Coronavirus COVID-19 Pandemic Resources

As the United States continues to operate under a state of national emergency, it's important to remember that as more and more tests for COVID-19 are completed, the number of infected cases will rise. This is directly related to the nation's efforts to make sure testing is available for citizens across the country and medical professionals charting how far and fast COVID-19 is spreading. While a spike in the number of infected cases may be alarming, knowing where we stand as a nation will help citizens make good decisions that protect their health and wellbeing and allow the government to actively shift resources and support to those areas that need immediate assistance. We know that we are not yet in the peak phase of the illness and there may be many difficult weeks or months ahead, but continued testing will help those leading the response work to shorten the infection curve and reduce COVID-19's impact on Americans.

With schools closing, employees being sent home to work or asked to go without pay, and challenges with keeping your family at home for extended periods of time, we understand that this emergency has many Americans feeling uncertain and anxious about what to do and how to respond. We are here to help you find the support you need to cope with the stress that may develop during this emergency and we have the resources available to help you create a plan of action that will assist you and everyone in your care with getting through this experience.

In this special resource section, you'll learn about coronaviruses, find resources related to the current spread of the illness, and discover the steps you should take to prepare your family for the daily living challenges that may arise as the virus spreads to your local community. From caring for children in isolation and adjusting to remote work from home to how to properly seek medical attention to treat the illness, these resources will help you take charge of your situation.

COVID-19 (Coronavirus Disease 2019) is a potentially deadly and highly contagious virus that can be transmitted through human-to-human contact. If you are an older American or suffer from a preexisting condition, including heart or respiratory issues, the Centers for Disease Control and Prevention (CDC) has advised that you stay at home as much as possible, especially if confirmed cases of COVID-19 exist in your local area. Staying aware of the current situation, actively working to maintain your overall health and wellbeing, and preparing for a potential outbreak in your local community are the best steps you can take right now.
As always, you should follow the guidelines and information provided by the agencies responsible for monitoring and responding to concerns of this nature. Trusting your family's health and wellbeing to untrusted sources of information may unnecessarily aggravate concerns or worry younger family members who do not have a full understanding of the situation. For information about your state's response to the COVID-19 pandemic, click here: Departments of Health by State
Please remember to explore all of the resources available in this special News Alert section by selecting the content tabs featured. These content tabs contain informative articles, special PDF documents, and links to additional support materials that will help you during this emergency.

https://impactsolutionseap.personaladvantage.com/landing.jsp

1. CDC Coronavirus 2019 (COVID-19) Website
2. CNN Coronavirus News & Updates
3. Tips for Social Distancing, Quarantine & Isolation
4. Mental Health and Coping During COVID-19
5. How to Talk to Your Child About Coronavirus Disease 2019 (COVID-19)
6. Video: How To Work From Home While The Kids Are There Too
7. Lo que necesita saber sobre la enfermedad del coronavirus 2019 (COVID-19)
8. Managing Healthcare Workers' Stress Associated with the COVID-19 Virus Outbreak
9. What Does It Mean To Shelter In Place?
10. USA.gov Unemployment Assistance Information