



COVID-19: Information, Tips & Resources During Coronavirus

Coronavirus Information

[Centers for Disease Control \(CDC\)](#)
[World Health Organization \(WHO\)](#)

Tips and Resources

[Dealing with Coronavirus](#)
[CDC Resource - Coronavirus](#)
[CDC Resource – Manage Anxiety and Stress](#)
[How to Cope with Anxiety About Coronavirus \(COVID-19\)](#)
SAMHSA Resource - [Talking With Children: Tips for Caregivers Parents and Teachers During Infectious Disease Outbreaks](#)
SAMHSA Resource - [Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#)
Spanish Version: [Consejos Para Lidar Con Medidas De Precaucion Durante Un Brote de Una Enfermedad Contagiosa](#)

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>

Mental Health Tips

Centers for Disease Control and Prevention
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Substance Abuse and Mental Health Services Administration
<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

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>

Tips for Working from Home

Entrepreneur

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

The Muse

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

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>

Happier Human

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

Exercising at Home

WebMD

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

American Council on Fitness

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

Very Well Fit

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



Healthline

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

Food Delivery Services

Uber Eats

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

Grub Hub

<https://www.grubhub.com/>

EatStreet

<https://eatstreet.com>

Grocery Delivery Services

Walmart

<https://grocery.walmart.com>

Peapod

<https://www.peapod.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.