

# COVID-19 Info

*Coronavirus disease 2019 (COVID-19)* has disrupted daily life across the globe. Rules on business closures, travel, stay-at-home orders, events and gatherings, and other things keep changing depending on the local caseload. People may be exhausted trying to keep up with the changing situation after nearly a year of uncertainty. This page provides tools to strengthen emotional resilience throughout this evolving situation.

The following information is organized into several subsections of further resources. Feel free to scroll down, or **click a link to jump to a specific topic**:

- [Physical Health](#)
- |
- [Emotional Health](#)
- |
- [Lockdown Wellness](#)
- |
- [Working During the Pandemic](#)
- |
- [Financial Tips](#)
- |
- [Families, Caregiving, and Parenting](#)
- |
- [Grief and Disappointment](#)
- |
- [Online Events](#)

## Physical Health

In addition to advice from local and national governments, public health authorities, and health care providers, these websites and articles provide tips to keep you safe and healthy:

- [Avoid Tobacco-Use Relapse During COVID-19](#)
- [COVID-19 Vaccine: Making the Decision](#)
- [Healthy Eating and COVID-19](#)
- [Keeping Work, Home, Schools, and Public Places Safe from Coronavirus](#)
- [Understanding and Reducing Risk During the COVID-19 Pandemic](#)
- **U.S. Centers for Disease Control and Prevention (CDC)** coronavirus hub, <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- **World Health Organization (WHO)** novel coronavirus page, <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

## Info from Mayo Clinic

- [COVID-19 antibody testing](#)
- [COVID-19 diagnostic testing](#)
- [COVID-19, cold, allergies and the flu: What are the differences?](#)
- [COVID-19 \(coronavirus\) drugs: Are there any that work?](#)
- [COVID-19 \(coronavirus\) stigma: What it is and how to reduce it](#)

- [COVID-19 \(coronavirus\) vaccine: Get the facts](#)
- [COVID-19: How much protection do face masks offer?](#)
- [COVID-19 safety: Tips for travel, restaurants, and the gym](#)
- [Coronavirus infection by race: What's behind the health disparities?](#)
- [Coronavirus travel advice](#)
- [Coronavirus vs. flu: Similarities and differences](#)
- [Contact tracing and COVID-19: What is it and how does it work?](#)
- [Debunking COVID-19 \(coronavirus\) myths](#)
- [Getting safe emergency care during the COVID-19 \(coronavirus\) pandemic](#)
- [Herd immunity and COVID-19 \(coronavirus\): What you need to know](#)
- [How do COVID-19 antibody tests differ from diagnostic tests?](#)
- [How to safely go to your doctor during the COVID-19 pandemic](#)
- [Safe outdoor activities during the COVID-19 pandemic](#)
- [Telemedicine: How to have an online visit with your doctor](#)
- [Treating COVID-19 at home: Care tips for you and others](#)
- [Unusual coronavirus \(COVID-19\) symptoms: What are they?](#)

[Back to top](#)

## Emotional Health

Visit the [Aware Mindfulness Channel](#) to access short, audio mindfulness exercises that will help you focus, release tension, and "reset" for improved wellbeing. **Although the channel text is in English, sessions are available in English, Spanish, Portuguese, French, Mandarin, and Italian.** (Please note that although the Aware Mindfulness web page lists these as *Featured Videos*, they are in fact audio files. We are repurposing a video tool to provide this audio to you.)

The following articles and resources may help you identify and acknowledge the emotions you may be experiencing and offer practical suggestions for coping:

- [Before and During a Pandemic](#)
- [Controlling Anxious Thoughts in Difficult Times](#)
- [Coping with Stress During Infectious Disease Outbreaks](#)
- [Finding Happiness in the Midst of a Pandemic](#)
- [Health Care Workers and First Responders: Coping During COVID-19](#)
- [Maintaining Caution During the COVID-19 Pandemic](#) (discusses "Caution Fatigue")
- [Maintaining Composure During COVID-19](#)

[Back to top](#)

## Lockdown Wellness

Whether you are self-isolating due to health concerns or because you choose to remain cautious, these resources offer tips on how to keep mentally and physically well while minimizing contact with others:

- [COVID-19 \(coronavirus\) quarantine, self-isolation and social distancing](#)
- [COVID-19: Volunteer from Home](#)
- [How Everyday Heroes are Helping](#)
- [Managing Anxiety While in Quarantine](#)
- [Social Apps to Keep Connected in Quarantine](#)

[Back to top](#)

## Working During the Pandemic

This pandemic has prompted an increase in virtual workplaces, with larger numbers of employees working from home more of the time. Workplaces that are open have stricter virus-control procedures in place. These resources offer tips for employees and managers on how to stay productive and motivated in this environment:

- [COVID-19: Managing Virtual and On-Site Teams](#)
- [Helping Millennials Manage in a COVID-19 World](#)
- [Homeworking for Beginners](#)
- [How Managers Can Support Organizational Recovery](#)
- [Leaders: Managing Your Energy Levels](#)
- [Managing Anxiety When Returning to Work After COVID-19](#)
- [Managing Your Team After COVID-19](#)
- [Mentor Talks: How to Lead in a Post-Pandemic World](#)
- [Responding to Employee Needs Throughout COVID-19](#)
- Managing during a pandemic is unprecedented, and leaders have had to adjust without any formal guidance. To help you through these challenges, Workplace Options has developed [Leading Teams in a COVID-19 World: A Guide for Managers](#)

[Back to top](#)

## Financial Tips

The following information offers tips on budgeting and coping with potential loss, slowdown, or temporary layoff from work for you, your partner, or others you may know:

- [Budgeting in Uncertain Times](#)
- [Coping with Emotional Responses to Furlough](#)
- [COVID-19 pandemic: Coping with effects of unemployment](#)
- U.S. Department of Treasury—"The CARES Act Works for All Americans":  
<https://home.treasury.gov/policy-issues/cares>
- Consumer Finance—"A Guide to COVID-19 Economic Stimulus Relief":  
<https://www.consumerfinance.gov/about-us/blog/guide-covid-19-economic-stimulus-checks>
- Check the FCC's COVID-19 consumer warnings and safety tips: <https://www.fcc.gov/covid-scams>
- **Disaster Financial Assistance for Workers and Small Business Owners**—If you've been affected by the coronavirus pandemic, learn how you could qualify for unemployment benefits, paid leave, and more: <https://www.usa.gov/disaster-help-workers-businesses>
- Here's how to apply for coronavirus unemployment benefits in every state:  
<https://www.vox.com/2020/4/3/21199689/how-to-get-coronavirus-unemployment-insurance-furlough>

[Back to top](#)

## Families, Caregiving, and Parenting

Many families have had to adjust to new regulations and limitations of schools, child care, and elder care provisions during the pandemic, as well as added pressure from being confined in the same space for longer than usual. These articles and resource may help you balance the competing priorities of family and caregiving:

- [Activities for Kids in Quarantine](#)
- [Balancing Working from Home and Homeschooling](#)

- [Child Care and the Return to Work](#)
- [COVID-19: Helping an Older Relative Stay Connected](#)
- [COVID-19: Nursing Home Care and Assisted Living](#)
- [Couples and COVID-19 Confinement](#)
- [COVID-19 and Domestic Violence](#)
- [Dealing with Caregiver Stress in a COVID-19 World](#)
- [Helping an Older Relative Who Lives at Home](#)
- [Helping kids cope with loneliness during COVID-19](#)
- [Helping Seniors Navigate COVID-19](#)
- [How to Talk to Children About COVID-19](#)
- [Safety tips for returning to school during COVID-19](#)
- [Talking with Children During Infectious Disease Outbreaks](#)
- Returning to school after COVID-19 can be a source of anxiety for many parents. To help you address these issues, Workplace Options has developed [Resuming School During COVID-19: A Resource Guide for Parents](#)
- [Click this link to download a PDF of in-home and creative child care resources that can help during this time.](#)
- [Click this link to download a PDF of state-by-state child care and homeschool resources.](#)
- [Click this link to download a PDF of state-by-state elder care and aging resources.](#)

[Back to top](#)

## Grief and Disappointment

These articles and resources may help you cope with unexpected grief you may experience as a result of the pandemic:

- [Canceled by COVID-19: Managing Disappointment](#)
- [Unexpected Death and COVID-19](#)
- *CNBC*—"How to Cope with Grief During the COVID-19 Pandemic":  
<https://www.cnbc.com/2020/04/10/how-to-cope-with-grief-during-the-covid-19-pandemic.html>
- *CNN*—"Grief and Fear After a Covid-19 Death: Managing a Double Trauma":  
<https://edition.cnn.com/2020/04/01/health/grief-fear-coronavirus-wellness/index.html>
- *Very Well Mind*—"Understanding Grief in the Age of the COVID-19 Pandemic":  
<https://www.verywellmind.com/understanding-grief-in-the-age-of-the-covid-19-pandemic-4801931>
- *Washington Post*—"Saying goodbye: Unable to gather in grief, we must find new ways to mourn":  
[https://www.washingtonpost.com/lifestyle/wellness/funerals-coronavirus-grieving-mourning-changed/2020/04/23/e86ab616-858c-11ea-ae26-989cfce1c7c7\\_story.html](https://www.washingtonpost.com/lifestyle/wellness/funerals-coronavirus-grieving-mourning-changed/2020/04/23/e86ab616-858c-11ea-ae26-989cfce1c7c7_story.html)

[Back to top](#)

## Online Events

These online seminars may help you manage the unique challenges presented during this time:

- [Coronavirus: Minimizing the Impact & Building Psychological Immunity](#)
- [Keep Calm and Carry On: Maintaining Your Composure Amidst the Pandemic Panic](#)
- [Working Parents: How to Juggle Your Changing Demands and Homeschool Your Child](#)
- [Virtual Roundtable—Running the COVID Battle: Strategies for Our Medical Heroes](#)
- [Isolation: How to Mentally Cope with Socially Isolating](#)
- [Virtual Roundtable—Elder Care: How to Support Those in Isolation and Stay Connected](#)
- [Virtual Roundtable—Leading During Crisis: How Managers Can Support Their Teams at This Critical Juncture](#)

- [Vlog \(Video Blog\): Millennial Life During the Pandemic](#)
- [COVID-19 Support Vlog—Planning the Ultimate Staycation](#)
- [COVID-19 Support—Creating a Positive Learning and Working Environment](#)
- Savings Center/Perks at Work started the **Community Online Academy (COA)** in order to address the needs of people staying home during coronavirus. COA provides a day of free learning by world-renowned instructors every Thursday for both adults and kids, focused on fitness, learning, and fun. Log in or register for the Savings Center on the right of this home page to check out COA, or [click here to read more about Perks at Work \(PAW\) Community Online Academy \(COA\)](#).

[Back to top](#)

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Disclaimer: This document is intended for general information only. It does not provide the reader with specific direction, advice, or recommendations. You may wish to contact an appropriate professional for questions concerning your particular situation.  
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