

Coronavirus (COVID19) Preparedness Guide

March 17, 2020

National Health Resources

Centers for Disease Control and Prevention (CDC)

The Centers for Disease Control and Prevention (CDC) is closely monitoring developments around the COVID-19 coronavirus first identified in Wuhan, Hubei Province, China. To learn about the coronavirus, how they spread, symptoms, diagnosis, treatment, and prevention visit [the CDC website](#) for more information.

- To learn about guidance for travelers, please visit the CDC [Guidance for Travelers](#) section for more information.
- For travelers from China arriving in the US, please visit the [CDC recommendations](#) page.
- For warnings and recommendations issued by the CDC on reducing the risk of contracting coronavirus, visit the [Traveler View](#) page.
- For what to do if you are sick, please access the [CDC Coronavirus Guide](#).
- For the myth buster page regarding the false information circulating about the virus, visit the [myth buster section](#).
- For a map of public health laboratory **testing** for COVID-19, please visit the CDC's [testing in U.S. page](#). This map includes states and territories with one or more laboratories that have successfully verified and are currently using COVID-19 diagnostic tests. Contact your [state health department](#) regarding questions about testing in your region.
- For interim guidance for businesses and employers, visit this [page](#).

World Health Organization (WHO)

WHO works worldwide to promote health and helps prevent emergencies by identifying risks and developing tools needed during outbreaks. WHO published a range of interim guidance for all countries on how they can prepare for the coronavirus, including how to monitor for sick people, test samples, treat patients, control infection in health centers,

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maintain the right supplies, and communicate with the public about this new virus. To learn more about the coronavirus and for updates, visit [the WHO website](#) for more information.

- To view commonly asked questions and answers about the coronavirus, visit the [Q&A Page](#) for more information.
- For the most recent updates on Coronavirus, visit the [Disease Outbreak News](#) page
- For travel safety tips regarding the spread of Coronavirus, please visit the [Travel Advice page](#)

U.S. Department of State

For information on current travel advisories to China, travel advisory levels and assistance for U.S. citizens, please visit the Department of State website [here](#)

Aetna Inc. - What you need to know

To learn what you need to know about the coronavirus outbreak, visit [here](#).

PBS Kids - How to Talk to Your Kids About the Coronavirus Outbreak

For more information on how to talk to children about coronavirus, visit [here](#)

Mitigate the effects of home confinement on children during the COVID-19 outbreak – article can be found [here](#)

Shopping List for Home Quarantine

Prepare your household for a possible quarantine by shopping for essentials. This [how-to guide](#) provides a list of items and their respective quantities to purchase in preparation for any unanticipated shutdowns or quarantines. Please keep in mind that items should be stocked, not hoarded, as everyone deserves access to resources.

Emotional Support Resources

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Daily Strength

Daily Strength serves as an online forum for mental wellness and stress relief strategies. You can create a free membership on this website to access a wealth of valuable wellness & coping tools. Please visit the website [here](#)

SupportGroups.com

This [website](#) provides an array of open board forums on topics regarding relationships, stress, mental health disorders, and grief. This support site is free and only requires you to register a username.

SAMHSA (Substance Abuse and Mental Health Services Administration)

Helpline: (800) 662-4357

This organization provides information, education and access to substance abuse and mental illness programs nationwide. The Behavioral Health Treatment Services Locator is a search tool to locate behavioral health and substance abuse/addiction services. You can access this tool by clicking on the following link: <https://www.samhsa.gov/find-treatment> . After completing the search criteria you can view a list of treatment providers, their contact information and other pertinent details. You may also call the number above to receive free and confidential information about treatment services in your area.

National Council for Behavioral Health (NCBH)

The NCBH operates nationally and connects individuals to local behavioral health providers in their area. For assistance in locating a therapist or other trained professional, please visit their [website](#).

Grocery & Meal Delivery Apps

The following grocery and meal delivery apps are available for download on smartphones nationwide. You will need to check their individual websites to ensure that they deliver to your area.

www.instacart.com – order groceries

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www.shipt.com – order groceries

www.doordash.com – order from restaurants

www.ubereats.com – order from restaurants

www.grubhub.com – order from restaurants

www.postmates.com – order from restaurants

www.favor.com – order from restaurants

www.blueapron.com – meal kit service

www.hellofresh.com – meal kit service

Prescription Delivery

The following prescription delivery services are available nationwide. Please visit their individual websites to confirm their service areas.

[CVS Prescription Delivery](#)

[Walgreen's Prescription Delivery](#)

[Wegmans Prescription Delivery](#)

[Walmart Prescription Delivery](#)

Financial Assistance

211 United Way

2-1-1 operates nationwide and connects callers to human service information. This service operates 24 hours a day, seven days a week, even during disasters. Information and resources may be provided for a variety of needs including shelter, cell phone power stations, rent/utility assistance, and disaster response programs. Dial 211 from your cellphone to speak with a trained information and referral specialist. Calls are routed to

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service centers based on your geographic location. You may also search online for resources or find the local number for your local 211 service center by visiting 211.org.

Community Action Partnership

The Community Action Partnership serves the economically disadvantaged nationwide. Services include case management, rent/utility assistance, financial counseling, and an array of other community programming. To learn more, please visit the [community action partnership](https://communityactionpartnership.com) website.

Salvation Army

The Salvation Army is a Christian non-profit organization that operates nationwide. Their services include case management, rent/utility assistance, soup kitchens, and food banks. To locate the Salvation Army closest to you, visit the [salvation army](https://salvationarmy.org) website

NeedyMeds

NeedyMeds serves as a national hub for discounts and rebates on medical supplies, prescriptions, and over the counter medicine. This organization also connects the uninsured/underinsured to low-cost clinics for medical care. To learn more about their offerings, please visit their [website](https://www.needy.com).

Patient Advocate Foundation (PAF)

The PAF provides co-pay & medical bill relief to qualifying individuals. Case management services are also available. Eligibility depends on several variables including diagnosis, location, availability of funds, and overall financial need. To determine if you qualify for any of their funds, please check their [website](https://www.patientadvocate.org).

Caregiver Resources

Sittercity.com

Sitter City is a nationwide website connecting families with local caregivers for children, seniors, and the disabled in their area. This nationwide organization allows access to detailed information about providers including photos, background checks, education background, prior employment experience, and customer's reviews or comments. Registration is completed online. Fees may vary based on your location. The annual program costs approximately \$90 per year. The monthly program costs approximately \$35 per month. A free 7-day trial membership may be available. All pricing and promotions are subject to change.

Please note, to support those impacted by COVID-19, Sittercity is reducing its monthly membership fee for new members by 50% at this time. For more information, visit their website [here](#).

Care.com

Care.com is a national online registry of senior care and childcare providers for families who are seeking assistance locating providers. Basic membership is free and allows users to view and post jobs, receive newsletters with tips or advice, and access content on care-related topics. If a user would like detailed information on caregivers such as background check information and references, users must upgrade to a premium registration. Please note that pricing information is subject to change.

Please note, currently Care.com is providing 30 days of free, premium access to our site to Healthcare workers, for more information, Visit their website [here](#)

A Nanny on the Net

A Nanny on the Net is a national service with 37 offices throughout the United States. Families may use their website to find local nanny agencies who may be able to provide backup child care options. For more information, please visit the website [here](#)

College Nannies, Sitters & Tutors

College Nannies, Sitters and Tutors offers Nanny care and babysitting services and has multiple locations throughout the United States. You may visit their website [here](#) for more information and to find a nanny agency in your area.

Additional Child Caregiver Resources

Here are some ideas to help plan for back-up childcare:

- Download the Next Door app and see if there's any Parenting or Child Care Co-ops in your area. For example, some neighborhood might have a group of 5 parents hosts the group of kids one day out of each week. This allows each family to have 4 days of childcare without any out of pocket expenses. This may be a great resource to brainstorm with other neighbors or friends in the area who find themselves needing emergency childcare.
- Talk to your manager. More than likely there are many people in the same situation and employers may be more willing to work with you on alternative options such as bringing your child(ren) to work, shifting your work hours, or working from home.
- Connect with your colleagues to brainstorm alternative childcare options.
- Reach out to any friends, neighbors, or families with older teenagers or college students. Many school and universities across the country have extended spring break and this may provide an alternate option to have students on break provide childcare.
- Contact local churches
- Connect with groups such as www.meetup.com
- Look on local Facebook parenting forums
- Search for care on local community message boards

Additional Elder Care Resources

Home Instead

Home Instead is a private-pay home health agency specializing in companion care services for seniors and the disabled. Companion services include bathing, grooming, meal preparation, laundry, and light housekeeping. To learn more about their franchise locations, please visit their [website](#).

Visiting Angels

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Visiting Angels is a private-pay home health agency specializing in companion care services for seniors and the disabled. Companion services include bathing, grooming, meal preparation, laundry, and light housekeeping. To learn more about their franchise locations, please visit their [website](#).

Comfort Keepers

Comfort Keepers is a private-pay home health agency specializing in companion care services for seniors and the disabled. Companion services include bathing, grooming, meal preparation, laundry, and light housekeeping. To learn more about their franchise locations, please visit their [website](#).

Resources for Workers with Temporary Housing Needs

- Hotels www.hotels.com
- Airbnb www.airbnb.com
- VRBO (Vacation Rental by Owner) <https://www.vrbo.com/>
- Corporate housing, which is already furnished, using sites such as: www.corporatehousing.com or www.CHBO.com (Corporate housing by owner)
- Local realty companies who may assist with finding short term rentals/leases. You can locate realtors on www.Realtor.com
- Housing locator websites such as:
 - www.Trulia.com
 - www.Zillow.com
 - www.Sublet.com

Resources & Articles for Remote Fitness & Health

How to Exercise at Home:

<https://makeyourbodywork.com/how-to-exercise-at-home/>

YouTube channels:

[Fitness Blender](#)

PopSugar Fitness

Online Learning and Educational Websites for Children

Scholastic Learn at Home

The scholastic Learn at Home program offers free educational resources to children in all grade levels. Resources include articles, stories, videos and fun learning challenges. For more information, please visit the website [here](#)

Khan Academy

Khan Academy offers free online educational resources for children in all grade levels. For more information please visit their website [here](#)

National Geographic Kids

National Geographic Kids offers free online games, videos and quizzes for elementary aged children. For more information, please visit their website [here](#)

BrainPop

BrainPop offers free distance learning plans for students. They are currently waiving any fees to access their educational resources. For more information, please visit their website [here](#)

This guide provides referrals to resources. It does not endorse or recommend the resource providers. While every effort is made to maintain current provider information, information may change without notice.