

Covid19 Resources for You and Your Family

The links below have the latest information from leading health and government organizations about Covid19. These links provide articles dealing with the effects of the pandemic, social distancing and closings.

These links are also available on the Inova EAP website www.inova.org/eap in the *News For You* section, titled Coronavirus, click the *Read More* button to access the links. Updates will be provided on the website under the *News For You* section.

- [Click this link to download a PDF of online resources with information on the outbreak and prevention of coronavirus disease 2019.](#)
- [This PDF shares several links to articles about keeping your spirits up and staying productive while working from home during the outbreak.](#)
- *Science Mag*—"Working from home because of COVID-19? Here are 10 ways to spend your time": <https://www.sciencemag.org/careers/2020/03/working-home-because-covid-19-here-are-10-ways-spend-your-time>
- [This PDF offers a few article links with ideas on keeping kids occupied and learning while their schools and child care arrangements are closed.](#)
- [Click this link to download a PDF of child care resources that can help during this time.](#)
- [Coping with Stress During Infectious Disease Outbreaks Before and During a Pandemic](#)
- The WHO has published this advisory for the public: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- [Coronavirus Disease 2019 \(COVID-19\)](#)
- [What You Need to Know About Coronavirus Disease 2019 \(COVID-19\)](#)
- [If You Are Sick with Coronavirus Disease 2019 \(COVID-19\)](#)
- [Keeping Work, Home, Schools, and Public Places Safe from Coronavirus](#)
- The CDC has published this "Interim Guidance for Preventing the Spread of Coronavirus Disease 2019 (COVID-19) in Homes and Residential Communities": <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>
- This article from the National Association of School Psychologists (NASP) offers tips on talking to children about COVID-19 (coronavirus): [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)
- [Tips for Parents and Caregivers on Media Coverage of Traumatic Events](#)
- [Coping with Crisis in the Media \(Part 1\)](#)
- [Coping with Crisis in the Media \(Part 2\)](#)
- [Tips for Coping with Extreme Stress](#)

