weekend or after business hours, please email CHSCOVID19@okstate.edu and answer the following questions. Erika will follow up with you on the next business day:
  – Are you a student or employee?
  – If employee, which department or clinic do you work at and where is your workspace located?
  – Do you feel you have had contact with a confirmed case or are you feeling symptomatic? Explain.
  – What is a good call back number?
• If you are not symptomatic and/or haven’t been exposed to a confirmed case of COVID-19, OSU Medicine is also offering community testing at the OSU-CHS campus, 1111 w. 17th Street, Monday–Friday, 8:00 a.m. – 5:00 p.m. by appointment only. Please call 918-599-5300 to schedule an appointment.

FAMILIES FIRST CORONAVIRUS RESPONSE ACT (FFCRA)
Congress enacted the Families First Coronavirus Response Act (FFCRA) which allows for paid leave for employees who are unable to work or telework due to various circumstances surrounding COVID-19.
For more information go to: https://hr.okstate.edu/families-first-coronavirus-response-act-ffcra
More FFCRA frequently asked questions: https://www.dol.gov/agencies/whd/pandemic/ffcra-questions
NOTICE FOR BENEFITS-ELIGIBLE FACULTY AND STAFF

REACH OUT FOR SUPPORT
Mental health benefits are included with your plan. Find a provider on [Blue Access for Members](#).
- You may be able to have a Virtual Visit through [MDLIVE](#).
- Talk with your doctor to make sure you have the medicine you need on hand.
- Call us at the number on your member ID card if you have questions about benefits or mental health care needs.

MORE RESOURCES
Centers for Disease Control and Prevention
- [Managing stress related to the outbreak](#).
- [Coping with a traumatic event](#).
- [Helping children cope with emergencies](#).
Substance Abuse and Mental Health Services Administration (SAMHSA)
- [Coping with stress during an outbreak](#).
- [Taking care of your mental health during an outbreak](#).
BCBS COVID website — Stay Informed
- [https://www.bcbsok.com/covid-19](https://www.bcbsok.com/covid-19)
MENTAL HEALTH/EMOTIONAL HEALTH VIRTUAL SUPPORT SERVICES
OSU-CHS students, residents and medical providers who are interested in virtual mental health/emotional health support can contact OSU-CHS Counseling Services:

- Telephone: 918-561-1822 with confidential voicemail
- Email: osuchs.counseling@okstate.edu
- Virtual visits: https://chscounselingservices.as.me/

Licensed mental health providers are on staff to provide virtual services Monday through Friday, 8:00 a.m.– 5:00 p.m.

OSU CHS Employees may utilize the OSU Tulsa Al Carlozzi Center for Counseling located in Main Hall 2403, 700 N. Greenwood Ave, Tulsa for personal or group counseling. OSU students, faculty, and staff receive the first five sessions free, and subsequent sessions are $5.00 each.

- 918-594-8568
- https://tulsa.okstate.edu/counselingcenter

COMPSYCH®
Provides Employee Assistance Program (EAP) services for Oklahoma State University. Your GuidanceResources® benefits will give you and your dependents confidential support, resources and information for personal and work-life issues. These services are provided at no charge to benefits eligible employees and their dependents.

GuidanceResources® is available to you 24 hours a day, 7 days a week.

There are three ways to access your GuidanceResources® benefits:

1. Call 855.850.2397. You’ll speak to a counseling professional who will listen to your concerns and can guide you to the appropriate services you require.

2. Visit GuidanceResources Online at guidanceresources.com, click the link for I am a first time user, enter OKSTATEEAP as your Web ID, then create your user ID and password.

3. Download the GuidanceResources® Now app for your mobile device.