



Omar C. Reid, Senior Vice President

# HR Update

*Your health and well-being is our highest priority.*

The Human Resources department would like to provide updates and remind you of available resources.

## Dress Code Changed to Business Casual

During the coronavirus (COVID-19) pandemic, non-clinical staff who would normally dress in business professional attire can adopt a more relaxed dress code. Business casual attire is now appropriate for work.

Business casual dress includes:

- slacks or khakis
- dress shirt or blouse
- open-collar or polo shirt
- optional tie or seasonal sport coat
- a dress or skirt at knee-length or below
- a blazer
- knit shirt or sweater
- loafers or closed-toed dress shoes

## Resources for Coping with Stress

The Houston Chronicle reported Harris and Montgomery Counties have seen an uptick in domestic violence incidents since the onset of the COVID-19 pandemic. The HR department would like to provide resources for coping with stress during these challenging times.

### Employee Assistance Program

It's confidential and comes at no cost to you. Feel free to call 1-800-638-3327 or visit [feicap.com](https://feicap.com) (username:hhs). Seeking help is an investment in your well-being.

### Child Abuse Resources

- [Childhelp.org](https://www.childhelp.org) offers a resource for both parents and children.
- **The National Child Abuse Hotline** - 1-800-4-A-Child or 1-800-422-4453
- **The Texas Abuse Hotline** - 1-800-252-5400

### Tips for parents and caregivers who find themselves angry or frustrated:

- If the child is in a safe place, take a time out or leave the room.
- Talk to a peer or friend to vent your frustration.
- Engage your partner or another adult to help with the situation.
- Contact the above resources for assistance or guidance.

### Domestic Violence Resources

- **National Domestic Violence Hotline** - <https://www.thehotline.org>, 1-800-799-SAFE (7233) or 800-787-3224 (TDD)
- If you are deaf or hard of hearing, there are resources available at <https://www.thehotline.org/help/deaf-services/>

## Employee Appreciation



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Local organizations want to show their appreciation for the great work of our healthcare staff. [Click here](#) to visit the HR Benefits page for information on deals and resources.

**Thank you for everything you do to meet the health care needs of our community.**