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Coronavirus COVID-19 Pandemic Resources

In recent days, at least 19 states have seen a noticeable uptick in confirmed coronavirus disease 2019 (COVID-19) cases. With communities reopening, businesses returning to operations, and the ongoing protests happening across the country, people are interacting with each other in larger numbers, resulting in an increased risk for infection.

Even as life seems to have returned to some sense of normalcy for many Americans, COVID-19 is still an active concern. Lapses in judgement, unfortunate mistakes, and risky behaviors can easily wipe out the successes made to slow the spread of COVID-19. If your community has restrictions in place, it is recommended that you follow those guidelines. If the guidelines are unclear or you feel that they do not go far enough to protect you and your loved ones, consider your unique situation and make the best decisions for your needs. It is entirely appropriate to continue to follow physical distancing recommendations, wear a mask, or be concerned about returning to a shared workspace until you are confident that your health and wellbeing are protected.

- As COVID-19 is highly contagious and can be spread from person to person through close contact, including conversations between people, the Centers for Disease Control and Prevention (CDC) has recommended that all Americans wear a protective face covering when leaving the home. While N-95 masks and other personal protective equipment (PPE) should be reserved for first responders and care professionals, if you are experiencing COVID-19 symptoms or unaware that you are infected, face masks, bandanas, and homemade coverings can help provide some protection and assist with not spreading the illness.

- Social distancing remains one of the most effective methods for preventing the spread of COVID-19. Any person can contract and spread COVID-19, and some infected may show no signs or symptoms of a COVID-19 infection. Because of this, changing your lifestyle to limit your exposure to others is critical to help prevent becoming infected and potentially infecting others. This is a challenging time for everyone. Being supportive of community efforts to keep citizens at home and separated may be the difference between life and death for someone else, including someone close to you.

- Wash your hands! You may not realize how often you touch door handles, your phone, your keys, and even your face. Every time you leave your home, you need to wash your hands. Every time you encounter someone else, you need to wash your hands. Combining proper hand-washing routines with

social distancing will help to reduce the chances that you bring COVID-19 into your home and infect yourself or others.

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 find remote employment and properly seek medical attention to treat the illness, these resources will help you take charge of your situation.

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 on this page. These content tabs contain informative articles, special PDF documents, and links to additional support materials that will help you during this emergency.

1. CDC Coronavirus 2019 (COVID-19) Website
2. Know the Symptoms of COVID-19
3. COVID-19 Regional Information & Outbreak Map
4. Use of Cloth Face Coverings to Help Slow the Spread of COVID-19
5. Tips for Social Distancing, Quarantine & Isolation
6. APA Managing Anxiety and Stress in Times of Uncertainty (Session 1)
7. Parenting During the COVID-19 Pandemic (PDF)
8. Lo que necesita saber sobre la enfermedad del coronavirus 2019 (COVID-19)
9. Managing Healthcare Workers' Stress Associated with the COVID-19 Virus Outbreak
10. USA.gov Unemployment Assistance Information