

COVID -19 PALOMAR EMPLOYEE RESOURCES

- **IF YOU FEEL SICK OR HAVE BEEN IN CONTACT WITH SOMEONE WHO IS SICK**
 - **Call a medical provider:** seek medical advice from a professional.
 - **Stay home:** People who are mildly ill with COVID-19 are able to isolate at home during their illness. Restrict activities outside your home, except to access medical care.
 - **Notify your supervisor:** Call your supervisor and report absences.
 - **Avoid public areas:** Do not go to work, school, or public areas.
- **IF YOU THINK YOU MAY HAVE BEEN EXPOSED WHILE WORKING AT PALOMAR COLLEGE**
 - Call workers compensation Company Nurse 24/7: 877.518.6702 search code QS394
 - Notify your supervisor and the Benefits Office
- **CONTACT THE PALOMAR BENEFITS OFFICE**
 - benefits@palomar.edu
 - Wendy Corbin 760.744.1150 X.2889
 - Veronica Sadowski 760.744.1150 X.3053

MENTAL HEALTH & EMPLOYEE ASSISTANCE:

24/7 EASE: 800.722.3273 company code EASE (https://www.advantageengagement.com/1528/login_company.php)

Anthem EAP: 800.999.7222 company code SISC (<https://www.anthem.com/employer/eap/employee/>)

WORKERS COMPENSATION:

24/7 Company Nurse: 877.518.6702 Search Code: QS394

Claim Paperwork: https://www2.palomar.edu/pages/hr/files/2019/04/WC.Claim_.Packet2019.pdf

ANTHEM MEDICAL PLAN:

Member Services: 800.825.5541

24/7 MDLive: 800.657.6169 or https://members.mdlive.com/sisc/landing_home

KAISER MEDICAL PLAN:

Member Services: 800.464.4000

Your care your way: 800.290.5000 / afterhours 888.576.6225

(Ask your doctor's office about the possibility of a video visit!)

NORTH COUNTY HEALTH SERVICES

Phone: 760.736.6767

SAN DIEGO COUNTY EPIDEMIOLOGY PROGRAM

Phone: 619.692.8499 [EMAIL](#)

Website: <https://211sandiego.org/>

CENTERS FOR DISEASE CONTROL & PREVENTION

Phone: 800.232.4636

Website: <https://wwwn.cdc.gov.dcs/contactus/form>