

COVID-19 Resource Guide

BELOW ARE SOME USEFUL LINKS TO RESOURCES OUR TEAM HAS COLLECTED TO HELP OUR COLLEAGUES' FRIENDS AND FAMILIES THROUGH THESE DIFFICULT TIMES. WE HOPE YOU FIND THIS HELPFUL AS WELL.

WHAT DO WE KNOW ABOUT SARS-COV-2?



- SARS-CoV-2 is the virus causing COVID-19, a respiratory illness spread from person to person. Visit the CDC's site [here](#) for more information
- Johns Hopkins University's [COVID-19 tracker](#) breaks down current case numbers by geographic location
- SARS-CoV-2 also persists on [surfaces we touch](#): on plastics for up to 72 hours, steel and cardboard for 48 hours, and the air for up to 3 hours

COPING WITH SOCIAL DISTANCING

- Learn how to effectively [manage social distancing](#) to flatten the curve
- Learn from WHO [how to care](#) for those in your household with COVID-19
- Learn how to [support businesses](#) while staying at home
- See which [major U.S. food chains](#) offer free delivery to your door



HELPING OUR COMMUNITY

- Ways you can help [support healthcare workers](#) on the frontlines of this pandemic
- Ways you can help [support your elderly neighbors and loved ones](#) to stay safe
- Stay connected to your community through applications such as [Skype](#), [Zoom](#), and [FaceTime](#), as well as with [online games and discussion groups](#)

HEALTH EQUITY IMPLICATIONS

- [Health inequity's role](#) in spreading COVID-19
- [Occupational groups most affected](#) by the ongoing pandemic and a [guide to ways you can help](#)
- [Low- and middle-income countries are disproportionately impacted](#) by the pandemic

HANDLING FOOD



- [Commonly asked questions about food and coronavirus](#): Is it safe to eat at restaurants? Can coronavirus spread through food?
- Guide to [washing hands](#) and [using gloves](#)
- Guide to [bringing in groceries or takeout food](#) into the home
- What do the [expiration labels on your food](#) mean?

CREATIVE PUBLIC HEALTH RESPONSES

- Song from Vietnam highlighting proper [coronavirus prevention techniques](#) and the dance that went viral on [proper hand-washing technique](#)
- [DIY solutions](#) being proposed to help combat COVID-19
- Tutorial on [how to sew your own face mask](#)
- A [list of handshake alternatives](#), for greeting other colleagues



THINGS TO DO AT HOME

- Making the [transition to working remotely](#).
- [Coping strategies](#) to maintain your mental health, including the [National Alliance on Mental Illness' COVID-19 resource guide](#)
- Free [virtual yoga opportunities](#) to do at home
- At-home entertainment, including [online concerts](#), [virtual museums](#), and [environmental activities](#), along with [guides to free streaming services](#) and [Rotten Tomatoes' guide to the best free movies](#).
- Some free classes and educational tools such as [Khan Academy](#), [Duolingo](#), [Coursera](#), and [Codecademy](#).
- [At-home activities for children](#), along with a [guide for parents](#) during the ongoing crisis
- Virtual travel opportunities, from the [Smithsonian live zoo-cam](#) and [virtual National Parks tour](#) to other [historic sites and zoos](#)
- A guide to [remaking your space while at home](#)