

Keep Safe, Sound, and Sanitized: COVID-19

Safety

- Handwashing
 - FAQs and Video: <https://www.nytimes.com/2020/03/13/world/how-to-wash-your-hands-coronavirus.html>
 - Better Video: <https://www.youtube.com/watch?v=4UyucwRzp00>
- Food Safety/Cleaning Groceries Video: <https://www.youtube.com/watch?v=sjDuwc9KBps>
- COVID-19 procedures by State

What to do if you are concerned you have COVID-19, according to state health departments
<https://www.nbcnews.com/health/health-news/coronavirus-testing-information-covid-19-tests-according-state-health-departments-n1158041>
- Keep up with the Facts via CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

General Resources

- Find food assistance, help paying bills, and other free or reduced cost programs, including new programs for the COVID-19 pandemic: <https://findhelp.org/>
- Disability Health Information & Resources <https://www.accessliving.org/our-services/covid-19-resources-for-the-disability-community/>

Grocery Delivery

- <https://www.peapod.com/>
- <https://www.amazon.com/alm/storefront?almBrandId=QW1hem9uIEZyZXNo>
- <https://www.instacart.com/>
- <https://www.shipt.com/>

Mental Health

- American Psychological Association Tips for COVID-19 <https://www.apa.org/helpcenter/pandemics>
- Keep up with good news! Coronavirus Good News Dashboard:
https://www.inspiremore.com/coronavirus-good-news-dashboard?utm_source=IM.com&utm_medium=widget&utm_campaign=story_page
- How to Meditate: <https://www.nytimes.com/guides/well/how-to-meditate>
- Meditation for Anxiety: <https://www.youtube.com/watch?v=4pLUleLdwY4>
- Diaphragmatic Breathing: Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.
<https://telehealth.org/apps/behavioral/breathe2relax-mobile-app>
- Mindfulness: The app provides a gradual, self-guided training program designed to help you understand and adopt a simple mindfulness practice <https://mobile.va.gov/app/mindfulness-coach>

Exercise

- Les Mills Classes. This temporary site allows free access to 100+ workouts during the COVID-19 disruptions. <https://watch.lesmillsondemand.com/at-home-workouts>
- Life Fitness is making Workouts of the Day, delivered through Digital Coach, FREE, to all exercisers for a limited time. <https://go.lifefitness.com/wod>
- Yoga
 - Live classes www.yogaworks.com
 - Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout - completely free until May 1st <https://www.downdogapp.com/>
 - Free Yoga Programs: <https://www.doyogawithme.com/>

Entertainment/Activities

- Reading and Streaming <https://www.marketplace.org/2020/03/20/heres-what-to-read-and-stream-for-free-during-the-covid-19-pandemic/>
- Netflix with friends: Netflix Party is a Chrome extension for watching Netflix remotely with friends. It synchronizes video playback and adds group chat. <https://chrome.google.com/webstore/detail/netflix-party/oocalimimngaihdkbihfgmpkcpnmlaoa?hl=en>
- Opera <https://www.metopera.org/about/press-releases/met-launches-nightly-met-opera-streams-a-free-series-of-encore-live-in-hd-presentations-streamed-on-the-company-website-during-the-coronavirus-closure/>
- Broadway Musicals: <https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home>
- Museums: Virtual Tours
 - British Museum, London: <https://britishmuseum.withgoogle.com/>
 - Guggenheim Museum, NY: <https://artsandculture.google.com/streetview/solomon-r-guggenheim-museum-interior-streetview/jAHfbv3JGM2KaQ?hl=en&sv lng=-73.95902634325634&sv lat=40.78285751667664&sv h=30.75703204567916&sv p=0.06928383072430222&sv pid=MfnUmHRyOSzMtY3vtYU05g&sv z=0.9645743015259166>
 - National Gallery of Art, Washington DC: <https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en>
 - Musee d'Orsay, Paris: <https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en>
 - National Museum of Modern and Contemporary Art, Seoul: <https://artsandculture.google.com/partner/national-museum-of-modern-and-contemporary-art-korea?hl=en>
 - Pergamon Museum, Berlin: <https://artsandculture.google.com/entity/pergamon/m05tcm?hl=en>
 - Rijksmuseum, Amsterdam: <https://artsandculture.google.com/streetview/rijksmuseum/iwH5aYGoPwSf7g?hl=en&sv lng=4.885283712508563&sv lat=52.35984312584405&sv h=311.1699875145569&sv p=-5.924133903625474&sv pid=fOVcUXQW2wpRf33iUmxEfg&sv z=1>

- Van Gogh Museum, Amsterdam: <https://artsandculture.google.com/partner/van-gogh-museum?hl=en>
- The J. Paul Getty Museum, Los Angeles: <https://artsandculture.google.com/partner/the-j-paul-getty-museum?hl=en>
- Uffizi Gallery, Florence: <https://artsandculture.google.com/partner/uffizi-gallery?hl=en>
- MSAP, Sao Paulo: <https://artsandculture.google.com/partner/masp?hl=en>
- Open Heritage Sites from Around the world: <https://artsandculture.google.com/project/openheritage>
- Blarney Castle and Gardens: <https://www.blarneycastle.ie/pages/map-and-virtual-tour>
- Other Virtual Tours
 - San Diego Zoo: <https://kids.sandiegozoo.org/>
 - Yellowstone National Park: <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>
 - Mars: <https://accessmars.withgoogle.com/>
 - Great Wall of China: <https://www.thechinaguide.com/destination/great-wall-of-china>
 - Appalachian Trail: <https://www.nps.gov/appa/learn/photosmultimedia/virtualtour.htm>
 - National Parks Virtual Tours: https://www.nps.gov/search/?affiliate=nps&query=trail%20virtual%20tours&fbclid=IwAR37uxTyHzMSXH2AkZNdmdfHbrciDZ7w_C17ldHv02eZV1k0I3skr9jjZCY
- Watch Animals Live
 - San Diego Zoo Live Cameras: <https://zoo.sandiegozoo.org/live-cams>
 - Monterey Bay Aquarium: <https://www.montereybayaquarium.org/animals/live-cams>
 - Panda Cam: <https://zooatlanta.org/panda-cam/>
 - Houston Zoo: <https://www.houstonzoo.org/explore/webcams/>
 - Georgia Aquarium: <https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>

For Kids

- Process the emotions. This is a “short book to support and reassure our children, under the age of 7, regarding the COVID-19. This book is an invitation for families to discuss the full range of emotions arising from the current situation.” (multiple languages)
<https://www.mindheart.co/descargables>
- Supporting children with Autism Spectrum Disorder. <https://www.autismspeaks.org/news/how-cope-disrupted-family-routines-during-covid-19>
- Dr. Sueuss: www.seussville.com
- Fun Brain: www.funbrain.com
- Storyline Online: www.storylineonline.net
- Fun Science Experiments:
https://www.rigb.org/ExpeRimental?fbclid=IwAR22PjG6yr9uaHWCgVBcMtvHpkqP0DHRI_1ZWq9qv_dElmEbs86bCWeLIXQ4

For Healthcare Workers

- Extended free access to Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout visit downdogapp.com/healthcare to register your work healthcare domain. Free until July 1.

- Free access to Headspace Plus for all US healthcare professionals working in public health settings. NPI required. <https://www.headspace.com/health-covid-19>

Important to Consider the “What If…”

- Prepare yourself and your loved ones
 - *Finalize your will.* If you do not have an attorney, you can write out a will in your own handwriting (“holographic will”) which may not need to be notarized. Check your state laws <https://info.legalzoom.com/article/states-where-holographic-wills-are-legal>
 - *Assign a medical power of attorney* who can make medical decisions on your behalf should you become unable to speak for yourself. Discuss your values and wishes about your care with the person you name as a medical decision-maker.
 - *Complete an Advance Directive* that puts in writing your wishes for your medical care such as CPR and other treatments. Five Wishes can be used to create an advance directive and it is recognized in most states. www.FiveWishes.org
 - *Write down all your passwords* and the websites you frequently use. <https://www.smartsheet.com/free-password-templates>.
 - *Make a list of your banking and financial accounts* so that people know where to find your assets. Consider adding a trusted person as a Financial Power of Attorney to at least one account so they can pay bills on your behalf, if needed. (general information [here](#))
- Keeping others informed
 - Create a google document. <https://docs.google.com>. The organizer can create a document to update friends/family. The organizer can control comments and the dissemination of information by selecting “Share” and then “Options.” The organizer can “Prevent editors from changing access and adding new people” and can “Disable options to download, print, and copy for commenters and views.”
 - CaringBridge. www.caringbridge.org “CaringBridge is the first non-profit social network with global reach whose mission is to connect loved ones during a health journey through personal, private websites. CaringBridge prioritizes privacy with no advertisements or selling of user data.”

List compiled by Christine M. Abraham, MA, MEd. Reference herein does not necessarily constitute or imply its endorsement, recommendation, or favoring by the United States Government. The views and opinions of authors expressed herein do not necessarily state or reflect those of the United States Government.