

Below we have included information that may be useful for people looking to self-isolate, self-quarantine, or minimize public contact. For further information, please click on the websites below.

## **Information Regarding Quarantining, Self-Isolation, and Social Distancing:**

U.S. Department of Health & Human Services

<https://www.hhs.gov/answers/public-health-and-safety/what-is-the-difference-between-isolation-and-quarantine/index.html>

Centers for Disease Control and Prevention

<https://www.cdc.gov/quarantine/index.html>

Wired

<https://www.wired.com/story/what-is-a-quarantine>

<https://www.wired.com/story/whats-social-distancing-flattening-curve-covid-19-questions>

<https://www.wired.com/story/covid-19-gear-supplies-guide>

LiveScience

<https://www.livescience.com/quarantine.html>

NPR

<https://www.npr.org/sections/health-shots/2020/03/16/816490025/quarantine-self-isolation-social-distancing-what-they-mean-and-when-to-do-them>

<https://www.npr.org/sections/health-shots/2020/03/17/817251610/its-time-to-get-serious-about-social-distancing-here-s-how>

WebMD

<https://www.webmd.com/a-to-z-guides/qa/what-is-quarantine>

VeryWell Health

<https://www.verywellhealth.com/what-happens-during-a-quarantine-4799239>

Cone Health

<https://www.conehealth.com/services/primary-care/social-distancing-faq-how-it-helps-prevent-covid-19-coronavirus/>

John Hopkins Medicine

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-social-distancing-and-self-quarantine>

Red Cross

<https://www.redcross.org/about-us/news-and-events/news/2020/coronavirus-what-social-distancing-means.html>

Health.com

<https://www.health.com/condition/infectious-diseases/coronavirus/what-is-social-distancing>

TIME

<https://time.com/5796642/how-to-quarantine-yourself-coronavirus>

Substance Abuse and Mental Health Services Administration

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

### **At Home Activities:**

USA Today

<https://www.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine-100-things-do-while-trapped-inside/5054632002>

Psychology Today

<https://www.psychologytoday.com/us/blog/intersections/202003/8-things-do-while-under-quarantine>

Urban Matter

<https://urbanmatter.com/chicago/snowed-in>

Happier Human

<https://www.happierhuman.com/fun-things-to-do-at-home>

The Simple Dollar

<https://www.thesimpledollar.com/financial-wellness/useful-things-to-do-when-youre-stuck-at-home>

## **Mental Health Tips:**

Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

World Health Organization

[https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a\\_2](https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2)

Substance Abuse and Mental Health Services Administration

<https://store.samhsa.gov/system/files/sma14-4894.pdf>

Partners in Health

<https://www.pih.org/article/10-mental-health-tips-coronavirus-social-distancing>

Psychology Today

<https://www.psychologytoday.com/us/blog/talking-about-health/202003/mental-health-in-time-pandemic>

Anxiety and Depression Association of America

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and>

Wired

<https://www.wired.com/story/how-to-stop-coronavirus-anxiety-spiral>

## **Tips for Working from Home:**

Entrepreneur

<https://www.entrepreneur.com/article/253800>

Thrive Global

<https://thriveglobal.com/stories/the-health-benefits-of-working-from-home>

Flexjobs.com

<https://www.flexjobs.com/blog/post/working-from-home-outbreak>

Business Insider

<https://www.businessinsider.com/work-from-home-tips-health-2019-4>  
<https://www.businessinsider.com/how-to-work-from-home-during-the-coronavirus-outbreak-2020-3>

The Muse

<https://www.themuse.com/advice/coronavirus-work-from-home-tips>

The Verge

<https://www.theverge.com/2020/3/11/21171349/remote-work-how-to-home-coronavirus-quarantine-productivity-tips>

### **Exercising at Home:**

Very Well Fit

<https://www.verywellfit.com/best-home-workouts-3495490>

Healthline

<https://www.healthline.com/health/fitness-exercise/at-home-workouts>

WebMD

<https://www.webmd.com/fitness-exercise/features/no-gym-required-how-to-get-fit-at-home#1>

Good Housekeeping

<https://www.goodhousekeeping.com/health/fitness/a31478709/home-workout>

American Council on Fitness

<https://www.acefitness.org/education-and-resources/lifestyle/blog/6593/top-25-at-home-exercises>

Men's Health

<https://www.menshealth.com/uk/building-muscle/a754099/the-15-best-beginners-exercises-to-do-at-home>

Inverse.com

<https://www.inverse.com/mind-body/exercise-coronavirus-how-to-workout-safely-in-a-pandemic>

## **Food Delivery Services:**

Uber Eats

<https://www.ubereats.com/en-US>

EatStreet

<https://eatstreet.com>

Bring Me That

<https://www.bringmethat.com>

Waiter.com

<https://www.waiter.com>

Postmates

<https://postmates.com/feed>

Postmates has implemented non-contact deliveries. Further information can be found at

<https://support.postmates.com/buyer/articles/360040220192-article-Non-contact-deliveries>.

## **Grocery Delivery Services:**

Walmart

<https://grocery.walmart.com>

Instacart

<https://www.instacart.com>

Shipt

<https://www.shipt.com>

Fresh Direct

<https://www.freshdirect.com>

Fresh Direct has implemented touchless deliveries. Further information can be found at

[https://www.freshdirect.com/help/faq\\_home.jsp?page=faq\\_touchless\\_delivery](https://www.freshdirect.com/help/faq_home.jsp?page=faq_touchless_delivery).