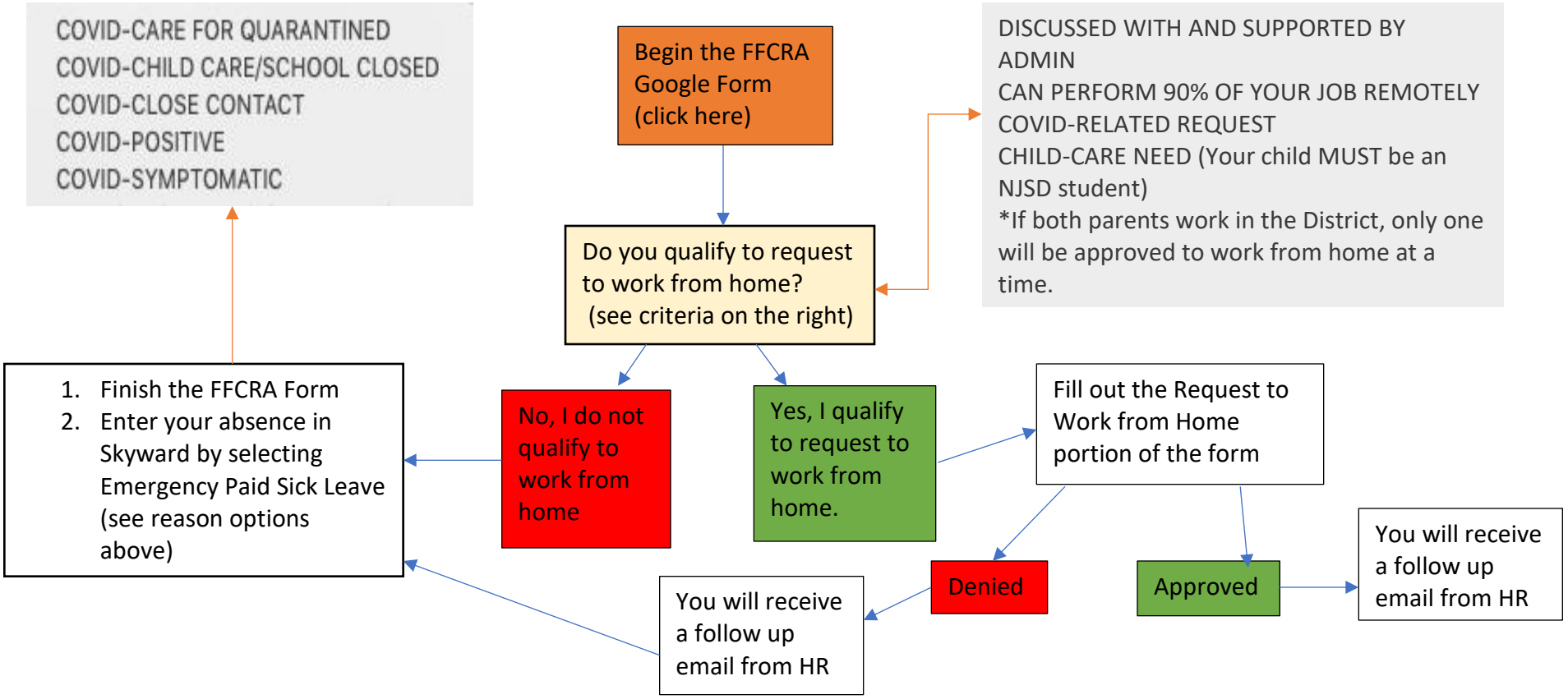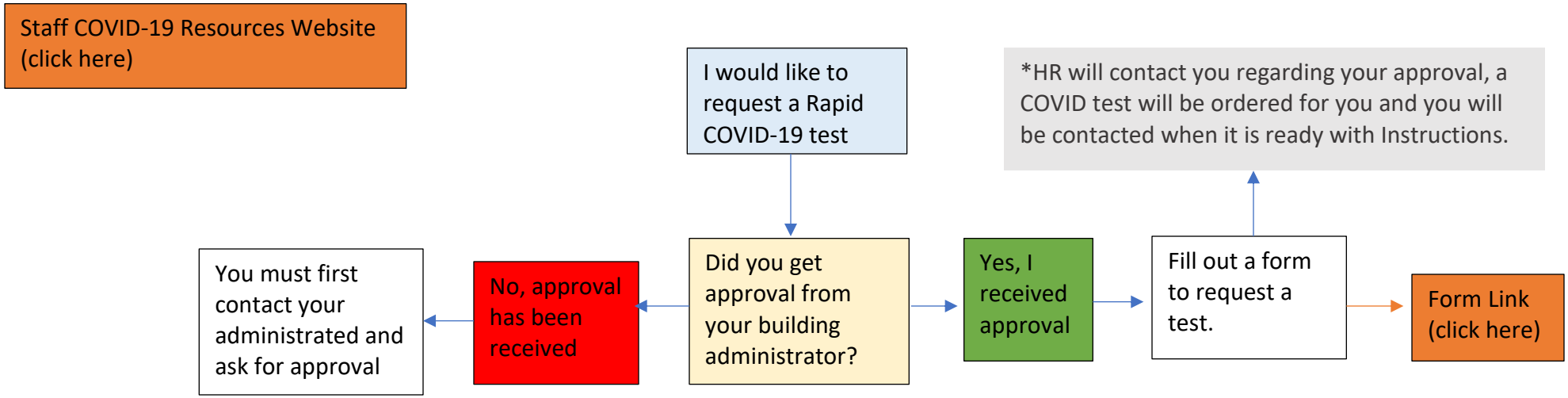I need to request sick time, EFMLA or work-from-home due to COVID. What are my next steps?