

Listed below are online resources with information on the coronavirus disease 2019 (COVID-19) outbreak and prevention, as well as advice on how to talk to children about it. To access the websites, please click on the links below.

The Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov>

<https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>

<https://twitter.com/CDCgov>

State & Territorial Health Department Websites

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

The World Health Organization

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

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses> <https://www.who.int/health-topics/coronavirus>

<https://twitter.com/WHO>

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>

WebMD

<https://www.webmd.com/lung/coronavirus#1>

National Institutes of Health

<https://www.nih.gov/health-information/coronavirus>

Medical News Today

<https://www.medicalnewstoday.com/articles/256521>

Mayo Clinic

<https://www.mayoclinic.org/diseases-conditions/coronavirus/expert-answers/novel-coronavirus/faq-20478727>

News Day

<https://www.newsday.com/news/health/coronavirus-virus-questions-answers-myths-1.41248807>

CNet

<https://www.cnet.com/how-to/how-to-protect-yourself-from-coronavirus>
<https://www.cnet.com/how-to/which-face-masks-protect-against-coronavirus>

Time

<https://time.com/5775359/coronavirus-prevention-tips>

The New York Times

<https://www.nytimes.com/article/what-is-coronavirus.html>

Below we have included information that may be useful for people looking to self-isolate, self-quarantine, or minimize public contact. For further information, please click on the websites below.

Information Regarding Quarantining, Self-Isolation, and Social Distancing:

U.S. Department of Health & Human Services

<https://www.hhs.gov/answers/public-health-and-safety/what-is-the-difference-between-isolation-and-quarantine/index.html>

Centers for Disease Control and Prevention

<https://www.cdc.gov/quarantine/index.html>

Wired

<https://www.wired.com/story/what-is-a-quarantine>

<https://www.wired.com/story/whats-social-distancing-flattening-curve-covid-19-questions>

<https://www.wired.com/story/covid-19-gear-supplies-guide>

LiveScience

<https://www.livescience.com/quarantine.html>

NPR

<https://www.npr.org/sections/health-shots/2020/03/16/816490025/quarantine-self-isolation-social-distancing-what-they-mean-and-when-to-do-them>

<https://www.npr.org/sections/health-shots/2020/03/17/817251610/its-time-to-get-serious-about-social-distancing-here-s-how>

WebMD

<https://www.webmd.com/a-to-z-guides/qa/what-is-quarantine>

VeryWell Health

<https://www.verywellhealth.com/what-happens-during-a-quarantine-4799239>

Cone Health

<https://www.conehealth.com/services/primary-care/social-distancing-faq-how-it-helps-prevent-covid-19-coronavirus/>

John Hopkins Medicine

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-social-distancing-and-self-quarantine>

Red Cross

<https://www.redcross.org/about-us/news-and-events/news/2020/coronavirus-what-social-distancing-means.html>

Health.com

<https://www.health.com/condition/infectious-diseases/coronavirus/what-is-social-distancing>

TIME

<https://time.com/5796642/how-to-quarantine-yourself-coronavirus>

Substance Abuse and Mental Health Services Administration

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

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.

As always, PMPH-EAP is here for you. Please call the EAP at (800) 527-0035.

Thank you,
Susan