



Information regarding COVID-19 can be overwhelming. It is important to take care of yourself during this time. The resources below have been compiled to help with daily living. This includes tips on working and exercising at home, behavioral health, food delivery resources, and talking to children about COVID-19.

Information Regarding COVID-19:

Jointly hosted by U.S. Department of Health & Human Services and Centers for Disease Control and Prevention

<https://www.coronavirus.gov/>

California Department of Public Health

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

State & Territorial Health Department Websites

<https://www.cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html>

World Health Organization

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

At Home Activities:

USA Today

<https://www.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine-100-things-do-while-trapped-inside/5054632002>

Psychology Today

<https://www.psychologytoday.com/us/blog/intersections/202003/8-things-do-while-under-quarantine>

Urban Matter

<https://urbanmatter.com/chicago/snowed-in>

Happier Human

<https://www.happierhuman.com/fun-things-to-do-at-home>

The Simple Dollar

<https://www.thesimpledollar.com/financial-wellness/useful-things-to-do-when-youre-stuck-at-home>

Mental Health Tips:

Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

World Health Organization

https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2

Substance Abuse and Mental Health Services Administration

<https://store.samhsa.gov/system/files/sma14-4894.pdf>

Partners in Health

<https://www.pih.org/article/10-mental-health-tips-coronavirus-social-distancing>

Psychology Today

<https://www.psychologytoday.com/us/blog/talking-about-health/202003/mental-health-in-time-pandemic>

Anxiety and Depression Association of America

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and>

Wired

<https://www.wired.com/story/how-to-stop-coronavirus-anxiety-spiral>

Tips for Working from Home:

Entrepreneur

<https://www.entrepreneur.com/article/253800>

Thrive Global

<https://thrivglobal.com/stories/the-health-benefits-of-working-from-home>

Flexjobs.com

<https://www.flexjobs.com/blog/post/working-from-home-outbreak>

Business Insider

<https://www.businessinsider.com/work-from-home-tips-health-2019-4>

<https://www.businessinsider.com/how-to-work-from-home-during-the-coronavirus-outbreak-2020-3>

The Muse

<https://www.themuse.com/advice/coronavirus-work-from-home-tips>

The Verge

<https://www.theverge.com/2020/3/11/21171349/remote-work-how-to-home-coronavirus-quarantine-productivity-tips>

Exercising at Home:

Very Well Fit

<https://www.verywellfit.com/best-home-workouts-3495490>

Healthline

<https://www.healthline.com/health/fitness-exercise/at-home-workouts>

WebMD

<https://www.webmd.com/fitness-exercise/features/no-gym-required-how-to-get-fit-at-home#1>

Good Housekeeping

<https://www.goodhousekeeping.com/health/fitness/a31478709/home-workout>

American Council on Fitness

<https://www.acefitness.org/education-and-resources/lifestyle/blog/6593/top-25-at-home-exercises>

Men's Health

<https://www.menshealth.com/uk/building-muscle/a754099/the-15-best-beginners-exercises-to-do-at-home>

Inverse.com

<https://www.inverse.com/mind-body/exercise-coronavirus-how-to-workout-safely-in-a-pandemic>

Food Delivery Services:

Uber Eats

<https://www.ubereats.com/en-US>

EatStreet

<https://eatstreet.com>

Bring Me That

<https://www.bringmethat.com>

Waiter.com

<https://www.waiter.com>

Postmates

<https://postmates.com/feed>

Postmates has implemented non-contact deliveries. Further information can be found at <https://support.postmates.com/buyer/articles/360040220192-article-Non-contact-deliveries>.

Grocery Delivery Services:

Walmart

<https://grocery.walmart.com>

Instacart

<https://www.instacart.com>

Shipt

<https://www.shipt.com>

Fresh Direct

<https://www.freshdirect.com>

Fresh Direct has implemented touchless deliveries. Further information can be found at

https://www.freshdirect.com/help/faq_home.jsp?page=faq_touchless_delivery.

Children and the Coronavirus:

- <https://childmind.org/article/talking-to-kids-about-the-coronavirus>
- <https://www.nbcnews.com/better/lifestyle/how-talk-your-kids-about-coronavirus-ease-their-fears-ncna1129851>
- <https://www.healthline.com/health-news/how-to-talk-to-kids-about-the-coronavirus>
- <https://parenting.nytimes.com/childrens-health/coronavirus-kids-talk>
- <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/children-faq.html>
- <https://kidshealth.org/en/parents/hand-washing.html>
- <https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>
- <https://www.npr.org/2020/03/13/814615866/coronavirus-and-parenting-what-you-need-to-know-now>