



Vol. 1 | May 2021

Message from Secretary Walsh



I am committed to supporting you, your families, and the Department's mission in response to COVID-19. As we embark on Public Service Recognition Week, I thank each of you for your commitment to the Department's mission and the American workforce. More, now than ever, we have the unique challenge of taking care of ourselves, our families and our communities while also supporting America's recovery from the COVID 19 pandemic. Your passion, your commitment, and your service is both appreciated and valued. On behalf of the DOL leadership team, I thank you for what you do in service to our country.

Secretary Marty Walsh

The Secretary addressed a variety of questions from employees about the COVID-19 pandemic in his Town Hall meeting on March 25, 2021. If you missed it, you can view or listen to the recording of the event by visiting: [DOL Town Hall with Secretary Walsh](#).

In Case You Missed It

Here is a quick recap of the latest COVID-19 information and guidance sent to all DOL employees:

- [Reminder: DOL COVID-19 Mask Policy](#)
- [FEMA COVID-19 Funeral Assistance](#)
- [Revised COVID-19 Exposure Notification Process](#)
- [DOL's Efforts for Vaccine Access for Employees](#)
- [Extension of Expanded Workplace Flexibilities at DOL](#)



- [Current Status of the American Rescue Plan Emergency Paid Leave](#)
- [Policy Modification: Expansion of the DOL COVID-19 Workplace Safety Plan to Include Use of Administrative Leave for COVID-19 Vaccination](#)

Additional information, including [Employee Messages](#), are posted on the [DOL COVID-19 LaborNet page](#). If you have questions, please visit the [FAQ page](#), or contact us at: COVID19Questions@dol.gov.

Employee Spotlight

Western WHD Region District Director of Enforcement, Priscilla Garcia Ocampo, and Los Angeles Assistant District Director, Francisco Ocampo, along with their children Diego and Yezenia, have continued serving the homeless community in Ventura County, California during the pandemic. They have been serving homeless adults and children through the Catholic Charities Food Pantry by putting together food boxes and distributing them to those without means of transportation. The food is collected from various local grocery stores and the Ocampos join with senior volunteers from their community to assemble the food boxes that are distributed to the local community. The Ocampo Family believes no one should have to go without food or water in these hard times.



Do you know of a DOL colleague making a difference during COVID 19? Share the story with us: [DOLCOVID-19Newsletter!](#)

Mindful Minute

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, and overwhelming. Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety. Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient. Read more about coping with COVID-19 stress and mental health from the [Centers for Disease Control](#) and Prevention. DOL employees are also



encouraged to visit the COVID-19 [Benefits & Wellness LaborNet page](#) for information about available resources, including the [Employee Assistance Program](#).

Teleworking Tips for Your Home Office

Maintaining work-life balance during the maximum telework posture can be challenging. The key to a healthy work life balance as a teleworker is being able to establish boundaries for both your work and personal obligations. For example,



- **Develop a Routine** by establish rituals that help you define the beginning and the end of your workday; and
- **Take Care of Yourself** by eating healthy and taking time to move between meetings or take a walk during your lunch break.

For more helpful tips, visit the Mayo Clinic's "Teleworking during the Coronavirus."

Supervisor's Corner

The following guidance and tools are available to support DOL managers and supervisors:



- [Removal of Equipment from DOL Offices](#)
- [Hand Sanitizer Fact Sheet](#)
- [Provision of Masks for DOL Agencies and Visitors](#)
- [Results-Oriented Management of Telework Employees](#) – A great federal resource from Telework.gov for managing in this unique maximum telework environment

If you have suggestions for other content to be added to the Manager/Supervisor Corner on the DOL COVID-19 LaborNet page or this newsletter, [tell us!](#)

Engage with Us!

- **May:** Tell us what COVID-19 topics interest you for future DOL-wide open forums (i.e., facilitated discussions with live Q&As on topics of interest): [Take the Survey!](#)
- **June: DOL COVID-19 Town Hall** – Stay tuned for more information!

Asked & Answered

You asked, and we answered!

What should I do if I think I may have been exposed to the virus?



According to the Centers for Disease Control and Prevention (CDC), anyone who has been within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period, also known as “[close contact](#),” should consult with their healthcare provider as soon as possible, not come into a DOL workplace, and immediately inform their supervisor so that appropriate work measures can be taken under the [DOL COVID-19 Workplace Safety Plan](#) and exposure notification procedures.

Is the Employee Assistance Program (EAP) available during the COVID-19 emergency?

Yes! Employees are encouraged to reach out to EAP and its services for assistance as a result of this public health crisis. In instances where in-person consultations may be limited, phone consultations will be provided.

For more FAQs, visit the [DOL COVID-19 FAQ LaborNet page!](#)

Did You Know...

That the DOL Worklife4You program offers a variety of free webinars on topics of interest to our community? Here’s a list of upcoming webinars, if interested:

- **Thursday, May 6, 2021 (1-2pm ET) – Resiliency Today: Managing Strong**
Participants will explore what mindful meditation is and isn’t, identify the benefits, discuss data that supports mindful meditation, and have an opportunity to experience it. [Register for Resiliency Today: Managing Strong Webinar](#)

- **Tuesday, May 18, 2021 (12:00pm-1:00pm ET) – Resiliency: Bounce Back Stronger:** No matter what life throws at us, we can always learn tips and techniques to use daily to become more resilient. You will leave feeling empowered with the knowledge of what steps to take to become more resilient. [Register Resiliency: Bounce Back Stronger Webinar](#)

For more information, and to see other free Worklife4You webinars available to DOL employees, visit the 2021 Worklife Webinar Calendar, or the [Office of Human Resources \(OHR\) Employee Assistance Program LaborNet page](#).

Interested in Learning More?

We have a number of helpful resources available for you on the [DOL COVID-19 LaborNet page](#)! Information is updated daily — visit some of the most popular links below:

- [COVID-19 Guidance and Resources Main Page](#)
- [Workplace Flexibilities](#)
- [Telework](#)
- [Benefits & Wellness](#)

Questions? Please email us at 