

Coronavirus (COVID19) Preparedness Guide

May 8, 2020

National Health Information

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. site](#). This map includes states and territories with one or more laboratories that have successfully verified and are currently using COVID-19 diagnostic tests. Many towns and communities have opened drive through testing sites over the past week. For information on testing sites in your community, please visit your town's website or contact your [State Health Department](#) regarding questions about testing in your community.
- For interim guidance for businesses and employers, visit this [page](#).
- The CDC has created a guide on how to disinfect your home which you can access [here](#).

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 for domestic and international travel, 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](#)

GeroCentral

This senior advocacy group currently has a wealth of compiled resource guides and handbooks on how to handle the physical, social, emotional, and financial impacts surrounding the COVID-19 outbreak. Learn more by visiting the expansive resource list [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 during quarantine. Please keep in mind that items should be stocked, not hoarded, as everyone deserves access to resources.

Personal Protective Equipment (PPE)

Due to shortages of personal protective equipment, many companies and individuals are sewing masks for the general public to use when they go out. The following are resources to help you create your own mask or to purchase a homemade one.

www.etsy.com (masks and non-medical grade hand sanitizer for purchase)

<https://thehouseofperna.com/products/face-mask> (for purchase)

<https://www.chop.edu/how-make-homemade-diy-face-mask> (create your own)

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html> (The CDC has information on how to create your own mask)

Unemployment Information & Career Services

The spread of COVID-19 has led to the closure of businesses in a variety of industries & sectors throughout the United States. Each state has its own guidelines and resources to ensure that you receive unemployment and/or disability benefits. Posted below are the primary resources to consult when faced with unanticipated layoffs.

USA.gov

This federal [website](#) connects workers to information including: applying for unemployment, short & long term disability, the continuation of health coverage, and workers' compensation claims.

The federal government has permitted states to alter their unemployment regulations in response to COVID-19. To learn about the recent passing of the **CARES Act** (the COVID-19 economic stimulus package) and how it will expand benefits to American workers, please click [here](#).

Included in the **CARES Act**:

- Help for small businesses
- Federal student loan relief/extended grace periods
- Stimulus checks for workers and their dependents
- Extended unemployment benefits

Center on Budget & Policy Priorities

The CBP alerts the public to major changes in budgetary policies. To view a lucid explanation of the CARES Act and Pandemic Unemployment Assistance measures, please visit this [link](#).

U.S. Department Labor - Unemployment - Career One Stop Centers

For information regarding unemployment due to the Covid-19 outbreak and to see if you are eligible for unemployment benefits, please contact your local One Stop Career Center. You may find your local Career Center [here](#). Career OneStop operates as a national job and employment service center for workers across the United States. Career OneStop centers are available throughout the country and connect workers to information regarding unemployment, job training, resume reviews, and a host of other employment-related services.

Please note, the federal government is allowing new options for states to amend their laws to provide unemployment insurance benefits related to COVID-19. For more information on unemployment eligibility, please visit their site [here](#).

HelpGuide

HelpGuide, an online mental wellness resource, has an extensive guide on how to cope with job stress, unanticipated lay-offs and unemployment which can be accessed [here](#).

U.S. News & World Reports

This [site](#) provides a comprehensive guide on job search sites, job boards, interview preparation, cover letter writing, senior employment, and search strategies. This source also gives valuable tips on which sites to use based on your academic and/or professional background.

Emotional Support Resources

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.

Mon Ami

Mon Ami is a California based organization offering a companionship line as well as local (California) delivery/errand services. To learn more, please visit their [website](#) or call 650-267-2474.

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](#).

National Alliance on Mental Health (NAMI)

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI has put together a COVID-19 resource guide with information on the various questions and concerns related to people's mental health during this time. Topics include how to manage emotions related to having loved ones incarcerated at this time, feeling isolated and lonely during quarantine, supporting family member's who are diagnosed with serious mental health issues at this time and much more. You may view the resource guide [here](#).

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

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

- Please note, many local grocery stores are offering home delivery services. Please call or visit your local grocery store's website for further information.

Prescription Delivery

The following prescription delivery services are available nationwide. Please visit their individual websites to confirm their service areas. Also note that your local stores may allow for delivery requests over the phone in the event that you do not have smart phone or internet access.

[CVS Prescription Delivery](#)

[Walgreen's Prescription Delivery](#)

[Wegmans Prescription Delivery](#)

[Walmart Prescription Delivery](#)

[Kmart Prescription Delivery](#)

Financial Assistance

AT&T

In response to the surge of school closings and work-at-home migrations, AT&T has several initiatives to help families including 60 days of unlimited data for laptops and tablets. Late payments fees are also being waived. To learn more, please visit their [website](#).

Comcast Xfinity

In response to COVID-19, Comcast has several initiatives to help families including 60 days of free internet access for new subscribers and increased speeds at no extra cost for current subscribers. To learn more, please visit their [website](#).

Verizon

In response to COVID-19, Verizon has kickstarted a forgiveness plan regarding late fees. All late fees will be waived until May 13th. To learn more about their response, please visit their [website](#).

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 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](https://www.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://www.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://www.salvationarmyusa.org) website

Funeral Consumers Alliance

This organization provides the general public with guidance on funeral preparation, including the numerous options available and how to save on costs. To learn more, visit their [website](https://www.funeralconsumersalliance.org).

National Funeral Directors Association

The National Funeral Directors Association provides information regarding planning a funeral during the COVID-19 pandemic. For more information, please visit their website [here](https://www.nfdanet.org).

The National Tax Debt Relief Hotline

If you are struggling to pay your federal or state income taxes, you can contact the Tax Debt Relief Hotline to learn about your options by dialing 888-452-7841 between the hours of 9:00 a.m. and 5:00 p.m. EST.

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Childcare Aware of America

This national organization advocates for safe, affordable childcare and compiles valuable parenting resources in one convenient location. To learn about the different financial assistance options for childcare in your area, please visit their [website](#).

Healthcare Information

If you recently lost your health insurance due to an unanticipated change or lay-off, please consult the following programs for financial assistance and guidance.

Healthcare.gov

Healthcare.gov serves as the central market exchange for health insurance in the United States. Local agents can assist you in applying for a plan that meets your needs. To learn more & to locate an insurance broker in your area, please visit their [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](#).

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](#).

Domestic Violence & Assault Survivor Information

Shelter-in-place orders have led to spikes in domestic violence nationwide. Below are national resources to consult if you feel unsafe in your current living situation or if you are a survivor of violence.

The National Domestic Violence Hotline

This free & confidential hotline operates 24 hours a day, 7 days a week and provides in the moment support for those affected by domestic violence. You can reach them at 1-800-799-7233 or via their [website](#).

The National Sexual Assault Hotline

This hotline is both free & confidential and operates 24 hours a day, 7 days a week. NSAH provides in the moment support for those affected by sexual assault. You can reach them at 1-800-656-4673 or via their [website](#).

Darkness to Light

Darkness to Light is a non-profit organization committed to empowering adults to prevent child sexual abuse. Darkness to Light offers a free 30 minute online training called Protecting Children During a Crisis. You may take the training [here](#). For more information on Darkness to Light, please visit their website [here](#)

The Trans LifeLine

The Trans LifeLine connects members of the transgender community to emotional support via their warmline at 877-565-8860. This line operates from 9:00 a.m. to 3:00 a.m. CST, Monday through Friday. You can also learn more by visiting their [website](#).

Domestic Shelter locator

This [website](#) can help you look for an open & available shelter in your area.

Support Worksheet

This DV pod-mapping [worksheet](#) helps people identify community supports.

Violence at Home Guide

Futures without Violence is a non-profit organization whose mission is to help those who are traumatized by violence. They offer a [guide](#) which provides a wealth of information on how to support children and adults living with violence. You may also visit their website [here](#)

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

Remote Fitness & Socialization

With shelter-in-place orders still in effect in many states, it can be difficult to stay on top of your fitness routine. It can also get lonely without seeing friends and family. Stay fit and socially connected with the resources listed below.

Exercise at Home Guide

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

Fitness YouTube channels

[Fitness Blender](#)
[PopSugar Fitness](#)

Zoom

Zoom is an electronic platform allowing users to make calls and see each other in real time. A phone or computer with a webcam is needed in order to see one another. You can set up events on this platform to accommodate several people at a time. To learn more, please visit their [website](#).

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FaceTime

Apple provides a face-to-face calling platform that can be enabled on their cellular devices, tablets, and computers. To download this free program on your Apple device, please visit their [website](#).

Skype

Skype is a face-to-face calling platform that can be enabled on cellular devices, tablets, and computers regardless of whether it is a PC or MAC product. To learn more or to download the program for your device, visit their [website](#).

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.

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