

# Your Virtual Concierge Request

## Coronavirus Resource Packet

**\*\*NEW Information as of 5/9/2020\*\***

**\*\*RECENT Information as of 5/1/2020\*\***

Created by your Personal Assistant: Stephanie

Confidential work/life services provided by: **eni** 

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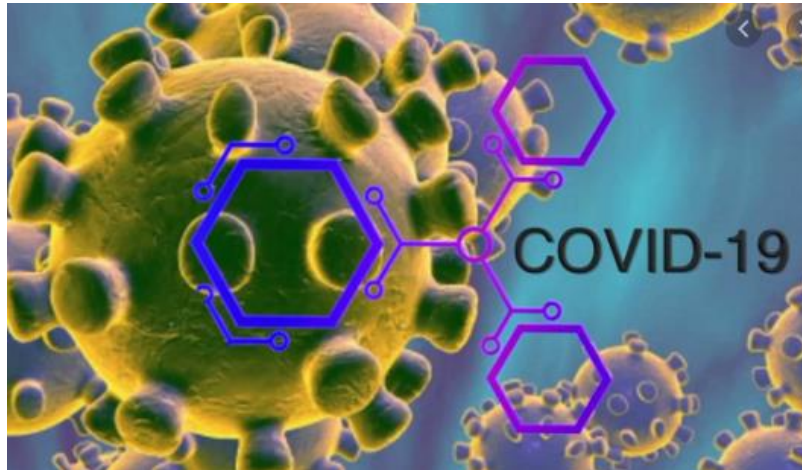
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# What is a Coronavirus?

Coronaviruses are a large family of viruses that can cause respiratory illnesses such as the common cold, according to the Centers for Disease Control and Prevention (CDC). Most people get infected with coronaviruses at one point in their lives, but symptoms are typically mild to moderate. In some cases, the viruses can cause lower-respiratory tract illnesses such as pneumonia and bronchitis.



As of May 8th, the global numbers have been confirmed to have reached 1.9 million people. Of those confirmed 3.76 million confirmed cases of Coronaviruses, there have been 259,474 deaths with Europe having the highest death rate of 152,179 followed by the Americas at 87, 930 deaths.

## Situation in numbers (by WHO Region)

Total (new cases in last 24 hours)

Globally	3 759 967 cases (87 729)	259 474 deaths (5429)
Africa	37 717 cases (2247)	1275 deaths (47)
Americas	1 586 129 cases (43 300)	87 930 deaths (3126)
Eastern Mediterranean	237 323 cases (8125)	8608 deaths (143)
Europe	1 654 345 cases (28 308)	152 179 deaths (1941)
South-East Asia	86 294 cases (4486)	3075 deaths (139)
Western Pacific	157 447 cases (1263)	6394 deaths (33)

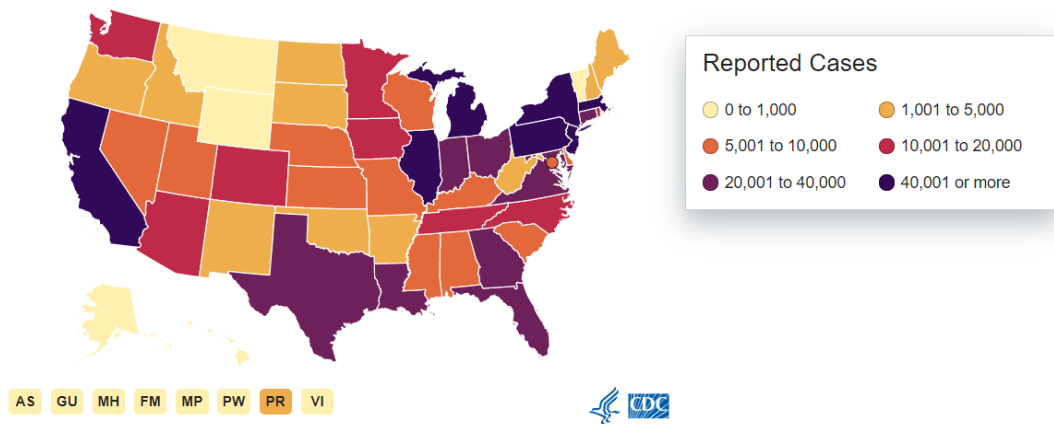
Data as reported by 10AM CET 8 May 2020  
by World Health Organization

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## Is Coronavirus the same as SARS and MERS?

The virus that causes COVID-19, commonly called coronavirus, and the one that causes SARS and MERS are related to each other genetically, but they are different. SARS and MERS are more deadly, but much less infectious than COVID-19. There have been no outbreaks of SARS anywhere in the world since 2003.

## How far has the virus spread?



Last Reviewed: May 9, 2020

Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases



## How does COVID-19 spread?

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There are a few ways COVID-19 can be spread from Person-to-Person or from contact with infected surfaces or objects.

The virus that causes COVID-19 seems to be spreading easily and sustainably in the community (“community spread”) in some affected geographic areas. Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

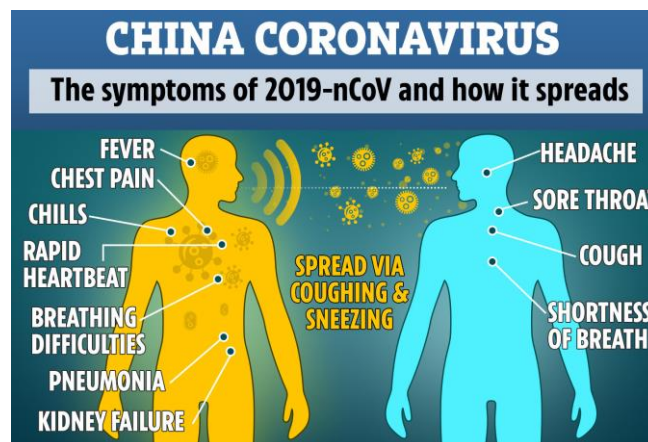
The virus is thought to spread mainly from person-to-person.

Between people who are in close contact with one another (within about 6 feet).

Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.



## What are the symptoms of the new Coronavirus?

Reported illnesses have ranged from mild respiratory symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases. Symptoms include:

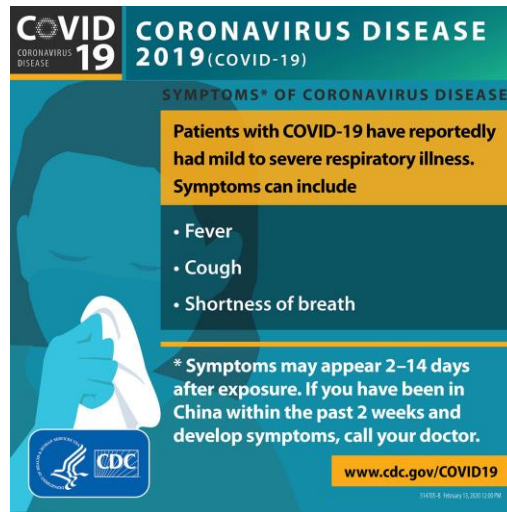
- shortness of breath as well as dry cough
  - New loss of taste or smell
  - Fatigue and headache

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- Fever as well as chills and muscle ache

In most cases, you won't know whether you have a coronavirus or a different cold-causing virus.



## Who is at the most risk?

The risk depends on where you live or where you have travelled recently. The risk of infection is higher in areas where a number of people have been diagnosed with COVID-19. It's important to be aware of the situation and preparedness efforts in your area

Coronaviruses like 2019-nCoV are particularly dangerous for people who have weaker immune systems, those with autoimmune diseases, persons with pre-existing medical conditions, and older adults.

There are no vaccines to protect people from contracting a coronavirus

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## How do you treat it?

There is no specific antiviral treatment recommended for COVID-19. People with COVID-19 should receive supportive care to help relieve symptoms. For severe cases, treatment should include care to support vital organ functions.

People who think they may have been exposed to COVID-19 should contact their healthcare provider immediately.

<p><b>Wash your hands</b></p> <p>Wash your hands with soap and running water when <b>hands are visibly dirty</b></p> <p>If your <b>hands are not visibly dirty</b>, frequently clean them by using alcohol-based hand rub or soap and water</p>   <p>World Health Organization</p>	<p>Protect yourself and others from getting sick</p> <p><b>Wash your hands</b></p> <ul style="list-style-type: none"> <li>• after coughing or sneezing</li> <li>• when caring for the sick</li> <li>• before, during and after you prepare food</li> <li>• before eating</li> <li>• after toilet use</li> <li>• when hands are visibly dirty</li> <li>• after handling animals or animal waste</li> </ul>  <p>World Health Organization</p>
<p><b>Protect others from getting sick</b></p> <p>When coughing and sneezing <b>cover mouth and nose</b> with flexed elbow or tissue</p> <p><b>Throw tissue into closed bin</b> immediately after use</p> <p><b>Clean hands</b> with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick</p>    <p>World Health Organization</p>	<p><b>Protect others from getting sick</b></p> <p><b>Avoid close contact</b> when you are experiencing cough and fever</p> <p><b>Avoid spitting in public</b></p> <p>If you have fever, cough and difficulty breathing <b>seek medical care early</b> and share previous travel history with your health care provider</p>    <p>World Health Organization</p>

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## How to protect yourself

Here are the CDC's and other healthcare experts' suggestions for how to protect yourself from the virus while travelling:

Try to avoid contact with people who display symptoms similar to those of pneumonia or the common cold, like coughing or a runny nose.

Maintain at least 6 feet distance between yourself and anyone who is coughing or sneezing, because when someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain the virus. See [Social Distancing](#)

Don't touch your eyes, nose, or mouth with unwashed hands.

Wash your hands frequently with soap and water, and scrub for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

Use alcohol-based hand sanitizer when possible.

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

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## Should you wear a mask to protect yourself from COVID-19?

People with no respiratory symptoms, such as cough, do not need to wear a medical mask. World Health Organization (WHO) recommends the use of masks for people who have symptoms of COVID-19, have suspected COVID-19 infection with mild symptoms, and for those caring for individuals who have symptoms, such as cough and fever. The use of masks is crucial for health workers and people who are taking care of someone (at home or in a health care facility). Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water.



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## How to Make Your Own Mask

### Where to buy the materials to make masks at home

You can sew or craft your own face masks.

According to the Centers for Disease Control and Prevention (CDC), N95 masks are only recommended for health care workers protecting themselves from the spread of coronavirus (COVID-19). However, many experts agree that wearing a mask in public could help prevent the spread of the disease. The World Health Organization (WHO) recommends using a face mask if you are taking care of a person suspected of having coronavirus, and the CDC is recommending that people wear “do-it-yourself cloth covering” while they're out and about.

But with a national shortage of N95 masks and other loose-fitting surgical masks, you may be considering making one for yourself or others. Good news: It's possible to make masks at home—even with limited crafting experience.

### How to make a mask

Anne Hernandez of Troy is responding to the shortage of face masks during the Novel Coronavirus threat by showing how she makes a mask. Detroit Free Press

This video from the Detroit Free Press shows that you can fasten together your own mask by sewing together two pieces quilting fabric and elastic. For those who can't sew (or don't want to), this Youtube tutorial shows you how to make a face mask using fabric, rubber bands, fabric glue, and an iron.

More: How to make your own face mask to help stop the spread of the coronavirus

### Where to get the materials to make a mask

To make your own mask at home, you're going to need quilting fabric, elastic, a sewing kit/sewing machine or fabric glue, depending on the route you choose for crafting. While supplies may be limited for these items, we rounded all the retailers you can still order these materials from.

#### *Quilting fabric*

Get the Fruit Fabric Strips By Loops & Thread at Michael's for \$13.49

Get the Kona Quilt Cotton Fabric Solids at Joann for \$6.29/yard

Get the David Textiles Anti-Pill Fleece Solid 60" Fabric at Walmart for \$3.99

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Get the Fabric Palette Pre-Cut Cotton Fabric at Blick for \$4.99

### *Braided elastic*

Get the 0.12 Inch Width Braided Elastic Band at Walmart for \$27.97

Get the HLJgift 1/4" Braided Elastic at Amazon for \$14.98

### *Sewing kit*

Get the Singer Beginner's Deluxe Sewing Kit at Joann for \$12.59

Get the Loops & Threads Sewing Kit at Michael's for \$4.29

Get the Singer Sewing Basket Kit at Walmart for \$12.88

Get the Singer Sewing Survival Kit at Target for \$9.49

### *Fabric glue*

Get the Beacon Adhesives Fabric Tac Permanent Adhesive at Joann for \$5.99

Get the Liquid Stitch Permanent Adhesive at Michael's for \$4.99

Get the Elmer's 4oz Craft Bond Glue at Target for \$3.69

## **How should you wear a mask**

According to the WHO, the use of a mask will only be effective in conjunction with proper hand washing and sanitization practices. You should wash your hands before and after applying your mask. While applying the mask, make sure your mouth is covered and that there are no gaps between your face and the mask.

Be sure not to touch the mask while wearing it. If you do touch your mask, wash your hands or use hand sanitizer immediately. You should take care to remove the mask from behind and not touch the front of the mask. If it's a disposable, toss the used mask or wash a reusable cloth mask in hot, soapy water. Always clean your hands immediately after.

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## How to Wear a Cloth Face Covering



Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

[CDC Guide to Making Your Own PPE](#)

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# HOW TO WEAR A MEDICAL MASK SAFELY

[who.int/epi-win](http://who.int/epi-win)

## Do's →



Wash your hands before touching the mask



Inspect the mask for tears or holes



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask

## Don'ts →



Do not Use a ripped or damp mask



Do not wear the mask only over mouth or nose



Do not wear a loose mask



Do not touch the front of the mask



Do not remove the mask to talk to someone or do other things that would require touching the mask



Do not leave your used mask within the reach of others



Do not re-use the mask

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.

EPI·WIN



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## **\*\*RECENT\*\*** The Reasons for Wearing a Mask

### **Why do you need to wear cloth face coverings?**

In light of new data about how COVID-19 spreads, along with evidence of widespread COVID-19 illness in communities across the country, CDC recommends that people wear a cloth face covering to cover their nose and mouth in the community setting. This is to protect people around you if you are infected but do not have symptoms.

### **When do you need to wear a cloth face covering?**

A cloth face covering should be worn whenever people are in a community setting, especially in situations where you may be near people. These settings include grocery stores and pharmacies. These face coverings are not a substitute for social distancing. Cloth face coverings are especially important to wear in public in areas of widespread COVID-19 illness.

### **Do I still need to stay at least 6 feet away from people if wearing a cloth face covering?**

Yes. Wearing cloth face coverings is an additional public health measure people should take to reduce the spread of COVID-19. CDC still recommends that you stay at least 6 feet away from other people (social distancing), frequent hand cleaning and other everyday preventive actions. A cloth face covering is not intended to protect the wearer, but it may prevent the spread of virus from the wearer to others. This would be especially important if someone is infected but does not have symptoms. View CDC's guidance on how to protect yourself.

### **What type of cloth face covering should be worn?**

Cloth face coverings can be made from household items or made at home from common materials at low cost.

### **Who should not wear cloth face coverings?**

Cloth face coverings should not be placed on young children younger than 2 years of age, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cover without assistance.

### **Why is CDC recommending cloth face coverings instead of medical grade facemasks?**

Surgical masks and N95 respirators are in short supply and should be reserved for healthcare workers or other medical first responders, as recommended by CDC guidance.

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## How worried should you be about COVID-19?

If you are not in an area where COVID-19 is spreading, or if you have not travelled from one of those areas or have not been in close contact with someone who has and is feeling unwell, your chances of getting it are currently low.

However, it's understandable that you may feel stressed and anxious about the situation. It's a good idea to get the facts to help you accurately determine your risks so that you can take reasonable precautions.

Your healthcare provider, your national public health authority and your employer are all potential sources of accurate information on COVID-19 and whether it is in your area.

It is important to be informed of the situation where you live and take appropriate measures to protect yourself

If you are in an area where there is an outbreak of COVID-19 you need to take the risk of infection seriously as it could last a long period of time. (An outbreak is when a large number of people suddenly get sick.) Follow the advice issued by national and local health authorities.

Although for most people COVID-19 causes only mild illness, it can make some people very ill. More rarely, the disease can be fatal.

**Disclaimer: This tool does not provide medical advice. It is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis or treatment. Never ignore professional medical advice in seeking treatment. If you think you may have contracted COVID-19 or any other illness, please call your healthcare provider or closest healthcare facility.**

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# The facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

## Fact 1

**Diseases can make anyone sick regardless of their race or ethnicity.**

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

## Fact 2

**For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.**

Older adults and people of any age who have serious [underlying medical conditions](#) may be at higher risk for more serious complications from COVID-19.

## Fact 3

**Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.**

For up-to-date information, visit CDC's coronavirus disease [situation summary page](#).

## Fact 4

**There are simple things you can do to help keep yourself and others healthy.**

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

## Fact 5

**You can help stop COVID-19 by knowing the signs and symptoms:**

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or live in or have recently traveled from an area with ongoing spread of COVID-19. Call ahead before you go to a doctor's office or emergency room. Tell them about your recent travel and your symptoms.

**Last reviewed: April 3, 2020 Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases**

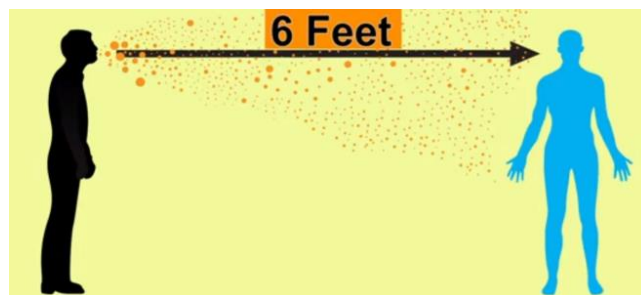
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## What is social distancing?

Social distancing means remaining out of congregate settings, avoiding mass gatherings, and maintaining distance (approximately 6 feet or 2 meters) from others when possible.

To determine if you have 6-feet of distance between you and someone, think:

- About as long as full size bed or twin-size bed.
- Approx. 3 arm lengths.



## How to Best Practice Social Distancing

Here's everything you need to know about social distancing

To stop the spread of coronavirus, health officials have instructed the public to practice social distancing -- staying home, avoiding crowds and refraining from touching one another.

Although living like that can be lonely, inconvenient and even frightening, it's for the greater good, says Danielle Ompad, an associate professor at New York University's School of Global Public Health.

"It's uncomfortable," she told CNN. "But it requires us to be good citizens. People have to learn how to think about the collective rather than the individual."

To help you do that, we answered your biggest questions about social distancing:

### **Public life**

*Can I go to the grocery store?*

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Yes. The grocery store is one of the few public places you can still go -- just be strategic about it.

Dr. William Schaffner, a professor at Vanderbilt University School of Medicine, suggests going to the store when you suspect less people will be shopping. This could be late at night or early in the morning.

Make sure to thoroughly wash fruits and veggies after you buy them, and wash your hands after touching boxes and before eating.

Not sure what to buy? Here's a sample checklist of foods to stock up on so you won't make multiple trips.

*Can I order takeout?*

Sure can! There's no evidence that the virus can live in food, so whatever you eat should be safe.

*Are food deliveries safe during the coronavirus pandemic?*

Still, it's a good idea to disinfect the takeout containers and wash your hands afterward, says Dr. Sanjay Gupta, CNN Chief Medical Correspondent.

Ordering takeout also helps restaurants and delivery drivers who may be losing money during the pandemic.

Dr. Celine Gounder, an infectious disease specialist at Bellevue Hospital Center, suggests paying and tipping online and asking the delivery person to leave your food outside the door to avoid interaction.

*Should I use public transportation?*

If you can avoid it, you should. Packing into a crowded, poorly ventilated subway car or bus can heighten your risk of infection.

If you need to use public transportation to get to work, carry disinfecting wipes to clean seats and poles, and wash your hands as soon as your commute is over.

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*If I still need to work, how can I keep myself safe?*

Practice as much social distancing as your work allows. Wash your hands constantly, and if your occupation requires it, wear a face mask.

*Can I go anywhere?*

Yes, a few places -- grocery stores, doctor's offices and some outdoor areas. But right now, staying home as much as possible is the best way to lower infection rates, according to the Centers for Disease Control and Prevention (CDC).

Restaurants, places of worship, movie theaters, sports venues, museums and more have already started closing. Save a trip to these places until government and health officials say it's safe to visit.

## **Travel**

*Can I still travel?*

Under most circumstances, you shouldn't.

The US State Department issued a Level 4 "Do Not Travel" advisory, the most severe warning, urging Americans to cancel travel abroad.

Airplanes, trains, buses and cruise ships can pack a lot of people in close quarters for long periods of time, which is a recipe for virus transmission.

"If you're going for vacation, I would suggest you don't go," says Ompad, the NYU professor. "I definitely don't suggest you visit sick or elderly family. But some people don't have a choice -- they have to travel, work for airlines or trains or they're traveling because they're doing Covid-19 work or they can't afford to not do their jobs."

But the fewer of us who travel, the safer those essential workers will be, she says.

*If I'm traveling abroad, should I return to the US?*

Yes. The State Department has advised Americans living or traveling internationally to return to the US immediately. If Americans abroad do not return soon, they risk getting stuck in a foreign country for an indefinite period of time.

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## Health

*Should I wear a face mask in public?*

Probably not. Masks keep germs in by preventing sick people from coughing or sneezing into the air. But they don't protect healthy people from coming into contact with those germs.

Sick people should stay home and avoid in-person contact with others until they've recovered. If available, sick people and those who live with them can wear masks at home, the CDC says.

*Can I exercise?*

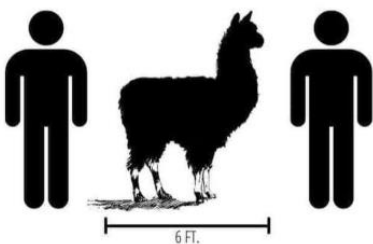
Yes -- outdoors or at home. It's not a good idea to visit a gym, though.

*How to exercise now that gyms are closed?*

Distance is key. Going on a secluded run, walk or bike ride are fine ways to stay active outside -- just maintain at least six feet of distance from other people.

Think of a llama, a full grown lama is the amount of space you need between yourself and another person.

## **SOCIAL DISTANCING**



1. KEEP ONE LLAMA OF SPACE BETWEEN YOU AND OTHERS

At home, you can download exercise videos or apps and follow their instructions -- they're usually designed with minimal equipment in mind. Or you can follow these tips from CNN contributor Dr. Melinda Jampolis on how to work out at home.

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*Can I go to the doctor or dentist?*

Not unless you have an urgent appointment or are seeking help due to coronavirus symptoms.

It's best to cancel any appointments or elective procedures that aren't critical, says Dr. Carla Perissinotto, associate professor at the University of California-San Francisco's Department of Medicine.

If you do have a critical appointment, ask your provider about telehealth appointments that don't require you to come into an office.

If you think you're experiencing Covid-19 symptoms, call a physician before showing up at an office so you don't put yourself and others at a higher risk of infection.

## **Family & Friends**

*Can I visit older family members?*

You shouldn't. Adults over 60 are at a higher risk of serious infection from Covid-19, and you could unwittingly infect them. The best thing older adults can do is stay home and away from others as much as possible.

Keep in touch with them over the phone or with video calls. If they live nearby, offer to help them with groceries or medications they may need while home.

*Can my friends come over?*

They shouldn't. Visitors aren't a great idea right now, Ompad said, even if they are your friends.

But distancing yourself doesn't mean you have to be lonely. Instead, host video hangouts with friends or call them regularly.

Ompad talks with her colleagues and friends on Zoom, a video conference service. She and her pals cook together and chat about their days. It's a way to stay sane while staying home, even if all the interaction is virtual.

"Social distancing does not mean social isolation. It's really important we maintain our social connections," Ompad says.

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*Can I schedule playdates for my kids?*

No. Kids aren't considered a high-risk group for Covid-19, but they can still spread the virus.

Parents: Take social distancing seriously and limit playdates

It's not yet clear how infectious they are, so it's best to keep children apart from each other and, if possible, out of your home.

Plus, kids might not heed the six-foot distance or constant hand-washing rules.

"We know that kids touch each other and rough house with each other, and so we really want to be mindful about reducing that interpersonal contact and any potential spread," says Dr. Asaf Bitton of Ariadne Labs, a health innovation center.

*Where can my kids play?*

Going outside is still okay -- just supervise your children to make sure they keep their distance from other kids, Ompad says.

If you don't have a backyard, large parks where you can maintain a significant distance from other families should be fine. But avoid playgrounds, where germs can lurk on slides and swings, she says.

*Can I take my kids to daycare?*

If it's your only option, then yes. But before you do, call the daycare center or meet with staff to ensure they're implementing social distancing measures.

If you urgently need child care, ask a healthy family member to watch your child and maintain proper distancing measures. If you work with a regular babysitter or nanny, use caution. They should be keeping themselves healthy on their own, but may be putting themselves at risk while commuting to work.

*Do I need to distance myself from my child?*

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Probably not, Ompad says, unless either of you are showing symptoms of sickness.

Under most circumstances, if you and your child are living in the same home, you don't need to keep six feet of distance. But if possible, limit excessive physical contact.

*If my family member or roommate works in health care, do I need to distance myself from them?*

Health care workers are at a higher risk of infection, so it's wise to distance yourself from them.

*How do I cure cabin fever?*

Emory University epidemiologist Rachel Patzer tweeted that her husband, a physician who treats Covid-19 patients, moved into the garage to avoid infecting their young children.

"It is difficult to see pictures of all the people at bars and restaurants, socializing, making play dates, and ignoring social distancing recommendations when I know my husband and many other healthcare workers are risking their lives to treat more sick patients," she wrote. "Please, take this pandemic seriously."

*How long will we have to keep social distancing?*

Probably for several months. But we may have to do it over and over again, since the outbreak could come in waves.

Research by the Imperial College in Great Britain "would suggest you have to institute these kinds of measures for five months, very vigorously," says Gounder, the infectious disease specialist.

"And then you may be able to relax for a period. And then you would re-institute as the cases go up again. But we're basically looking at doing this over and over and over again, even after a five-month period of strict social distancing, in order to curb cases until we have a vaccine."

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# The Dos and Don'ts of Social Distancing

## The Dos of Social Distancing

### Stay Home

This is the easiest and most effective step you can take to practice social distancing. Ideally, you should only go out for necessities such as groceries, medications, doctor's appointments, or to exercise outdoors. If you're still required to report to work, practice social distancing while away from home, and spend as much time in your off-hours at home.

### Keep Medically-Necessary Doctor's Appointments

To help ease any anxiety about going out, call the doctor's office ahead of time to ask about policies and procedures for visiting the office, such as wearing a mask and taking your temperature prior to arriving. There may also be the option of meeting with your doctor "virtually."

### Go to Grocery Stores and Pharmacies at Non-Peak Times

Whenever possible, adhere to the 6-foot guideline at all times while you're shopping for essentials, especially when standing in the checkout line. Many stores now have tape on the floor (in 6-foot increments) to keep the appropriate distance at checkout lines.

### Go Digital

Consider online ordering and choosing at-home delivery for both groceries and prescriptions. Telecommute from home, take college classes online, and conduct any outside business that you can at home.

### Ask for All Home Deliveries to Be Left at Your Door

If you need to pay, ask to do it over the phone or online. This helps protect you and the person delivering your items.

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## Go Outside and Exercise

You can still get outdoors and go for a walk, run, or ride your bike. Just make sure you leave 6 feet between you and other people. Be aware of your surroundings, and avoid running or walking right next to someone. Outdoor physical activity, when adhering to social distancing, is good for both our physical and mental health.

## Be Smart With Take-out

When going for take-out, send one member of the family, especially if you have to go into a restaurant to pay and pick up the food.

## Keep Your Distance in an Elevator

If the elevator has more than one person, try to wait for the next one or take the stairs. While in the elevator, turn away from anyone also in it.

## Maintain Social Contact via Technology

Stay in touch with friends, family, and coworkers via video chat, text messaging, and talking on the phone. Make it a point to reach out to at least one person each day.

## Keep Being Hygienic

Additionally, wash your hands with soap and water or use alcohol-based hand sanitizer when soap and water are not available, especially after being in public. Clean shared surfaces such as tables, keyboards, pin pads at point of sale locations, and grocery cart handle, before and after you come into contact with them.

Tell health care workers, first responders, grocery store employees, pharmacists, gas station attendants, and any other individual that is working to protect our health and help us maintain our daily lives, THANK YOU.

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## **The Don'ts of Social Distancing**

### **Don't Schedule Appointments That Are Not Medically Necessary**

Avoid non-essential appointments that put you in close contact with another person such as hair appointments, massage, manicures, physical therapy, and any other non-essential doctor's appointment that you can delay.

### **Don't Exercise Elbow-to-Elbow**

Avoid tight or crowded running or walking trails, sidewalks, or tracks that prevent you from practicing social distance. It's okay to exercise with other people, as long as you can maintain the appropriate distance.

### **Don't Have Physical Contact With Non-Family Members**

Avoid shaking hands, giving hugs, high-fives, pats on the back, or any other physical contact with anyone but your immediate family (those living in your home).

### **Don't Go to Crowded Establishments**

Avoid restaurants, the gym, public basketball courts, dance halls, trampoline parks, and any other spaces where people are in close contact with each other.

### **Don't Go on Vacation**

Now is not the time to book a trip involving a cruise ship, airplane, train, bus, or any other mode of transportation that requires people to be in close proximity. Also avoid hotels, resorts, and other accommodations that have more than the recommended amount of people for a gathering.

### **Don't Hoard Supplies**

Avoid the pressure to over-prepare and don't hoard food, toilet paper, hand sanitizer, wipes, paper towels, thermometers, or masks. Only purchase what you

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need. This consumer frenzy is resulting in crowds of people pouring into stores and making it impossible to practice social distancing.

### Don't Allow Non-Family Members Into Your Home

Keep your home limited to immediate family members or housemates that already live there full-time.

### Don't Get Your Kids Together With Other Kids

This is not the time for play-dates and sleepovers, especially if you cannot guarantee they will practice social distancing at all times. Remember, it's OK to tell them "no."

### A Word From Verywell

We are all having to adjust our daily lives and make sacrifices to slow the spread of the coronavirus. While learning a "new normal" is never easy, with time, things will get better.

Making a commitment to practice social distancing by maintaining at least 6 feet from others is one precautionary measure we can all take to help protect our loved ones and keep our health care systems from becoming overwhelmed.

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# 9 Ways to Stay Connected While Social Distancing

## 1. Catch up with people living elsewhere.

Decreasing your in-person interactions provides a great excuse to get in touch with people who live far away from you, especially people you may have lost touch with. Use FaceTime, Skype, Facebook, or good old-fashioned phone calls to reconnect with old friends and family members.

Video chat is especially good for avoiding feelings of isolation, Dr. Zuckerman says. “This gives us the emotional connection we need via facial expressions and tone of voice.” And make a point to reach out to others who are also practicing social isolation. “Knowing you are not alone helps to significantly decrease anxiety,” Dr. Zuckerman says. “During times of crisis like this, we seek out comfort and reassurance from others, especially those who may be in similar situations to our own. Being part of a dynamic that shares a common interest or goal makes us feel more connected, safe, and understood.”

## 2. Plan fun activities within your home.

If you live with other people—whether that’s your family, a partner, or roommates—Dr. Zuckerman suggests scheduling activities like baking, movie nights, and board games with them. Even if you live alone, you can play online games with other people from a distance.

“This provides a sense of normalcy and structure to what seems like endless days of social distancing,” she says. “The more familiar the structure, the less anxiety one will have. This is because we, as humans, are more productive and calm when we can predict what comes next. It alleviates the guess work and ‘what if’ thinking.”

Dr. Zuckerman also suggests that fun activities—such as games, looking at old photos, movie nights, and baking—will help people engage in “non-pandemic” behaviors. “It forces you to be present in the moment rather than ruminate alone in your head,” she says.

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### **3. Practice mindfulness and meditation.**

You can use apps like Headspace (which is now free for healthcare professionals) and Inscape to practice meditations if you start to feel anxious or depressed, Zuckerman says. “Meditation is an essential strategy used to decrease feelings of depression and anxiety,” she explains. “Although practicing meditation may seem like an isolating activity, its purpose is to make you more present-focused, rather than stuck in your head, as it helps to quiet the negative thoughts and feelings that can be associated with isolation.”

### **4. Catch up on tasks you haven’t had the time for.**

Being confined to your home can be an advantage. If you’ve been meaning to start your spring cleaning, do your taxes, or pay your bills but just haven’t gotten around to it, this is the time to do that. That way, when you can go out, you won’t have to think about those things anymore. “When we do things that we have on our to-do list, it helps us feel like we have accomplished something,” Dr. Lori Whatley, clinical psychologist and author of *Connected & Engaged* tells HelloGiggles. And, she adds, that can be “helpful for our physical and mental help during stressful times.”

Accomplishing things also “makes you feel more in control of your own sense of well-being and reinforces the idea that you are able to make yourself feel good, intrinsically, rather than depend on others to do that for you,” says Zuckerman.

You can also engage in fun activities at home that you get pleasure from and haven’t had time to do. For example, you might watch a movie you’ve been wanting to see. “This helps take you out of your head and keep you present,” Zuckerman says.

### **5. Limit your exposure to screens.**

While it may be easy to stay on your computer all day, this can expose you to potentially stressful news and cause you to neglect other activities, says Whatley. It can also isolate you if you start to use Facebook chat or Gchat as a substitute for voice or video calls.

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Instead, try unplugging for a bit, reading a book, or learning a new hobby at home. “When you are on your computer, you’re not doing peaceful and essential things like exercising, engaging with others in your home, reading a handheld book, playing with your pets, or being connected and engaged with the world around you,” Whatley says. Even if you can’t get outside, she advises at least opening a window.

If you’ve been forced to work from home, Whatley suggests taking a break from your computer every hour or so. “This will actually help you get more done and feel better,” she says. “Too much tech burns us out in the end, so be intentional about dividing tech and non-tech activities.” When you’re online, don’t overload on coronavirus news. “Remember, everyone manages change differently, and some online may be overreacting,” Whatley says. “You don’t want to expose yourself to that panic needlessly.”

## **6. Keep in communication with your colleagues.**

If you’re working from home to keep your distance from colleagues in the office, Dr. Zuckerman recommends making conversation from a distance and, if need be, chatting through apps like Slack or Gchat. “This allows you to keep work related communication separate from other social communication,” she says. “It maintains accountability while not being physically present.” To make remote work feel more social, Dr. Zuckerman suggests planning digital office happy hours, lunch breaks, or exercise classes for you and your team to do together.

## **7. Keep things light and humorous when you can.**

When you get the chance to converse with others, try to keep it light and laugh as much as possible. But aside from the interpersonal benefit that humor can bring, Dr. Zuckerman says there’s actual neurological and physical benefits, too. “Laughter is known to decrease various stress hormones, help our muscles relax, protect our heart function, and heighten the release of endorphins, our ‘happy’ chemical. Humor and laughter are also natural immunity boosters which, during the current climate, is a necessity,” she says.

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## **8. Play your favorite music.**

One easy way to lift yourself up in any situation is to play music you enjoy. If you need to get out of a funk, you might even throw a mini dance party in your home, whether it's with others you live with or by yourself. Or you can throw a virtual dance party and invite people to dance with you over video chat, Whatley says. Some people are actually throwing virtual dance parties over Instagram Live. You might also look for live-streamed concerts and exercise classes, Dr. Zuckerman says.

“Listening to music is an excellent way to decrease anxiety,” Dr. Zuckerman says. “Music is often used as part of relaxation strategies, as it helps to release tension in our muscles. Additionally, listening to your favorite music helps to naturally improve mood and promote happy memories associated with various songs (i.e. wedding song, prom song). It also helps boost energy, for example, during a workout.”

## **9. Help others whenever you can.**

“The reality of this pandemic is that it is a serious crisis. It is bad. It is scary. And it's okay to have all of these emotions and thoughts,” Dr. Zuckerman adds. “Rather than trying to just change your thoughts, it's way more effective to change behaviors, which ultimately results in a better, positive mood.”

One of the ways you can improve your mood is by reaching out to others to spread kindness and compassion, as it can give you a sense of purpose and control in an unstable situation like the coronavirus pandemic.

“It's something you can offer that doesn't require money, physical proximity, or even an internet connection. A phone call, offering your services or goods to those less fortunate or unable to help themselves, even writing a good old-fashioned letter to someone can convey compassion. Knowing you made someone feel safe, or smile, or just feel they aren't alone can be highly rewarding,” Dr. Zuckerman says.

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In the meantime, reassure yourself you will get through this. “Remind yourself that this social isolation period is temporary,” Dr. Zuckerman advises. “It will end. It’s not forever.” And once you get through this difficult period, your relationship with yourself and others can come out stronger.

<https://www.yahoo.com/lifestyle/9-ways-stay-connected-youre-185842739.html>

## **Outdoor Activities That Are Safe to Do While Social Distancing**

When so many people are dealing with cabin fever and with few places to go, walking paths, hiking trails and outdoor recreation areas can easily become inundated.

So, what outdoor activities are safe to do right now? And how can you do them while taking the proper precautions?

For one, be sure to follow the latest mandates in your area as they evolve. Stick to doing outdoor activities alone or with members of your household. Wear sunglasses to shield your eyes from respiratory droplets, but you do not need to wear a mask (though some may choose to anyway). And if you’re in a high-risk group — e.g., older or immunocompromised — “it may be best to limit even these relatively safer activities for the time being,” Dr. Sachin Nagrani, a family physician in Virginia, told HuffPost

### **1. Walking**

After you’ve been cooped up awhile, taking a walk outside can do wonders for your physical and mental health. Opt for less-traveled paths or go during off-hours to minimize contact with others.

“This activity is the most easily accessible, but it may be difficult to maintain distance in more densely populated areas,” said Nagrani, medical director for Heal. “Going early in the morning can reduce the likelihood of passing others during your outing.”

If you’re strolling through a park (that is, if they’re still open in your neck of the woods), avoid using the public restrooms or other shared facilities if you can.

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“Remember, the virus can survive on surfaces for quite some time, even the benches,” said Dr. Lynette Charity, an anesthesiologist and speaker. “Carry hand sanitizer and wipes. Wash your hands immediately once you’ve returned home.”

## **2. Running**

If you abide by the same guidelines noted above, going for a jog is another option that’s generally safe right now.

“And please, no spitting or blowing snot out of your nostrils while engaged in these activities,” Charity said. “You know who you are. Suppress the urge. The virus can be in the postnasal drip you expel via your nostrils or by spitting.”

## **3. Hiking**

“Many parks remain open and offer space to be outdoors,” Nagrani said. “Plus, being out in nature can provide additional stress relief.”

For the time being, stick to less strenuous hikes. You don’t want to twist an ankle or get an injury that’s going to land you in the emergency room when health care resources are already limited.

## **4. Biking**

As long as you’re steering clear of crowded routes, taking a bike ride is a good way to blow off some steam.

“Carrying a water bottle on the bike will prevent the need to stop somewhere more crowded to hydrate,” Nagrani said.

Here's how to enjoy the outdoors while keeping yourself and those around you healthy.

Similarly, you can rollerblade, skateboard or ride a scooter, but it’s best to set a leisurely pace. Save the fancy tricks and daredevil maneuvers for a later date.

“Don’t go extreme,” Charity said. “This is not the time to go mountain biking or do a 20-mile hike or skateboard down all the railings outside the empty malls or theaters.”

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## **5. Gardening**

“With kids home from school, a family outdoor activity such as gardening can be a safe and fun alternative,” Nagrani said.

Stick to weeding, trimming and pruning the plants in your own yard rather than visiting a community garden.

Starting a garden is a great way to cut down on the essential groceries you need to pick up at the store. It also can be very therapeutic during this stressful time.

You don't have to go and dig up your backyard to plant the seeds, there are ways to grow vegetables and herbs inside. Simply find a kit online and get started.

You'll thank yourself later when you have yummy veggies and herbs at the ready after those online cooking classes you've been taking.

## **6. Play some sports in your backyard**

Even if it's just one you and one kid, if you can find an open area, you can play some sports. Mark out some end zones with twigs and throw around a Nerf football behind the house, play a little street hockey in your driveway, make a game out of a Frisbee toss or set up a mini-golf course around the landscaping. Without gym class to get them active, this gets your kids a little exercise.

## **7. Camp out**

Parks around you closed? If it's warm where you are, try sleeping in the great outdoors right in your backyard. Set up a tent and sleeping bags and bring all the essentials like trail mix, hotdogs, old school water canteens, Coleman lanterns and of course s'mores, while leaving the screens inside. Light the flashlights, tell ghost stories and doze off underneath the stars. Don't have the yard space? Have a camp-in in the living room!

## **8. Go fishing**

What better way to social distance than an activity meant to be a solitary, quiet endeavor? Whether you live near the ocean, by a lake or just at a local fishing hole, get the kids outdoors by letting them learn how to fish. Gear can be had pretty cheap online, and in many states, kids under a certain age can fish without a license (check your local ordinances). If you don't know how to fish, just turn to YouTube. You might even reel in dinner.

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## Outdoor Activities to Avoid

Skip group sports, like basketball, volleyball and flag football — even if you're planning to play with people you know: a group of relatives, friends or neighbors.

“Team sports should be avoided right now because they involve gathering players and also often spectators in one place,” Nagrani said.

While a singles tennis match might be a safer option, it stills poses a threat because both players would be touching the same balls.

And if you have stir-crazy kids, playgrounds may seem like a good choice, but it's best to avoid them for now. The virus may be living on high-touch surfaces, such as slides and swings.

## How to Protect Yourself and Your Family during COVID-19

**If I have to go out, how can I do it in the safest way possible — to protect myself as well as others?**

Kate Vergara, a public health and infectious disease specialist based in Chicago and New York City, has spent time fighting polio in Ethiopia and helping Ebola survivors in Sierra Leone (without contracting either disease). In order to even begin to approach the ethics of social distancing, she says, we must have a firm grip on how the virus is spreading.

“Covid-19 is not airborne,” she says. “It is transmitted through droplets — being coughed on, or touching something that someone coughed on, for example, and then touching your face and allowing that pathogen to get into your system through your eyes, nose, or mouth.”

The CDC and the WHO recommend several basic measures to help prevent the spread of Covid-19:

Wash your hands often for at least 20 seconds.

- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects.
- Stay home when you are sick.

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- Contact a health worker if you have symptoms; fever and a dry cough are most common.
- DON'T touch your face.
- DON'T travel if you have a fever and cough.
- DON'T wear a face mask if you are well.

## **Corona Virus Myth Busters from WHO**

### Keeping the workplace safe

Encourage your employees to...

- Practice good hygiene
- Stop handshaking – use other noncontact methods of greeting
- Clean hands at the door and schedule regular hand washing reminders by email
- Create habits and reminders to avoid touching their faces and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, desks, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning
- Use videoconferencing for meetings when possible
- When not possible, hold meetings in open, well-ventilated spaces
- Consider adjusting or postponing large meetings or gatherings
- Handle food carefully
- Limit food sharing
- Strengthen health screening for cafeteria staff and their close contacts
- Ensure cafeteria staff and their close contacts practice strict hygiene

Stay home if...

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- They are feeling sick
- They have a sick family member in their home

### Keeping the school safe

Encourage your faculty, staff, and students to...

- Practice good hygiene
- Stop handshaking – use other noncontact methods of greeting
- Clean hands at the door and at regular intervals
- Create habits and reminders to avoid touching their faces and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, desks, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

Handle food carefully

- Limit food sharing
- Strengthen health screening for cafeteria staff and their close contacts
- Ensure cafeteria staff and their close contacts practice strict hygiene

Stay home if...

- They are feeling sick
- They have a sick family member in their home
- Consider rearranging large activities and gatherings
- Consider adjusting or postponing gatherings that mix between classes and grades

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- Adjust after-school arrangements to avoid mixing between classes and grades
- When possible, hold classes outdoors or in open, well-ventilated spaces

### Keeping the home safe

Encourage your family members to...

#### All households

- Clean hands at the door and at regular intervals
- Create habits and reminders to avoid touching their face and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning
- Households with sick family members
- Give sick members their own room if possible, and keep the door closed
- Have only one family member care for them
- Consider providing additional protections or more intensive care for household members over 65 years old or with underlying conditions. Households with vulnerable seniors or those with significant underlying conditions. Significant underlying conditions include heart, lung, kidney disease; diabetes; and conditions that suppress the immune system
- Have the healthy people in the household conduct themselves as if they were a significant risk to the person with underlying conditions. For example, wash hands frequently before interacting with the person, such as by feeding or caring for the person
- If possible, provide a protected space for vulnerable household members
- Ensure all utensils and surfaces are cleaned regularly

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## Keeping commercial establishments safe

Encourage your employees and customers to...

Practice good hygiene

- Stop handshaking – use other noncontact methods of greeting
- Clean hands at the door, and schedule regular hand washing reminders by email
- Promote tap and pay to limit handling of cash
- Disinfect surfaces like doorknobs, tables, desks, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

Avoid crowding

- Use booking and scheduling to stagger customer flow
- Use online transactions where possible
- Consider limiting attendance at larger gatherings

For transportation businesses, taxis, and ride shares

- Keep windows open when possible
- Increase ventilation
- Regularly disinfect surfaces

Link to PDF: [How to Keep Your Workplace and Home Safe](#)

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# How to Clean and Disinfect to Help Prevent the Spread of COVID 19

## Clean and disinfect

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

## To disinfect:

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

## Options include:

- Diluting your household bleach.  
To make a bleach solution, mix:

5 tablespoons (1/3rd cup) bleach per gallon of water

OR

4 teaspoons bleach per quart of water

Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

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- Alcohol solutions.  
Ensure solution has at least 70% alcohol.
- Other common EPA-registered household disinfectants.  
Products with [EPA-approved emerging viral pathogens pdf icon](#)[7 pages]external icon claims are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).

[Click Here for a Complete Disinfection Guide](#)

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## **Take Care of Your Mental and Emotional Health during COVID 19**

- Take care of your body– Try to eat healthy well-balanced meals, exercise regularly, and get plenty of sleep. Take deep breaths, stretch or meditate. Avoid alcohol, tobacco, and other drugs.
- Connect with others– Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships and build a strong support system.
- Take breaks– Make time to unwind and remind yourself that strong feelings will fade. Try taking in deep breaths. Try to do activities you usually enjoy.
- Stay informed– When you feel that you are missing information, you may become more stressed or nervous. Watch, listen to, or read the news for updates from officials. Be aware that there may be rumors during a crisis, especially on social media. Always check your sources and turn to reliable sources of information like your local government authorities.
- Avoid too much exposure to news– Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do enjoyable activities and return to normal life as much as possible and check for updates between breaks.

**Last reviewed: March 6, 2020 Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases**

## **Understanding you children’s feelings regarding COVID 19**

Children react by what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

Not all children react to stress in the same way, similar to adults. Some common changes to watch for in children are:

- Excessive crying and irritation

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- Returning to behaviors they have outgrown (e.g., toileting accidents or bedwetting)
  - Excessive worry or sadness
    - Unhealthy eating or sleeping habits
    - Irritability and “acting out” behaviors
  - Poor school performance or avoiding school
  - Difficulty with attention and concentration
  - Avoidance of activities enjoyed in the past
  - Unexplained headaches or body pain

## Talking to your children about COVID 19

Adults can play an important role in helping children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety or fear. The CDC has created guidance to help adults have conversations with children about COVID-19 and ways they can avoid getting and spreading the disease.

Some general principles for talking to children about COVID 19 are:

**Remain calm and reassuring.** Remember that children will react to both what you say and how you say it. They will pick up cues from the conversations you have with them and with others.

**Make yourself available to listen and to talk.** Be sure children know they can come to you when they have questions.

**Avoid language that might blame others and lead to stigma.** Remember that viruses can make anyone sick, regardless of a person’s race or ethnicity. Avoid making assumptions about who might have COVID-19.

**Pay attention to what children see or hear on television, radio, or online.** Consider reducing the amount of screen time focused on COVID-19. Too much information on one topic can lead to anxiety.

**Provide information that is honest and accurate.** Give children information that is truthful and appropriate for the age and developmental level of the child. Talk to

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children about how some stories on COVID-19 on the Internet and social media may be based on rumors and inaccurate information.

**Teach children everyday actions to reduce the spread of germs.** Remind children to stay away from people who are coughing or sneezing or sick. Remind them to cough or sneeze into a tissue or their elbow, then throw the tissue into the trash. Discuss any new actions that may be taken at school to help protect children and school staff. (e.g., increased handwashing, cancellation of events or activities)

**Get children into a handwashing habit.** Teach them to wash their hands with soap and water for at least 20 seconds, especially after blowing their nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not available, teach them to use hand sanitizer.

## **Facts about COVID-19 for discussions with children**

Try to keep information simple and remind them that health and school officials are working hard to keep everyone safe and healthy.

Here's a few ways to answer or communicate with children's questions:

### **What is COVID-19?**

COVID-19 is the short name for "coronavirus disease 2019." It is a new virus. Doctors and scientists are still learning about it.

Recently, this virus has made a lot of people sick. Scientists and doctors think that most people will be ok, especially kids, but some people might get pretty sick.

Doctors and health experts are working hard to help people stay healthy.

### **What can I do so that I don't get COVID-19?**

You can practice healthy habits at home, school, and play to help protect against the spread of COVID-19:

- Cough or sneeze into a tissue or your elbow. If you sneeze or cough into a tissue, throw it in the trash right away.
- Keep your hands out of your mouth, nose, and eyes. This will help keep germs out of your body.

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- Wash your hands with soap and water for at least 20 seconds. Follow these five steps—wet, lather (make bubbles), scrub (rub together), rinse and dry. You can sing the “Happy Birthday” song twice.
- If you don’t have soap and water, have an adult help you use a special hand cleaner.
- Keep things clean. Older children can help adults at home and school clean the things we touch the most, like desks, doorknobs, light switches, and remote controls.
- If you feel sick, stay home. Just like you don’t want to get other people’s germs in your body, other people don’t want to get your germs either.

### **What happens if you get sick with COVID-19?**

COVID-19 can look different in different people. For many people, being sick with COVID-19 would be a little bit like having the flu. People can get a fever, cough, or have a hard time taking deep breaths. Most people who have gotten COVID-19 have not gotten very sick. Only a small group of people who get it have had more serious problems. From what doctors have seen so far, most children don’t seem to get very sick. While a lot of adults get sick, most adults get better.

If you do get sick, it doesn’t mean you have COVID-19. People can get sick from all kinds of germs. What’s important to remember is that if you do get sick, the adults at home and school will help get you any help that you need.

**Last reviewed: March 9, 2020 Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases**

## **Ergonomics Review Checklist**

### Working Safely at Your Computer

Over the long term, working at a computer can cause problems such as eyestrain, persistent fatigue, back pain, tendonitis, Carpal Tunnel Syndrome and more. By using ergonomics, you can make adjustments to improve your comfort and health on the job.

When you sit down to work check these items:

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- 1.) Is the top of the screen at eye level (slightly lower for bifocal wearers)? Is the screen approximately 15 - 32 inches away? Is the display sharp and steady?
- 2) Is your field of view free from glare and reflections
- 3) Do you have a document-holder so that documents are close to and level with the screen? Are documents properly lit?
- 4) Are your wrists straight and horizontal to your work surface as you type? Do you have a padded wrist rest?
- 5) Do you have enough knee clearance under the desk or table?
- 6) Are your feet flat on the floor or on a footrest?
- 7) Are your arms loose and comfortable at your sides, and your elbows at straight angles as you type?
- 8) Are you sitting back in your chair with your lower back well supported in its natural curve?

### Repetitive Motions and Activities

When performing tasks that are repetitive in nature, use the following techniques:

- Take mini-breaks - Even if they are less than a minute, they will ease the strain.
- Avoid reaching and twisting.
- Vary movements as often as possible.
- Alternate positions, e.g. from sitting to standing.
- Prevention through Healthy Work Habits

### Preventing Eye Strain

- Rest your eyes frequently by focusing on an object at least 20 feet away.
- Blink frequently so your eyes don't get dry.

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- Get regular eye exams and tell your doctor you work at a computer.
- Palming: Cup your hands gently over your closed eyes. Hold for one minute.

### Positive Posture

Certain postures are uncomfortable and hazardous to your health. Below are some exercises to do at your desk to improve your posture and reduce your risk of injury or strain.

**Hands and Fingers** - With hands held in front of you, first clench both fists and hold 5 seconds. Then spread fingers as far as you can and hold 5 seconds. Repeat 5 times.

**Wrists**- With your hands held in front of you, gently rotate your wrists so that your fingertips make circles in the air. Repeat 5 times in each direction.

**Shoulders**- Let your arms relax at your sides, then raise your shoulders and rotate them up and back in a circular motion. Repeat up to 5 times. Then change direction.

**Neck**- Turn your head slowly to the left and hold 5 seconds. Then repeat on right side. Drop chin to chest hold, then slowly tilt head back as far as possible. Repeat sequence 5 to 10 times.

**Upper Back**- Make sure your chair is stable. With feet flat on floor, clasp hands behind head and slowly arch back, bending head backward. Hold up to 5 seconds.

**Lower Back**- Move chair back from desk. Be sure chair is stable. With feet flat on floor, bend forward slowly as far as you can, reaching for feet. Hold up to 10 seconds. Push yourself back up with leg muscles.

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Legs- In a seated position, with one foot flat on floor, extend other leg straight in front with toes pointed. Tense leg muscles and hold 10 seconds. Relax leg. Repeat with other leg.

### Proper Lifting Techniques

On occasion we all must lift items to perform our essential job duties. Some safety tips when lifting are:

- Don't take chances. If you don't know the weight of the item or suspect that it is too heavy, ask for assistance.
- Plan ahead. Be sure your path is clear and that you will not need to twist when setting down the object.
- Bend your knees, use your legs to lift and avoid twisting.
- Grasp the load firmly, then raise the load keeping your back as straight as possible.

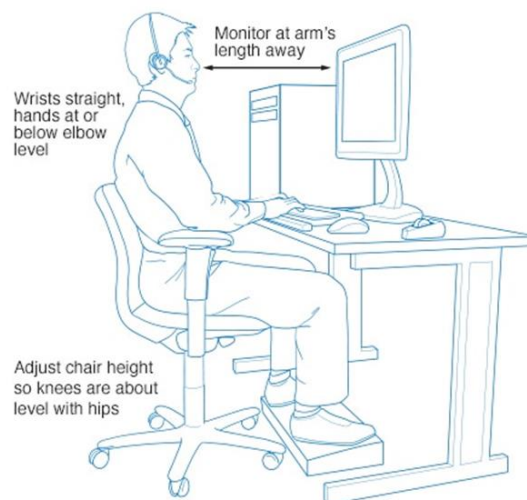
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## Office ergonomics: Your how-to guide

A comfortable workspace can help you feel your best. Give your sitting work area a makeover with this visual guide to office ergonomics.

If you sit behind a desk for hours at a time, you're not doomed to a career of neck and back pain or sore wrists and fingers. Proper office ergonomics — including correct chair height, adequate equipment spacing and good desk posture — can help you and your joints stay comfortable at work.

Ready to give your work space a makeover? Get started making your sitting workstation comfortable with this visual guide to sitting workstation ergonomics.



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### Chair

Choose a chair that supports your spinal curves. Adjust the height of your chair so that your feet rest flat on the floor or on a footrest and your thighs are parallel to the floor. Adjust armrests so your arms gently rest on them with your shoulders relaxed.

### Key objects

Keep key objects — such as your telephone, stapler or printed materials — close to your body to minimize reaching. Stand up to reach anything that can't be comfortably reached while sitting.

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## Keyboard and mouse

Place your mouse within easy reach and on the same surface as your keyboard. While typing or using your mouse, keep your wrists straight, your upper arms close to your body, and your hands at or slightly below the level of your elbows. Use keyboard shortcuts to reduce extended mouse use. If possible, adjust the sensitivity of the mouse so you can use a light touch to operate it. Alternate the hand you use to operate the mouse by moving the mouse to the other side of your keyboard.

## Telephone

If you frequently talk on the phone and type or write at the same time, place your phone on speaker or use a headset rather than cradling the phone between your head and neck.

## Footrest

If your chair is too high for you to rest your feet flat on the floor — or the height of your desk requires you to raise the height of your chair — use a footrest. If a footrest is not available, try using a small stool or a stack of sturdy books instead.

## Desk

Under the desk, make sure there's clearance for your knees, thighs and feet. If the desk is too low and can't be adjusted, place sturdy boards or blocks under the desk legs. If the desk is too high and can't be adjusted, raise your chair. Use a footrest to support your feet as needed. If your desk has a hard edge, pad the edge or use a wrist rest. Don't store items under your desk.

## Monitor

Place the monitor directly in front of you, about an arm's length away. The top of the screen should be at or slightly below eye level. The monitor should be directly behind your keyboard. If you wear bifocals, lower the monitor an additional 1 to 2 inches for more comfortable viewing. Place your monitor so that the brightest light source is to the side.

## **Desk stretches: Video collection**

Desk stretches help prevent pain and stiffness. See how they're done.

By Mayo Clinic Staff

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Do you work at a desk all day? To prevent or reduce stiffness and pain, try simple desk stretches.

The problem: Prolonged sitting

If you work at a desk or computer for long stretches of time, you might place excessive stress on certain muscles. As a result, you're likely to get stiff and sore — unless you take frequent breaks for physical activity.

The solution: Fitness breaks

Breaking up your workday with stretches and other physical activities can help keep you comfortable while you work. You can stretch while you're seated at your desk or standing in your workspace. You might even be able to stretch while you're participating in a conference call or other workplace activities. You don't need special equipment to stretch, and you won't break a sweat — yet the results can be powerful.

Watch these videos on specific desk stretches to understand proper form and technique.

- [Video: Neck stretches for the workplace](#)
- [Video: Forearm stretches for the workplace](#)
- [Video: Upper body stretches for the workplace](#)
- [Video: Seated stretches for the workplace](#)
- [Video: Standing stretches for the workplace](#)

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/office-ergonomics/art-20046169>

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# Advice for Keeping Work/Life Balance While Working from Home

First-time remote work for individuals means adjusting to being away from colleagues while navigating logistical challenges like spotty wifi and awkward video calls with kids, cats, dogs, and significant others. Now that you're getting the hang of things, do you find yourself working more hours? Is it sometimes hard to shut down at the end of the day because there's always *one* more thing that needs to be done? Fact is, you're not alone. Here are a few tips to help you get the job done and walk away at the end of a productive day.

1. **Clean up your physical and digital workspaces.** Seems obvious, but it turns out that being organized actually has tangible benefits for our mental health and productivity. End the workday by taking a minute to tidy your desk, save everything you're working on, and close out of all your tabs and windows. It will help you to start the next morning focused and distraction-free.
2. **Review your to-done's.** One of the easiest and most effective ways to stay motivated and build momentum at work is to celebrate your progress. We tend to measure progress in terms of long-term goals and big milestones. The problem is those only happen rarely. Boost your mood and motivation by taking five minutes to review your completed tasks at the end of each day.
3. **Write out tomorrow's to-do list.** One of the most common end-of-the-work-day habits is planning out what needs to be done the next day. Writing out tomorrow's to-do list at the end of the workday boosts your productivity in two important ways: it helps you stop thinking about work and increases your willpower. Clear your mind and conserve your willpower by planning tomorrow's to-do list at the end of every workday.
4. **If you do your most difficult, important task of the day first, the rest of the day will be easy.** Do your future self a favor by using your end-of-the-work-day routine to make it as easy as possible to get started on tomorrow's Most Important Task (MIT) in the morning. Another way to lower your stress level is to start off the workday with a "quick win." Checking that

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easy task off the list builds momentum and makes it mentally easier for you to start on your Most Important Task of the day.

5. **Confront the things you've been putting off.** We all have those nagging items on our to-do list that we just can't seem to cross off. For some reason or other they make us uncomfortable, so we keep putting them off. Then we feel guilty, which causes even more mental discomfort, which in turn makes us even more likely to avoid doing them. This self-defeating behavior culminates in a procrastination "doom loop" of anxiety and avoidance. Break out of the procrastination doom loop by identifying the tasks that you've been avoiding or that make you feel uncomfortable at the end of every workday. Break those tasks down into smaller, more manageable sub-tasks and schedule the next step to tomorrow's to-do list.
  
6. **Set a time to end your workday and stick to it.** If you end the workday at a certain time, you will work more efficiently throughout the day. Ending work at a set time also gives you a chance to relax and recharge, an essential part of long-term productivity. It's easy to talk about the benefits of finishing work on time, but when your office and your home are one in the same these days, it can be harder to put this advice into practice. Solution? Try to stop working at a reasonable hour by making plans to exercise or have a virtual chat with a friend at your goal end-time. Make your personal time a priority and schedule it onto your calendar if you have to. You wouldn't skip a meeting with the boss, so don't skip a "meeting" with your family, your workout, your friends, your Netflix series, etc. Remember that setting boundaries will help you boost your productivity, so give it a try.
  
7. **End on a high note.** It's hard to feel good about work when you've had a less-than-productive day. Forgive yourself if you didn't accomplish everything you set out to do and don't beat yourself up about it. Another creative idea? Expressing gratitude is one of the quickest ways to boost your mood and feelings of well-being. Reach out to a co-worker at the end of the day to say thank you. As an added bonus, it will probably brighten their day too. Doing something for someone else is scientifically proven to make you happier.

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Through it all, remember that you're not alone in this new normal. Take time to remember that a majority of people are experiencing the same challenges and learning the same lessons you are. Be kind to yourself and you'll likely discover that you're capable of so much more than you ever thought possible.

Adapted from: <https://doist.com/blog/end-work-day/>

## How to Unplug When Working from Home

### Keep Clearly Defined Working Hours

Just as you designate and separate your physical workspace, you should be clear about when you're working and when you're not. You'll get your best work done and be most ready to transition back to the office if you stick with your regular hours. Plus, if your role is collaborative, being on the same schedule as your coworkers makes everything much easier.

“The biggest difference between working from home and working in the office is that you are in charge of your environment and have to treat yourself like an employee,” Yurovsky says. This means holding yourself accountable, but also recognizing when enough is enough, just as a good manager might. “If you feel yourself extending your work hours because you aren't doing anything in the evening...tell yourself it's time to put work away, recharge, and start tomorrow with a fresh mind. The work will be there in the morning.”

If you live with other people, this separation is even more critical. Communicate with the people you live with to establish boundaries so you can cut down on distractions during the workday—and then disconnect and give the people you care about your full attention. Having a separate time and space to work will allow you to be more present in your home life.

### Build Transitions Into (and Out of) Work

Your morning commute not only gets you to work—from one physical location to another—but it also gives your brain time to *prepare* for work. Just because you're not traveling doesn't mean you shouldn't carve out equivalent routines to help you ease into your workday.

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Maybe you usually read or listen to music on your commute. You can do that at home. Or maybe you can spend some time with a pet or loved one. You can even add in a workout (preferably at home because of the new coronavirus, but see what is being recommended where you live) or spend some time on a hobby (again, make sure it's appropriate given the health recommendations where you are).

At the other end of the day, the evening commute does the reverse. “Commuters often take for granted the time they have in the car or on the train to wind down from a hectic workday and mentally prepare themselves for their evening routine.” Yurovsky says. Generally, you're not going from getting a huge presentation done right to making dinner or doing chores. If you try to jump directly, “your brain doesn't have time to hit the reset button, which can make you less present as you transition back into your personal life.”

Give yourself something that will signal the end of work and serve as a buffer. When I worked from home, I made it a habit to take my dog for a long walk as soon as I was done for the day. It helped me decompress with something physical and fun, and the habit was self-enforcing since my dog would lie in front of the door when it was time to go or would come looking for me if I was taking too long.

### **Don't Get Too Sucked in by the News—or Anything Else**

Distraction is one of the big challenges facing people who work from home—especially people who aren't used to it. “Your home is right in front of you,” Berger says. That means that whatever you're usually thinking about getting home to after work is now with you. It's human to get distracted. But you need to be wary of how *much* you let yourself get distracted.

You probably already take a few breaks throughout the day at the office, and that's fine to do at home, too. Using that time to throw in a load of laundry is OK, but try not to look at your new work arrangement as an opportunity to finally clean out that closet or anything else that takes a lot of sustained focus.

Right now, one of the biggest distractions is the news. And if you're working remotely because of the new coronavirus, checking in on COVID-19 updates is going to be at the front of your mind. It's good to stay informed, of course, but it's also easy to scroll yourself into an anxious mess.

I suggest setting timers for any breaks you take. You don't want to get too immersed and forget that you're at work altogether. If you're someone who's

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susceptible to getting distracted every time you get a news alert, turn your notifications off during the workday, too. The news will still be there after 5 PM.

### **Communicate, Communicate, Communicate**

If you don't usually work from home, chances are there will be some bumps in the road if you have to suddenly go fully remote. The key to steering through these bumps is communication—especially with your manager and direct reports. Either before you make the switch or as soon as you know it's happening, come up with a plan that lays out expectations for how often you should check in and how you'll convey any changes or new assignments to one another. Do the same with anyone you usually work collaboratively with throughout the day.

This plan is likely to change as you go. And that's OK. This is a new situation for everyone. So make sure to circle back and change the plan if problems come up. You'll also encounter unique challenges as you try to do your job remotely, which can vary greatly depending on the type of work you do. Don't hesitate to reach out to the same people you would usually turn to for help—even if you're not in the same building as them.

And you don't have to stick with only text-based communication. “Do not default to email if you would have spoken to a coworker face-to-face while at the office,” Yurovsky says. You might find it's best to check in with your boss and coworkers over the phone or through video chat. This will cut down on miscommunication and break up some of the social isolation that can come from working from home.

### **Tell your brain when it's time to stop working.**

Understanding more about how the human brain functions is very empowering. All of your perceptions, thoughts, and behaviors result from combinations of signals among neurons. By creating rituals at the end of your day you send signals to your brain that it's time to shift from work to something else. Update your to-do list or project management software. Prioritize your next day's schedule. If you are truly mindful, you know the power of meditation or visualization at this point of the day as well. Close your office door and move on to the next part of your day.

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## **Create a workspace that inspires you, but don't become a prisoner to it.**

Experts say to have an office space with a door, and I agree. Symbolically closing the door at the end of the day is effective. However, I disagree with the advice to keep work restricted to the office. You're an entrepreneur and you value freedom. My office is beautiful, and it inspires me, but I love the freedom of working next to my koi pond, at the kitchen table, or snuggled up on the floor next to my dog. This is my way of exercising my freedom, even when I have work to do. Spread out. Just make sure to put everything back in the office at the end of the day.

## **Don't turn to work to fill a void; turn to your personal lists instead.**

It's incredibly easy to decide to work during downtime, rather than read a book, do a project, or get out of the house. What works for me is keeping a list of activities I enjoy, as well as one for household projects and errands. When your energy is a bit low from a long day's work, it can cause further depletion to think about what's next. Turn to your personal lists, choose something, and just do it.

## **Schedule time to worry, plan, and contemplate.**

I have two comfortable chairs in my office, but they're not strictly for client use. This sunny corner is perfect for contemplating solutions, creating the next steps to my vision, and employing my tools to lower stress and reframe any negative perceptions that pop into my mind. I actually put this me time on my calendar otherwise, I won't push myself to do it. When issues arise, you can't afford to allow them to distract you from work. If you know you have time scheduled in to address them, your brain can remain focused on the task at hand.

## **Say Good Morning and Goodnight!**

This allows your team to know when you have arrived and are ready and eager to start your day, but also sets boundaries when your shift is over and you are closing your laptop and turning off your phone.

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# The 7 Rules of Virtual Meeting Etiquette

As the Coronavirus (COVID-19) continues to spread, few industries remain unscathed – and virtual meetings have become an essential part of how modern businesses maintain productivity and continuity. They're an easy, cost-effective way to align multiple offices, keep remote employees engaged and work with clients and vendors.

While [virtual meetings](#) have likely been a part of your daily work routine for some time now, it's still easy to fall victim to some major meeting faux pas. Virtual meeting etiquette is a whole new ball game compared to in-person meetings, as many folks are learning this week!

To help you keep your meetings productive and professional, follow these seven simple virtual meeting etiquette rules and tips.

## 1. Leave the keyboard alone

Whether you're diligently taking notes like a model employee or sneakily chatting with your work bestie, the sound of your typing is distracting. It's not only distracting everyone else in the meeting (because your laptop's internal microphone is inches away from your keyboard), it's also preventing you from devoting your full attention to the meeting. Opt for a quality headset or pick up your notebook and pen to [take meeting notes](#) instead.

**Product tip:** If you do need to take notes using a keyboard, utilize the chat option and email yourself a copy of the chat at the end of the meeting.

## 2. Dress appropriately

One of the magical things about working remotely is the freedom to wear anything to work. It's the dream, right? Still, there's no reason to show your co-workers your PJs and bedhead. (Unless it's a joke the whole team agrees on, in which case we approve).

Take a few minutes to throw on a clean shirt and brush your hair. The best part of actually getting ready while working remotely is that you'll put yourself in the right headspace to be productive.

## 3. Be aware of your surroundings

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Your coworkers won't be able to hear your ideas or take you seriously when there is a pile of dirty clothes in the corner behind you. You also want to avoid looking like you work from the inside of a cave because of bad lighting.

Adjust your work setup so that you face a window or are exposed to plenty of light. And make sure your background is professional and work appropriate! This means:

- No messy rooms or open closets where everyone can see your clutter
- No NSFW artwork

While kids and pets are adorable (and a much needed distraction when you're feeling overwhelmed), your coworkers won't love having to talk over a screaming child or barking dog. So, be mindful of noise and...

#### 4. Mute your microphone when you're not talking

There's nothing more frustrating than hearing that alien echo noise from conflicting microphones. Save everyone from the ear-splitting madness by joining the meeting while on mute!

Unless you live alone, your house is probably [pretty noisy](#) these days. Muting your microphone when you're not speaking gives other participants the ability to chime in and share their thoughts without distraction or frustration.

Additionally, if you are using your smartphone to join the meeting, make sure to turn the vibrate off as well as notifications. The vibrations from a notification are very distracting and loud to the other listeners.

#### 5. Speak up

When you enter a small meeting (around two to five people) announce yourself when you join. It can be awkward to hear the "someone-just-joined" ding followed by silence. When you hop on the meeting, introduce yourself and say hi – just make sure not to interrupt someone mid-sentence.

Don't be afraid to project your voice, too! Your team will appreciate being able to hear you without having to strain their ears or turn their volume all the way up.

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## 6. No food allowed

Try to eat a snack before your virtual meeting. No one wants to see you stuff your face with chips while discussing important business matters. Not only is it distracting to others, you won't be able to focus on the task at hand because you'll be worrying about dropping crumbs all over your keyboard.

## 7. Stay seated and stay present

It may be tempting to check your inbox or carry on a side conversation during a dull moment in a meeting, but don't do it! You might miss out on key information or an opportunity to give input. If you're using your webcam, use attentive body language: sit up straight, don't make big extraneous movements, and don't let your eyes wander too much.

<https://blog.gotomeeting.com/7-rules-virtual-meeting-etiquette-every-professional-know/>

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# How to Work from Home with Children

Tips to help get through the transition

## **Set a tone of understanding and empathy**

Working from home with our children for an unknown period of time is uncharted territory for families, said Elana Benatar, a child therapist at Lotus Point Wellness in the Washington DC area.

"We are all figuring it out," she said. "It might get a little messy."

It is important to talk to children about what is happening, at an age appropriate level, she said. Some children may not understand what is going on and only see that you are limiting them in ways that don't seem reasonable.

"Explain to them that we are all trying to look out for our community," Benatar said.

It's like that old "Mister Rogers" quote, about responding to scary news by asking people to 'Look for the helpers,' she said. "They are being the helpers right now," she said. "Part of how we help each other right now is to stay home."

If Mister Rogers doesn't register, explain social distancing using Elsa and Anna of Disney's "Frozen" movies. Elsa had to stay away from her sister to keep her sister safe.

Organizing your child's days around work time that can't be interrupted will be best for most families, Benatar said. Have an engaging activity planned or screen time available to keep them busy will help get you through your toughest work obligations.

## **Establish a routine early, and stick with it**

Katie Stone Perez, a program manager for Xbox in Redmond, Washington, who pulled her daughters Emma, 8, and Elizabeth, 10, out of their school on March 2, has already been working from home with her kids for a couple of weeks.

While some parents are looking to home school schedules and sharing lists of online activities that are temporarily waiving subscription fees, others are removing the caps on screen time. Perez is trying to strike the balance between the two.

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But technology in the morning proved troublesome, Perez said. "If I let them have electronics first thing in the morning, their attitudes go downhill, and they fight and bicker."

Instead they start with a "care plan," like getting dressed, having breakfast, getting outside for a bit. Then they do their "work plan" for the day, which includes school work as well as supplemental activities Perez found like documentaries on Disneynature that have activity packets to download on subjects including the Arctic, pandas and pirates.

In the late afternoon they socialize and play video games with friends remotely, including creating a "realm" in Minecraft so that they have a safe invite-only space to hang out.

Her kids are also getting a dose of life skills, too, because: "The dishes. Oh my god. It is real," she said. "If they can come out of this and be more self-sufficient around the house, that's tremendous."

### **Divide and ... get by**

Maira Wenzel and her husband both work for Microsoft and have been working from home for two weeks. They found that they can work together in the one office they have, but not if they are both on calls.

"We made another little office, but it is in the middle of the kids' playroom," she said.

Appearing on video calls surrounded by toys has helped her colleagues to be more understanding of the situation, Wenzel said, especially now that her kindergartener and third grader have joined them after their school closed on Thursday.

She and her husband plan to divide up kid-duty based on their work calendars.

On Friday, the kids' first day home, Wenzel treated it like a day off, letting them play video games and relax, before settling into a routine. But she had to step in to quiet them when her husband was on a conference call and the children were screaming.

"Eventually it will happen to everyone," she said.

### **Realistic expectations**

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There is no professional advantage to pretending things are normal, said Nicole Coomber, a professor of management and organization at the Robert H. Smith School of Business at University of Maryland.

You will reduce your anxiety and better manage everyone's expectations if you are upfront with coworkers about what is going on, she says.

"We know that when teams have high levels of trust and a feeling of safety, they are better performing," she said. "When you are open with colleagues, it helps them understand they can be honest, too."

She put this into practice on Friday when she took her four sons, ages 4 to 9, hiking, even though she also had a conference call. With 50-plus attendees on the call, she modeled being real for others by acknowledging that she was with her kids outdoors.

Similarly, be honest with yourself about having your kids at home, she said.

"Our kids' teachers are professionals," she said. "I can't become an elementary teacher overnight. It is unrealistic for most of us and everyone needs to have more grace with themselves at work and at home."

Especially since, for a while anyway, they are one and the same.

<https://www.cnn.com/2020/03/16/success/working-from-home-with-kids-coronavirus/index.html>

## **Tips to effective work from home**

So, it happened as we looked on this past week, we all realized that we'll be working from home with the kids over the next few weeks and perhaps months as we try our best to minimize those affected by COVID-19 Virus.

Parenting has always been a balancing act but now it's at a whole new level.

We know you've got this covered. However, I'd love to share with you a few tips to set you up for success with your child at home while working from home.

Working from home can be a lot of fun but it also requires you to set up your day for success, especially if you have kids at home with you. Here's how to keep your kids busy when you have to work from home.

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1. Set up your own workstation
2. Set up a homework station for your child
3. Create zones for your child to play in
4. Eat regularly and hydrate
5. Add movement to your day
6. Explore the power of books
7. Make time for music
8. Set cleanup times throughout the day
9. Balance screen time
10. Include quiet times

After working from home, the past 10 years and teaching 5-year olds for 10 years before that, I've found a few these habits seem to work for both me and my kids to stay organized, productive, and connected with my family.

### 1. Set up your own workstation

Having a space that your own while working at home is crucial to feeling organized. Make a home base for where your things are stored will help you better feel prepared for the start of each day.

You'll want a special spot to put your computer, charging station, office supplies, planner, folder and notebook. The number one rule to discuss with the kid is hands-off your work stuff.

You may need to stake claim to the dining room table, if you're sharing a space with your spouse. A foldable table can work just fine for moments like this too.

We have a special sign to hang up if I have a conference call or virtual meeting, it means I'm on the camera to avoid any awkward moments.

Your cell phone headphones should work just find for sound quality. However, if you need more, I love my Logitech camera for sound and camera quality.

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TIP: Be sure to have a wall behind you, so that you can quickly jump on a call without having to clean up the house or let them see little one running around behind you.

Time blocking your work can be a huge time saver. Here are some time saving online tools to help you work remotely.

## 2. Set up your child's workstation

Your little one will want their own little station to do their work, just like mommy and/or daddy. Trust me on this one. Depending on their age we'd suggest that you put out art supplies and paper so that they can independently work on schoolwork and art projects.

Set out activities that are for both learning and for creativity to keep them focused longer. My daughters have a small table and chairs and then we have a short bookcase that has a limited amount of toys and activities to choose from.

You could also set up a STEM Station.

## 3. Create a zone for your child to play in

Confining yourself to one space for a long period of time can get boring no matter how old you are, especially for kids.

Take some time to create zones around your house that are kid-friendly for your child. Throughout the day rotate around the house using these zones.

You can put a book basket in a few rooms, not just a bookshelf.

Set up Toy Stations around the house and rotate them around over the weeks. You can set them up by themes for extra fun. A music box, block or Lego area or an animal box.

Fabric boxes and basket are perfect for storing these.

If you're working from a laptop you can just move around the rooms as they rotate around.

A child attention span is limited, and this will help to prevent them from getting bored and cranky and wanting you to keep them entertained all day long.

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#### 4. Eat and hydrate

Keeping everyone happy starts with keeping them feed and keeping them hydrated! Plan out your breakfast, lunch, dinner and snacks to stay organized.

I have a section of the fridge and pantry that my older kid know they can grab snack item. It's also the same zone they grab stuff to make their lunches with when they pack them for school or at home.

You may find these [75 Easy Pre-Ahead Breakfast and Lunch Recipes](#) helpful during this time to keep organized.

#### 5. Add movement to your day

Make time to get up and walk around to take breaks. Chances are working at home might not be as comfortable as your desk and chair at work. The kitchen counter can be a great place to stand and work too, stretch those legs.

Your child needs to move too! For older kids, hopefully, you can send time outdoors to the backyard, perhaps work from your back porch. They can even play some of these fun sidewalk chalk games that sneak in a little learning too.

For younger toddlers jumping, hopping, rolling around can be all the need for a quick 15 minutes through-out various parts of the day. Be sure to talk time for a quick walk in your yard to simply pause with nature and your child.

Now might be a good time to set up that birdfeeder you've been wanting to.

Here are some indoor movement activities for your child. Or try out these ball games kid love. At the end of the day you might even like to try these mommy and me workouts.

#### 6. Explore the power of books

Each day you will want to incorporate books into your routine. Babies, Toddlers, Preschoolers and Grade Schoolers all enjoy the power of books in their day.

The key though is to set up little zones where they can sit and enjoy reading. You can even make a book basket with themed items to go along with it for creative play and learning.

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## 7. Balance your screen time

Create limit expectations with your child ahead of time to avoid too much screen time. Moods of children and frankly adults, can be dramatically altered by the volume of screen time they have. Choose wisely.

Most school districts already have a library of educational resources and games for your child to log into at home.

Encourage your child to take a few Virtual Field Trips during this time!

Movie time can be a great reward for your child's behavior throughout the day, in the late afternoon as you're wrapping up your workday with one last push to get things completed for the day.

## 8. Make times for music at home

One key element to a happy home is music! You can have music on during transitions or during playtime for singing and dancing for your child. Nothing breaks up the grumpies like a quick song and dance!

Grab a few toy instruments or you can even make your own instruments.

Here's some helpful tips for making music everyday with your child. If you have a baby at home, you'll enjoy these action songs for babies.

Personally, I tend to have a deep thinking and Zen channels set up on my Spotify account playing at times to help block some of the noise the kids make while they are playing to help me concentrate.

## 9. Set clean up times throughout the day

A little tip as a former teacher, always be sure to keep tabs on how clean the toys are. It's difficult for a child to put all the toys away if they've been left to play with all day long and never put anything away.

Especially since we're doing more handwashing as part of the quarantine prevention efforts, set up a few times throughout the day to do a quick clean up.

The nice part about using baskets is that it's a visible space to put something back into. Bookcase shelves are great for this too if everything need to be placed onto a shelf.

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Make a rule that everything goes back to its home before bedtime as part of your nightly routine. Make it playful, trust me even one-year-olds can help with clean up time.

Have the kids help with some of the household chores too. This might a good time to earn screen time with tasks around the house.

## 10. Include quiet times

To survive a day at home, week at home or even months at home with your child you will want to plan for quiet times. Your child needs it and trust me, you will need it.

Little ones tend to easily go down for a nap after lunchtime since it's usually part of their normal routine.

But even the bigger kid need to have quiet time too. They can read books in their bed or listen to instrumental music while lying down for at least 30 minutes.

**TIP:** These quiet times are the time to crunch your work time, deeper thinking tasks, or ones that require you to connect with employees at work.

Early morning time before the kids wake up is a great time to sneak in your work too!

Be sure to keep your normal morning routines and bedtime routines, you need that down time in the evening too for yourself and with your spouse.

## SAFETY CHECK FOR HOME (BONUS TIP)

Last but not least, since your little one will be home more than normal and you may get distracted while doing your own work, take time to do a safety check on all areas of the house. Please keep your little ones safe.

- Monitor sibling toys for small pieces to avoid choking hazards.
- Secure bookcases to walls.
- Check your baby locks on cabinets to ensure your little one stays away from dangerous objects/cleaners.
- Check for broken toys.

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- Never leave your child in another room eating without supervision.

<https://theeducatorsspinonit.com/working-at-home-with-kids/>

## **\*\*NEW\*\* Preparing for A Successful Return To Work After COVID-19 Quarantine Ends**

As for those that have been WFH, my guess is your workday routine has been different than it was when you had to commute into your job. Returning to that routine could be a significant shock to your physical and mental state, so here are some things you can start implementing now, to prevent a huge shock.

### Quit wearing pajamas during the work day

I get it. You want to lounge and be comfortable. During my WFH days I'm not typically wearing suits and ties, or button-up shirts. I'm usually in a t-shirt and jeans.

Unless PJs are your normal office attire, I **HIGHLY** recommend that you start wearing work-like clothing starting at least a week prior to returning to your workplace. Once you return, you won't be as uncomfortable, clothing wise.

### Start waking up early again

We've seen the images on the Internet about people waking up 5 minutes before the team Zoom meeting. Unless your commute to work is 5 minutes, you need to get up at a certain time every workday to safely get to work on time. As with your work attire, it's time to get back to your normal work routine, so you're not a work zombie when you return to work.

### Reflect on your time away

During this COVID-19 quarantine period, you might have picked up new routines and habits. You should reflect on this time to see if there's things that are

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beneficial to you (and what isn't beneficial). If you added new self-care routines, reflect on how you will continue doing those routines when you are back to work. You want to make sure that if you're doing something that makes you healthier, that you continue doing these things after COVID-19 is behind us.

You should also reflect about the work you do, and the organization you work for. During this WFH period (or if you were laid off for a bit, and now are going back), you should check with yourself and see if this is job that you want to do and/or a company you want to continue working for.

Yes, that's a big question to ask yourself and you don't want to take that question lightly. With whatever the economic situation in your area looks like, you don't want to quit your job without rock-solid prospects for a new role.

## Summary

Do your best to get back to your pre COVID-19 routine sooner than later, so you can minimize the discomfort of going back to your routine, but also take this opportunity to reflect to see if a new routine would be better for you.

<https://thriveglobal.com/stories/how-to-prepare-for-a-successful-return-to-work-after-covid-19-quarantine-ends/>

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## **How 'Regular School' Parents Can Homeschool Their Kids**

CNN spoke with several parents, teachers and homeschooling experts about how to make the most of homeschooling for your family.

Recognize homeschool is not school

The most important caveat about temporary homeschooling is that it simply isn't school. Kids accustomed to the school environment won't be as focused. Lessons won't be as professional as the ones they're used to getting. And since local governments are encouraging everyone to minimize interactions with others, socialization will be tough.

"We don't have to be school," said Fox, who lives in Brooklyn. "Under these circumstances, we're not going to entirely replace all of the structures that happen at school. But we can do a couple of things to make kids feel more secure and to make us feel like we're making the most of this time.

### **Tips and Advice for Parents**

#### **Let kids be a part of the decision-making**

Many schools and school districts have set up online learning platforms or sent kids home with packets of schoolwork to complete. These assignments are non-negotiable. Beyond these requirements, however, parents can give their children a say in what else they'll learn.

Jamie Heston, a board member of the Homeschool Association of California, said the best way to do this is to have your kids make a list of things they'd like to do and learn. From there, she said, you can whittle down the options as a family.

"There are lots of ways you can have fun and have it be educational, [and] not just be sitting at a table with a book open," said Heston, who lives in Hayward, California.

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Possibilities include math and chemistry through baking; botany through gardening; basic carpentry; or learning about space through a mobile app.

## **Make a schedule**

Once you and your children have identified the subjects they will study, make a schedule and display it prominently so everyone in the family knows what's coming and when it's over. Most kids work off a schedule in their classrooms, so recreating something similar at home can ease the transition to a different learning environment for the foreseeable future.

At the same time, said Jen Reyneri, who has homeschooled two sons (ages 16 and 12), each family should embrace the opportunity to create a rhythm of life that works for them.

"Include chores, family dinners or breakfasts, and family projects in your new family routines," said Reyneri, who runs a blog and co-owns an Italian restaurant in Hobe Sound, Florida. "Because this is such a unique situation, it's also OK to let everyone sleep in a bit later."

Other options for a schedule might include basics such as math, writing, reading and music (to name a few). Some families might also set aside time for educational games accessed by computer or mobile device.

For parents who are planning to cultivate a more project-based learning environment — rebuilding a car engine, for instance — put that on the schedule, too.

## **Acknowledge that kids have different needs**

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Schools — particularly public schools — are equipped to teach a variety of children with different learning abilities and different needs. For children with special needs, districts are required by state law to devise individualized education plans (IEPs) to help kids succeed. While parents are an important part of developing these plans, they are generally not the ones who administer them. But in a homeschool environment, parents must run the show.

This can get particularly complicated in families with multiple children. Monica Smith, who lives in Healdsburg, California, has twin 7-year-old boys and said one was recently diagnosed with ADHD. Smith said her district just completed an IEP for this child, and she admitted she is anxious about how she'll be able to manage his special needs while also being there for her neurotypical child.

"Without the help of [school] resources, I'm nervous about how to best meet his needs and keep him engaged," she said of her special-needs child. "I also need to be conscious of what his twin brother needs, and make sure he doesn't feel 'ignored' just because he has the ability to work independently."

One way to address this conundrum is to remember that different kids have different needs, whether at home or at school.

"Nobody knows your kids better than you do," said J. Allen Weston, executive director of the National Home School Association in Denver. "It's OK to take the time to give [each of them] what they need."

### **Build in recess**

All traditional school programs incorporate some sort of recess or outdoor time, and a homeschool schedule should be no different.

Dr. Jessie Voigts, a homeschooler and founder of Wandering Educators, a global community of educators sharing travel experiences, said it doesn't matter if this time is structured or unstructured, so long as the kids get outside.

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"A walk in the woods is not only healthy for your body and spirit, but your mind, too," said Voigts, who has a PhD in international education and is based in Kalamazoo, Michigan.

"What new plants are growing? What bugs can you find under decaying logs? Count the tree rings in a downed tree. Reroute a waterway in a little creek. See how the sun moves through the sky. There are so many ways to learn."

### **Downtime is your friend**

Downtime, or time for kids to work on projects quietly and independently, is just as important as active time outside. Voigts noted that kids need time to "disconnect" every day — from each other, from parents, from technology and from the outside world.

Other experts agree. Hannah Gauri Ma, a homeschooler and blogger currently living in St. Albans, in the United Kingdom, said this space allows for independent exploration but also can help reduce friction.

"Kids will react differently to a parent as 'teacher,' and they will push back in ways they don't at school," said Ma. "Allow for the fact that kids will be holding a lot of tension around all these sudden and often stressful changes to their routines and lives."

### **Get crafty**

Art is an important part of education, and homeschooling also provides parents with an opportunity to get creative with crafts.

Amanda Kingloff, founder of Projectkid.com, a website with tips for crafting, suggested getting creative with materials for different art projects every week. In particular, Kingloff advised reusing washers, buttons, fabric swatches and ribbons, as well as used jars, plastic bottles and cardboard tubes from toilet paper rolls to form the basis for recycled art.

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"You probably have these things around the house anyway," said Kingloff, who lives in Brooklyn. "Many of these materials allow kids to create three-dimensionally without the challenge of sculpting something or making something out of clay."

Kingloff noted it's important that parents don't stress about the mess these projects create, since that only detracts from the fun.

"Put down an oil cloth and let it get messy," she added. "Nobody worries about the mess at school."

### **Accept your limits**

Children aren't the only ones relegated to working from home in the immediate future. Many parents with office jobs have been asked to do the same. This means that hundreds of thousands of mothers and fathers likely will be forced to balance homeschooling with their day-to-day responsibilities at work. It means a whole lot of parents will be forced to juggle like court jesters and circus clowns.

Andrew Matranga, a college professor and father of three in Longmont, Colorado, said he thinks it's "ridiculous" to be expected to shoulder the dual burdens of educating his children and the responsibilities of his job, so he's just going to do what he can.

"We just need to try to do our best, whether we're teachers, parents or working professionals," he said. "There's no map for this journey that we're on."

## **COVID-19 & School at Home: 9 Tips on How to Make It All Work**

### **1. Stay in Contact!**

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As we all navigate this time together, staying in contact with neighbors, friends, and family is critical! We might be “physically” distancing our selves from one another, but we do have the capability to connect with friends and family online!

If you haven’t already, join your neighborhood Next Door or Facebook group. There families are connecting with each other online, sharing advice, tips, and helping keep each other encouraged.

## 2. Connect with your School District

Most school districts are working hard to make this situation manageable for its families.

Some schools are closing for an extended spring break period with no extra instruction required. Other schools may be closed longer as conditions change. Many schools are also setting up online learning options during the break as well. If you haven’t already, I highly encourage you to reach out to your district to see what solutions they are offering for families and what they recommend.

Make sure you check your district websites regularly for any updates to requirements, schedule changes, or closures.

## 3. Create a Basic Daily Routine

I think the best thing parents can do right now is to try and keep a sense of normalcy for their family. If possible follow a similar routine that your kids were already on. For example, get up, get ready, eat breakfast. We like to do our harder subjects in the morning, take a lunch break, and then finish with more fun activities like science experiments, art projects, and group activities.

If you’re enjoying an extended spring break, try to use this period as a way to spend quality time together as a family. Have game night, movie

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night, bake cookies, play cards, prepare meals, and just enjoy this time together!

All of that said, do your best to stay flexible right now. That might mean doing school in the afternoon after you've gotten some work done. You do NOT have to bring the classroom schedule into your home. You can work out your time in a way that best fits your family's needs. Sit down and figure out what everyone needs to get done each day, and then outline a routine that will work best for you.

Once you decide on a routine, do your best to stick with it. Keeping things consistent and familiar is probably the best way to help students feel comfortable and motivated. Hopefully this will be a short lived and temporary situation, so anything you can do to keep that sense of normal every day life is great.

#### 4. Create a "School" Area

If you will be doing school at home, creating a special spot for everyone to work on school assignments can be really helpful in motivating students to get their work done! When we first started homeschooling we did school in the kitchen. But we quickly learned that we had to clean everything up so we could eat meals. We eventually decided to set up a school area in our dining room where we had desk space for everyone and we didn't have to worry about cleaning it all up three times a day! We've since created an official school room that we work in daily. I have found that having a dedicated space helps get us in the right mood mentally to do our work.

#### 5. Daily Wrap-Up Meeting

We recently started having "daily wrap-up" meetings with our kids at the end of each school day. The kids each pick a 10-15 minute time slot and I sit down with them one-on-one. We discuss any questions they

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had, check to make sure everything was completed, and grade anything that needs grading together.

Daily meetings have helped me stay on top of their workload, so that I am not overwhelmed. It has also helped give my children a sense of accomplishment for each day, and to know what will be required of them tomorrow.

## 6. Work as a Team

As far as household duties go, we find it helpful to work as a team. I certainly can't do everything on my own, so we all help out. Once school is over everyone cleans up their area. We then all help with whatever chores are needed to keep our home functioning.

That might mean doing laundry, emptying the dishwasher, helping with dinner, etc. Operating as a team really helps give kids a sense of ownership in their home and makes for quality bonding time for the entire family.

## 7. Give a Little Grace

The spread of COVID-19 is an uncertain time for everyone. Showing some grace towards each other will go a long way towards making your kids feel comfortable and secure. Switching to online or homeschool because of school closures can also be a weird transition, so sticking to a routine and allowing kids a little wiggle room will help in keeping the peace.

While I certainly hope this is a short lived season, I think families can also use this hiatus for the positive. Spending time together is a great way to foster relationships within the home and create a comfortable and secure environment for our children during a tumultuous time.

## 8. Be Community Minded

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This is a great time to teach your children to be community minded and to think about others. Come together as a family and discuss ways you can help your neighbors, friends, and families. That may mean “Social Distancing” to help do your part to keep at risk groups safe and slow the spread of the virus. Talk about hospital workers, grocery store employees, and others who are working hard to support our communities.

Check your neighborhood Facebook page or Next Door to see if anyone in your area has asked for help. You might be able to pick up groceries or medication for them and deliver it to their home. Working together as a family and including your children in these discussions helps build moral and also makes it easier for them to understand why they can't have a play-date, or go to an event they've been looking forward to. It also helps give them a more global outlook.

## 9. Spend Time Together

With the normal hustle and bustle of families all going different directions this is a rare opportunity! As we're all hunkered down in our homes, make it fun! Set aside some time each day to spend together, here are a few fun ideas that we've been doing in our home:

- Baking
- Movie Night
- Board Games
- Video Games as a group
- Reading books
- Taking family walks
- Throwing frisbee/ball at the park
- Taking bike rides

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- Workout DVDs (If weather is bad, and it's more fun doing it all together!)
- Art projects (Play-doh, painting, drawing, coloring, etc.)
- Crafting together (We sew, crochet, knit, etc. If you don't it's a great time to learn!)
- Free time! (While I do my best to schedule activities so we're not all staring at screens 24/7 my kids probably look forward to free time the most. This is the time they can get online, play games with friends, stay and connected!)

<https://www.confessionsofahomeschooler.com/blog/2020/03/covid-19-homeschooling.html>

## **Activities for Your Kids to Do While Stuck at Home**

9 kid-friendly activities

Don't let coronavirus-inflicted boredom strike your house, try to keep the whole family engaged. Instead of letting the kids "plug in" for solo video games or

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incessant texting with their friends, turn to these nine ideas for indoor fun and bonding:

### Revive the art of pan popcorn

If your kids think of popcorn as something that comes out of a little bag in the vending machine, a rainy day can be the perfect time to enlighten them. Score some organic or heirloom kernels and learn to make popcorn in a pan on the stove, like your not-so-distant ancestors did. Turn to Jolly Time for instructions and read up on the mistakes to avoid with stovetop popcorn at Bon Appetit. They also offer recipes for gussying up your popcorn, such as a savory bacon and cashew blend or caramel almond.

### Play some indoor games

Burn some energy and shake off the blues with some active games. Okay, they won't exactly get your heart racing, but they beat all-day napping. These indoor games from Parents.com fit the bill:

With six small, empty water bottles and a tennis ball, you can turn the hall or family room into a bowling alley. If the "pins" topple too quickly, weight them down with a little dry pasta.

Make a hopscotch pattern or mock balance beam with masking tape on the living room floor.

Play slow motion tag with toddlers. Baywatch speed is about right.

### Turn your day upside down

If the family needs to get out of an at-home rut, try turning your whole schedule around. Preschoolers and preteens alike will enjoy putting on pajamas and reading bedtime stories to start the morning and you can continue the theme with dinner for breakfast, video games in the morning (before chores are done) and so forth. Don't forget to change into whatever clothes you usually wear at given times on the "upside down" schedule. And if you need flashlights because you're doing the usual daytime stuff later at night, all the better.

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### Make a family time capsule

If your elementary school age kids are the type that just soak up family stories, encourage their interest with a family time capsule project on a rainy day. Capture this point in family history with a few mementos in a sturdy box. ThriftyFun.com has more explicit directions.

### Pile up a pillow fort

Parents may think this is too old school, but the enthusiasm from your young kids and even preteens will make the whole idea new again. The Pacific Coast blog has instructions for what may or may not be the "Best Pillow Fort of All Time," but you can improvise. Make sure to do the right thing and pack a picnic lunch and flashlights for the precious hours before the fort comes back down.

### Chalk up a creative experience

If your family is the type to lose themselves in doodling and drawing, consider a "peel and stick" chalkboard for a fun distraction. Half of the fun is installing it on a smooth and flat surface, from that hidden plaster wall under the stairs to the freezer in the garage. Use it on the slow day for art and in later days remove and reposition somewhere like the fridge, for family notices or the night's menu.

### See what other (animal) families are doing today

If you're the sort of parent who can't resist making day at home a little educational, consider tuning in to some zoo or conservation lands livestreams to view animal families from the cozy comfort of home. Consider the time zones where these animal cams are to see who might be most active and then check 'em out. [See Free Virtual Trips for Kids](#)

<https://www.ajc.com/events/kids--family/kid-friendly-activities-while-you-stuck-home/7Eu5bO3a9RIHvSNs1ZZArK/>

## **28 Indoor Activities for Kids**

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It seems safe to say that many parents are juggling health fears alongside logistical ones. What do you do when kids are at home and stuck inside?

“I’ve been trying to do fun activities with them,” reporter Rebecca Kanthor wrote of being stuck indoors with her kids in Shanghai, “but even with my best intentions, I find my temper running thin.” Comparing the lockdown to an extended snow day, she comforted herself by imagining how her children might remember this time when they’re older. It’s a nice idea, one I’m trying to keep in mind while putting the cushions back on the couch for the 500th time.

My family, which includes two children, ages almost 4 and 8 months, spent the last two weekends mostly housebound, hopefully minimizing some risk — but also wreaking havoc on the living room and burning through our go-to indoor activities. So I asked a few parents with children my kids’ age or a bit older what they do with their kids when they’re stuck inside, plus two women with three adult children each, including my own mom. Though some of these suggestions require adult supervision and oversight, others do not, and may come in handy as more and more workplaces mandate or encourage people who can to work from home.

Below, 28 quick ideas for when you and your kids are in need of easy indoor activities. Each should buy you 10 to 15 minutes (we hope).

## ART ACTIVITIES

### 1. Basic coloring and drawing

“I try to go to this first, because it is a little tough when both are involved. I have a 1-year-old and a 3-year-old, and it has to be age-appropriate. But both can color and draw (sort of).” — Samantha, 1-year-old and 3-year-old

### 2. Butcher paper

“Unroll it, then let the kids color on the floor. Or put up on the wall if you have the room. Something about having such a big, unbroken piece of paper to work with feels different and exciting.” — Jennifer, three adult children

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### 3. Heavy-duty art supplies

“For more detailed craft stuff, I take out heavy-duty supplies: glue, pom-poms. They can either organize the pom-poms by color or just glue them on paper in some kind of organization — by color, in a line. Anything that takes as long as possible.” — Samantha, 1-year-old and 3-year-old

### 4. Concoct potions

“Mix all your old unused beauty products together and see what happens! (This is probably slightly skewed by the fact that I have a lot of random swag at home.)” — Izzy, 6.5-year-old and a 3-year-old

### 5. \$1 kits

“You can get these from places like Target; they’re boxes that contain things like a wooden cutout with washable paint and a paintbrush. Everything you need is just in it, and I like to keep these on hand. I did try this with the 1-year-old one day, though — and it just escalated into her putting the paint all over her hands and putting (washable!) paint everywhere. I thought it was pretty funny and cute. My husband, not so much.” — Samantha, 1-year-old and 3-year-old

### 6. Play-Doh

“Bring out various things of Play-Doh and, I don’t know, get creative with that. Just let them do what they want with it.” — Susan, three adult children (including the author)

## PHYSICAL ACTIVITIES

### 7. Dance party

“Turn on music! I like dancing around with my grandson.” — Susan, three adult children (including the author)

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## 8. Simulate outdoor scenes

“You know the movie *Mannequin*, with the elaborate storefronts — a camping one, an island one? I’ll find weird ways to re-create different outdoor scenes in different parts of the house. Here’s camping, for example, with a fort in the living room and playing sounds of rain because we’re in a rainy campground. Dye the bathwater blue and say it’s the ocean.” —Samantha, 1-year-old and 3-year-old

## 9. Jumping jacks

“Trust me, this is kind of fun. Everyone who can do them can try to do them.” —Susan, three adult children (including the author)

## 10. Bathtub

“Just let them hang out in there! (Supervised, of course.) I mean, why not?” —Jennifer, three adult children

“You can get creative in the bathtub, and the mess just stays in there.” —Susan, three adult children (including the author)

## 11. Take advantage of outdoor space

“Use what you have — a shared backyard, a patio, a porch. Even opening the window and making up stories about what you see out there.” —Elyse, 4-year-old and 1-year-old

## 12. Air-mattress trampoline

“My only real stuck-indoors hack is to blow up the air mattress and let the kids jump on it. They love it.” —Izzy, 6.5-year-old and 3-year-old

## GAMES

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### 13. Stacking toys like Magna-Tiles

“My kids like to build things and then just smash them down. The smashing part, that’s the most important part to them.” — Elyse, 4-year-old and 1-year-old

### 14. Workbooks and puzzles

“We once lived in a motel for 10 days. My co-parent was in school, so it was me and my three kids, stuck inside the motel room while it dumped rain outside. I think my kids watched more TV than they did at any other point in their lives, but I also got a bunch of workbooks and puzzles. I made sure we had a loose structure of when we were doing what.” — Jennifer, three adult children

### 15. Variations on Uno

“We started playing Uno with our preschooler, and you know what? It’s fun. We also have a game called Swap that’s similar — except for, you exchange cards with various players.” — Jen, 8-month-old and 3.5-year-old

## FOOD

### 16. Baking

“We were making sugar cookies, and I thought the baby had gone down for a long nap, but he was fussing. I went into where he was sleeping — I thought I’d be gone just a minute — and left my two preschoolers alone in the kitchen. They had a lot of fun with the flour while I was gone. That was a little discouraging — I remember flour everywhere. And I don’t think I ever got the baby back to sleep. That was a disaster. Other times, though, sure: baking.” — Susan, three adult children (including the author)

### 17. Snacks in shapes

“My mom taught me this — use cookie cutters to make star-shaped sandwiches or whatever. We hoped it would get my eating-averse son to chow down, but no such luck. He did like using the dinosaur cutter, though, and it felt like an ‘event.’” — Jen, 8-month-old and almost-4-year-old

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## 18. Baking again

“I think I’m too uptight to do this? My kids and I do it, but it takes forever. I often wonder why I do it.” — Elyse, 4-year-old and 1-year-old

## 19. Baking, Part III

“Honestly, why would anyone do this? Not only is it messy, it’s so germy. Does anyone like baking with their kids?” — Jen, 8-month-old and 4-year-old

## 20. Baking!

“I love to bake with my kids.” — anonymous liar

## ENTERTAINMENT

## 21. Classic TV like Sesame Street

“Or any kind of TV. I feel pretty confident I’m not the only one who did this.” — Susan, three adult children (including the author)

## 22. Embrace new offerings on streaming services

“Can I just answer ‘TV’ for this? Netflix and whatnot?” — Elyse, 4-year-old and 1-year-old

## 23. Interactive electronic games

“Do kids still play Nintendo? They do, right?” — Susan, three adult children (including the author)

## 24. Good, old-fashioned reading

“It’s so simple, but read books.” — Jennifer, three adult children

## 25. Do your craft failures while the kids watch TV

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“I got really excited to make a dollhouse out of cardboard Amazon boxes. I told my 3-year-old that she was gonna love it, that it would be so fun. I took out all the supplies, and she was completely uninterested. I got pretty deep into cutting up a box and using the glue gun — she still couldn’t have cared less. So she watched TV, and I made a very cool cardboard dollhouse. Not a total loss.” — Samantha, 1-year-old and 3-year-old

#### 26. Dinner and a movie

“Eating in the living room while the TV is on — that’s definitely a treat that might happen if we’re stuck inside for a while” — Samantha, 1-year-old and 3-year-old

#### 27. Movie marathon

“We didn’t have other types of screens when my kids were little — we didn’t say ‘screen time’ — but I guess that’s what we did when they were stuck inside for whatever reason. Make an exception; watch seven movies. There’s so much pressure on people to be perfect parents, but I think being stuck inside is a time to try to ease that.” — Jennifer, three adult children

### OTHER

#### 28. Naptime, if you are so lucky

“Count down the hours until naptime. Naptime, that was always a good time.” — Susan, three adult children (including the author)

<https://www.thecut.com/article/indoor-activities-for-kids.html>

### Free Virtual Field Trips for Kids

Virtual Field Trips for early learners to explore from your home on your couch. From zoos and landmarks to famous museums, you can explore the world with your child with over a month of virtual field trips!

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As we are at home, working from home and spending more time with the kids, I'd love to suggest we spend a little more time exploring this amazing planet that we've been gifted to during our lifetime.

Google Earth is such an amazing tool to use with your child to encourage them to explore the world. You can be at home on your sofa or at our desk and transport to anywhere on the earth.

Once you've viewed one of the Virtual tours, here are some ways you can expand the virtual tour:

- Write up about what you learned
- Draw a picture of your favorite part
- Create a version with Legos, building blocks or playdough
- Find a book online to learn more about the location
- Create a themed craft based on where you took a virtual tour
- Cook a dish from that region

Here is a collection of locations for virtual field trips that are appropriate for the kid to watch online. And talk about these locations as a family!

### **Animal Virtual Tour**

[Monterey Bay Aquarium](#)

[Georgia Aquarium](#)

[Houston Zoo](#)

[Atlanta Zoo – Pandas](#)

[San Diego Zoo](#)

[Smithsonian National Zoo](#)

[The Tundra with Discovery Education](#)

[Virtual Farm Tours](#)

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## **US History Virtual Tours**

[The White House](#)

[Mount Vernon](#)

[Colonial Williamsburg](#)

[Mount Rushmore](#)

[Liberty Bell](#)

## **US Landmarks Virtual Tours**

[Empire State Building](#)

[Ellis Island](#)

[Monument Valley](#)

## **US National Parks Virtual Tours**

[Yellowstone National Park](#)

[The Grand Canyon](#)

[Hidden World of National Parks by Google Art and Culture](#)

[National Parks Foundation: Electronic Field Trip](#)

[NPS Webcams at the National Parks](#)

[Virtual Hikes at Rocky Mountain National Park](#)

[Virtual Hike from Rim to River at Grand Canyon](#)

[Glacier National Park](#)

[Yosemite Park](#)

[Smoky Mountain National Park](#)

[Dry Tortugas National Park](#)

[Carlsbad Caverns National Park](#)

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[Bryce Canyon National Park](#)

[Hawai'i Volcanoes National Park](#)

[Kenai Fjords National Park](#)

### **Museum Virtual Tours**

[Smithsonian Museum](#)

[Vatican](#)

[Van Gogh Museum](#)

[12 Famous Museums Offer Virtual Tours](#)

[Google Art and Culture: Top 10 Museums you Can Explore](#)

### **Around the World Virtual Tours**

[Great Wall of China](#)

[Buckingham Palace](#)

[Pyramids](#)

[The Louvre](#)

[Taj Mahal](#)

### **Tour Space Virtually**

[Mars](#)

[Moon](#)

[Sun](#)

[International Space Station](#)

[Space Shuttle Discovery](#)

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## **Live Webcams Around the World**

[Worldcam.eu: Web Cams from Around the World](http://Worldcam.eu: Web Cams from Around the World)

[Explore.org: Live webcams throughout the world](http://Explore.org: Live webcams throughout the world)

Link to article: <https://theeducatorsspinonit.com/virtual-field-trips-for-kids/?fbclid=IwAR2skjggO3QTWWEy2yYANIUkbKBan9KrTlzXc6WdQwbLQ4OTPxkc4NceMPE>

## Virtual Platforms for Students to Continue Learning

These sites have ready-to-use lesson plans and activities for a vast number of subjects for younger and older students:

### **ABCmouse Early Learning Academy**

What It Is: This comprehensive program covers a wide variety of subjects for students aged 2-8 (Pre-K through second grade). It offers more than 850 self-guided lessons across 10 levels. ABCmouse encompasses all key academic subject areas, including literacy, math, science, health, and social studies, and offers many art- and music- based activities.

Age/Grade Range: Pre-K to 2<sup>nd</sup> Grade

Cost: Offers free 30-day subscription.

<https://www.abcmouse.com/abt/homepage>

### **Adventure Academy**

What It Is: This MMO game gives kids something other online learning resources may lack: a sense of community. Students up to age 13 play games to learn across a range of topics (math, reading, social studies, science, and more), while also creating their own online persona and interacting with others in the game.

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Age/Grade Range: 8 yrs. old to 13 yrs. old

Cost: Offers free 30-day subscription

<https://www.adventureacademy.com/>

## **Boddle**

What It Is: Boddle is a math platform for 1-6th grade that makes learning fun and personalized. It provides adaptive math practice & assessments all through a fun game.

Age/Grade Range: 1<sup>st</sup> grade to 6<sup>th</sup> grade

Cost: Free

<https://www.boddlelearning.com/>

## **Boreal Tales**

What It Is: Boreal Tales is a literary and artistic creation platform designed to motivate school students to write.

Age/Grade Level: 1<sup>st</sup> grade to 8<sup>th</sup> grade

Cost: Extended free trial of 90 days

<https://borealtales.info/>

## **Breakout EDU**

What It Is: Breakout EDU uses online games to bring the fun of escape rooms to learning across the elementary curriculum. It is broken down into four categories to make sure the material is age/level appropriate.

Age/Grade Level: Kindergarten through 12th grade

Cost: Free

<https://www.breakoutedu.com/funathome>

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## **Freckle**

What It Is: These online learning resources for younger students are easily differentiated for students of different ability levels.

Age/Grade Level: Kindergarten to 8<sup>th</sup> grade

Cost: Free

<https://www.freckle.com/>

## **Kids Discover Online**

What It Is: This library of science and social studies articles allows differentiation by reading level, so you can use these articles for various age and skill levels.

Age/rade Range: 3<sup>rd</sup> grade to 8<sup>th</sup> grade

Cost: \$4 a month (may offer free trial)

<https://www.kidsdiscover.com/kids-discover-online/>

## **Scholastic**

What It Is: Scholastic created the Scholastic Learn at Home website to provide students with approximately 20 days worth of learning journeys that span various content areas. Students get approximately three hours of learning opportunities per day, including projects based on articles and stories, virtual field trips, reading and geography challenges, and more.

Age/Grade Range: Pre-K through 9<sup>th</sup> grade

Cost: Free (limits printing materials for those who don't have adequate access)

<https://classroommagazines.scholastic.com/support/learnathome.html>

## **Everydae SAT Prep**

What It Is: Everydae is an online SAT math prep program. Set up in 10-minute micro lessons.

Age/Grade Level: 9<sup>th</sup> grade to 12<sup>th</sup> grade

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Cost: Free while schools are closed (normally \$19/month)

[https://everydae.com/signup?utm\\_source=weareteachers&utm\\_medium=list&utm\\_campaign=covid\\_19\\_closures](https://everydae.com/signup?utm_source=weareteachers&utm_medium=list&utm_campaign=covid_19_closures)

### **iCivics**

What It Is: iCivics transforms the field through innovative, free educational video games and lessons that teach students to be knowledgeable, curious, and engaged in civic life.

Age/Grade range: 6<sup>th</sup> grade to 12<sup>th</sup> grade

Cost: Free

<https://www.icivics.org/games>

### **Banzai**

What It Is: Banzai is a financial education program that helps students learn the value of a dollar. There are real-life scenarios available in three interactive courses. The program includes tests, games, activities, an entire interactive library, embedded calculators, and more.

Age/Grade Range: 3<sup>rd</sup> grade to 12<sup>th</sup> grade

Cost: Free

<https://teachbanzai.com/>

### **Curriki**

What It Is: Curriki provides teacher-vetted, open-resource lesson plans and materials on a wide array of subjects. It's a good place to find online learning resources for students to use at home.

Age/Grade Range: Kindergarten to 12<sup>th</sup> grade

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Cost: Free

<https://www.curriki.org/>

## **ReadWorks**

What It Is: Access thousands of high-quality, free K-12 articles, and create online assignments with them.

Age/Grade Range: Kindergarten to 12<sup>th</sup> grade

Cost: Free

<https://www.readworks.org/>

## **Helping Your Relationships Survive During Lockdown**

The strain that the coronavirus is putting on our lives is immense. And it is affecting most relationships in some way. As a licensed psychotherapist specializing in relationship therapy, I've received many emails and calls in the past few weeks from concerned people worrying that their relationships were not going to make it.

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It makes perfect sense to be struggling in your relationship now. We're stuck inside our homes, forced to spend more time together than ever before. We're relying on a partner for almost all of our social support because we can't see our friends or relatives. We're balancing new responsibilities like working from home, child care or housekeeping. It's undoubtedly a lot of change all at once. At the same time, some people feel guilty acknowledging their relationship woes because it seems as if there are much bigger issues to worry about.

It's OK to acknowledge the ways your relationship is being affected by the coronavirus crisis. Try these tips for supporting your relationship during these tough times.

### **First, take care of yourself**

Nurturing your relationship has to start with nurturing yourself. It's simply too much to expect your partner to be your sole source of stress relief. Here are some of my favorite forms of self-care:

- **Allow yourself to feel your feelings.** What we resist persists. When we give ourselves permission to feel the full range of our emotions, and validate that what we're feeling makes sense, emotions dissipate much faster.
- **Journal.** Spend five to 10 minutes every day writing freeform.
- **Meditate.** This is one of the absolute best things you can do for your mental health.
- **Move your body.** The endorphin rush you get from exercise can be invaluable for managing stress, improving your mood and even boosting your immunity. If you can safely go outside while you exercise, that's even better.
- **Seek other sources of connection.** Reach out to friends and relatives, without your partner by your side.

### **Make a plan**

Sit down with your partner to discuss everything that's on your plate and make a plan for how you're going to handle it as a team. Create a shared calendar with all of your tasks and responsibilities and carve out specific times for when you're going to do them.

I recommend having a brief weekly meeting every Sunday to anticipate the week ahead — schedule and map out as much as you can. I also recommend a quick

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meeting at the end of each day to discuss the plan for the next day. There are so many things that we can't control now, but it can feel soothing to have a plan for the things that are in our control.

### **Check in with each other daily**

Planning for the next day is one thing, but it is also important to remember that your partner is not a robot and probably experiencing the same range of emotions that you are. It can be useful to stop and ask each other questions like:

- “What was your day like today?”
- “What sorts of feelings are coming up for you right now?”
- “Are there any ways I can support you or be a better partner to you?”

### **Be intentional about time spent together**

You're probably spending more time together than ever before. As much as you love your partner, this can quickly lead to tension and frustration. Set some healthy boundaries:

- If you're both working from home, carve out separate workspaces. If you can close a door between the two of you, that's ideal.
- Try to give each other space during the day. If you can, limit your verbal communication. Try texting instead.
- It's normal to need alone time. Be creative about how you can carve out that time. For example, maybe you can trade off taking the morning shift with the children so you give each other the chance to lie in bed alone for a few precious moments.
- Be creative with date nights. Sticking to (or starting) a date night tradition can bring some much-needed joy and anticipation into your relationship. Try visiting a museum online, reading a book to each other or cooking an elaborate meal together.

### **Practice appreciation and gratitude**

These next few weeks and months are going to be a challenge for everyone. None of us are going to be perfect partners. Do your best and thank each other for being willing to make an effort. Tell your partner: “I see all the work you've been doing. Thank you.” As challenging as everything is at this time, there's also a lot to be

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grateful for. Try to share a few things you're grateful for every few days. The more gratitude you express, the more often you'll find yourself noticing little moments to appreciate. And we could all use more of those now.

<https://www.nytimes.com/2020/04/03/smarter-living/coronavirus-relationship-advice.html>

## **Finding Time for Yourself While Social Distancing with Others**

In between work, family commitments, and everyday life, finding uninterrupted time for yourself can come as a challenge. And, during these unprecedented times,

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doing so can be harder than ever. Many people are adhering to the Centers For Disease Control and Prevention's (CDC) guidelines of social distancing with their families, partners, and roommates, and for this reason, getting time alone can be hard to come by. Gone are the minutes from an undisturbed morning commute. Done are the days of heading to your favorite cafe to grab a cup of coffee by yourself. And absent are the hours of doing workouts at the gym alone. In are the days of staying at home and, more often than not, with other people.

In a time when social distancing is the new normal, carving out time for yourself while living with others is no small feat. Over the last couple of weeks, I realized just how precious those minutes alone were and decided to find a way to get them back. While cooking meals and going on walks with my family is never underappreciated, being able to check in with myself in the midst of all this carries its own important weight. So, these are the six things I do during this period of physical distancing to give myself (and others) time to reflect and find peace.

### **Go on Walks**

Enjoying time outside is a refreshing way to check in with yourself. Taking in the fresh air can help clear your mind and let you focus on how you're feeling.

Whether your walk takes you down the street or miles away, these simple strolls can give you time alone that you can't always enjoy inside. While practicing social distancing, I've noticed that these walks can not only benefit my mental well-being, but also my body. Take different routes each time to experience new views or simply do your usual route if you're in need of normalcy. It's important to note that when you go on a walk, you should stay socially distant from others (at least six feet away), wear a mask if you're in a crowded area, and only walk with people you live with or are socially distancing with.

### **Journal**

Whether you've been jotting things down for years or you just picked up your first notebook, journaling is a thoughtful way to spend time alone with yourself.

Carving out anywhere from five to 30 minutes a day to journal in peace can help sort your thoughts and record your feelings. You can write down something you're grateful for each day, express your feelings, record your day, or even just doodle. If you're physical distancing with others, be sure they know when you're going to be journaling so they can respect your quiet time.

### **Practice Self-Care**

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If this time at home hasn't inspired you to try every face mask in your cabinet, hair mask under your sink, and self-tanner in your bathroom, we don't know what will. With hours in the comfort of your own home at your advantage, now is the time to take self-care to a whole new level. Block off some time every night to take a relaxing bath alone. Go into your room and try the latest makeup trend when no one's around. Bathe yourself in moisturizing lotions and indulge in long bath soaks. Allot time each day to focus on yourself and enjoy some serious self-care.

### **Find New Hobbies**

Spend some free time learning how to sew, arrange a flower bouquet, try out a new recipe, draw a picture, or pick up a new hobby. Giving yourself something new to learn will challenge you to expand your mind and get out of your comfort zone. Finding a hobby you enjoy will also encourage you to make time for it, subsequently making more time for yourself. Don't feel bad for trying these hobbies alone. Cooking is fun with a partner, but if there's a new recipe you're excited to try, let those you're at home with know it's your turn in the kitchen.

### **Read**

A quiet room, cozy setting, and a good book are hard to beat. Cracking open a new book is an underrated way to spend time with yourself alone. Being able to lose my mind in a good read can help me destress by distracting myself with a whole new world. Seeking out a time and place to read while you're living with others might even encourage them to do the same. Let your time reading be your own form of escape as well as time to be on your own.

### **Block Off Alone Time**

In the morning, during a lull in the afternoon, or before you go to bed, be sure to give yourself an allotted amount of time that's just for yourself. Whether you spend this time bingeing your favorite show on Netflix, reading a book you've read a thousand times, going on a run outside, or even just enjoying the silence, let these minutes or hours be used for you, and you alone. While quarantining with others, whether that's your family or your roommates, make sure you're getting the time you need alone, and always make sure you're checking in on yourself and others.

<https://www.popsugar.com/fitness/how-to-find-time-for-yourself-during-coronavirus-47381638>

## **\*\*NEW\*\* Teen Coping Skills: Dealing with Disappointment When Coronavirus Cancels Everything**

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Prom: canceled. Sports seasons: canceled. Driver's ed, birthday parties, graduation — all canceled. As the coronavirus (COVID-19) crisis continues, teens are feeling distraught about everything they're missing.

While some of those events might seem frivolous from your middle-aged vantage point, they're important milestones for teens making the tough transition to adulthood. When their regularly scheduled lives are put on hold, it's natural for teens to mourn.

“They're going through a grieving process. There will be times that they feel angry or sad, and that's OK,” says pediatric psychologist Kathryn Jones, PhD. “With time, they'll come to a place of acceptance. We can't force them to get there before they're ready, but we can help them find ways to cope.”

Dr. Jones offers these seven strategies to help your teen deal with the disappointments brought on by coronavirus.

### **1. Remind them they are doing something significant**

Kids can struggle to grasp the threat of COVID-19. They might think sheltering at home is an annoying overreaction.

“Help them understand that by staying home, they're playing an important part in flattening the curve. They're decreasing the risk of contracting the virus or spreading it to others,” she says. “Emphasize that they're making a difference by staying home.”

### **2. Acknowledge that it's hard**

It might be tempting to point out that missing one dance or track season isn't the end of the world. But for teens, those aren't just fun events. They're important milestones that they may have been looking forward to for months or years.

“Acknowledge that what they're going through is hard,” Dr. Jones says. “Let them know it's OK to feel disappointment and to grieve.”

### **3. Ask questions**

Parents often go straight into problem-solving mode. Unfortunately, coronavirus and quarantines aren't problems you can fix. And teens aren't necessarily looking for answers — they're looking for a safe place to share their feelings.

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“Give them space to express themselves. You can even ask them if this is a venting conversation or a problem-solving conversation,” Dr. Jones says. If they just want to vent, all you have to do is listen with a sympathetic ear.

#### **4. Find creative ways to connect**

Most teens are tech-savvy, so connecting with their friends via text and video chat probably comes naturally. You can feel OK about letting them use their devices for staying in touch with family and friends (with appropriate parental controls and privacy settings in place, naturally).

You can also look for ways to connect with the activities they’re missing. Mourning softball season? Ask your daughter to play catch with you in the yard. Missing dance class? Let your son choreograph a silly dance routine and teach it to his siblings. “Get creative, and find ways to engage the whole family,” Dr. Jones says.

#### **5. Look for silver linings**

School, sports, jobs, friends, homework — modern teens are often overscheduled. For many, that’s changed.

“So many teens are so busy they don’t have time to do everything they want to do,” Dr. Jones says. “This could be a time to explore interests they’ve never had time for before, whether it’s learning to cook, training the dog or reading everything they can find about astronomy.”

#### **6. Encourage daily exercise**

Regular physical activity is important for a healthy body, but it’s also a great stress-reliever and a natural mood booster. Now more than ever, encourage your teen to get up and move.

#### **7. Practice coping skills**

This is a great time to reflect on coping skills that have been helpful in the past and to try new strategies to manage stress. “Ask your teens what helped them feel better during hard times in the past, and help them think about what they can do to manage stress and sadness now,” says Dr. Jones.

Do they find peace from journaling? Making art? Listening to music? “Help them identify their coping activities, then make sure they have what they need to do those things.”

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## Signs of depression and anxiety in teens

While it's normal to be sad and stressed right now, Dr. Jones says to be on the lookout for symptoms of depression or anxiety, such as:

- Anger or irritability.
- Inability to concentrate.
- Feeling tired or low energy.
- Withdrawal from friends and family.
- Significant changes to sleep or appetite.
- Feelings of worthlessness or hopelessness.
- Loss of enjoyment of things they used to enjoy.
- Thinking or talking about death, suicide or self-harm.
- Unexplained pains, headaches or stomach problems.
- Lack of motivation to do things they're usually interested in.
- Difficulty concentrating, remembering things or making decisions.

If you're worried about your teen's mental health, try to remain calm and start with a gentle conversation, Dr. Jones says. "Talk to them, give them a safe place to express their feelings, and if you have concerns, reach out to your pediatrician."

Fortunately, mental health care is becoming even more accessible as many psychologists and other providers have started offering more virtual visits and teletherapy during social distancing. And it's not just something to consider for your teen. We're all struggling, and one of the best ways to help your teen is to make sure you're in a good mental space, too.

There's a whole lot to deal with now, and it's OK to ask for help for anxiety and depression, Dr. Jones adds. "Mental health professionals have the tools to help you figure these things out."

<https://health.clevelandclinic.org/teen-coping-skills-dealing-with-disappointment-when-coronavirus-cancels-everything/>

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# **Grief and COVID-19: Mourning Our Lives from Before the Pandemic**

The pandemic has led to a series of losses, from our sense of safety to our social connections to our financial security. Psychologists point to ways we can heal.

The COVID-19 pandemic is an epidemiological crisis, but also a psychological one. While the situation provokes anxiety, stress and sadness, it is also a time of collective sorrow, says Sherry Cormier, PhD, a psychologist who specializes in grief and grief mentoring. “It’s important that we start recognizing that we’re in the middle of this collective grief. We are all losing something now.”

Many people are reckoning with individual losses, including illness and death due to the novel coronavirus, or loss of employment as a result of economic upheaval. But even people who haven’t lost anything so concrete as a job or a loved one are affected, Cormier says. “There is a communal grief as we watch our work, health-care, education and economic systems — all of these systems we depend on — destabilize,” she says.

The crisis isn’t just shaking our faith in those systems. It’s upending our understanding of the world around us, says Robert Neimeyer, PhD, director of the Portland Institute for Loss and Transition and professor emeritus of psychology at the University of Memphis. “The losses include our sense of predictability, control, justice, and the belief that we can protect our children or elderly loved ones,” he says. “Those are among the losses that can be addressed by mental health professionals.”

Grief and loss experts share what they know about the ways we’re mourning now — and how to help those who are grieving.

## **Grief is natural, and most people are resilient**

Though grief is difficult, it helps to recognize that it’s natural and useful, says George Bonanno, PhD, a psychologist who heads the Loss, Trauma and Emotion Lab at Teachers College, Columbia University. “Grief is really about turning inward and recalibrating, and thinking: ‘This is not the way the world is anymore,

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and I need to adapt,” he says. “It’s okay to feel grief over what we’re losing. When we do that, it allows us to let grief do its job, so that we can move on.”

His research suggests that once a crisis has passed, most people are able to bounce back and move on with their lives. Grief is also transient, even when we’re in the midst of its clutches. People should expect to fluctuate between moments of sadness and mourning, and moments of acceptance or even happiness, he says. “People who cope well with loss usually move in and out of those states. It’s OK to allow yourself to be distracted and entertained, and even to laugh.”

### **Shaking our sense of self**

Research from the bereavement literature shows that the nature of a person’s attachments has an effect on their grief reactions. Of course, we aren’t only attached to other humans, Neimeyer says. “We’re capable of losing places, projects, possessions, professions and protections, all of which we may be powerfully attached to,” he says. “This pandemic forces us to confront the frailty of such attachments, whether it’s to our local bookstore or the routines that sustain us through our days.”

Many of the losses we’re experiencing now are so-called ambiguous losses. “These lack the clarity and definition of a single point like a death,” Neimeyer explains. And that lack of clarity can make it hard to move forward. As the pandemic has evolved, people have had to confront a series of losses: The loss of a sense of safety, of social connections and personal freedoms, of jobs and financial security. Going forward, people will experience new losses we can’t yet predict. “We’re talking about grieving a living loss — one that keeps going and going,” he says.

We don’t only grieve for what’s missing, but also for the ways in which those losses affect our senses of self, Bonanno says. “You can experience grief over anything that feels like a loss of identity.” Research shows, for instance, that losing a job can trigger a period of prolonged grief distinct from anxiety or depression. That prolonged grief seems to be related to the impacts of job loss on self-esteem and belief in a just world (Papa, A., et. al., *Journal of Loss and Trauma*, Vol. 18, No. 2, 2013).

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## **It helps to “name and claim” our grief**

With almost the whole world confronting losses large and small, how can people cope with grief? For starters, mental health providers can help patients “name it and claim it,” Neimeyer says.

“People often have a vague sense of anxiety or wordless suffering. We can help them wrap language around that,” he explains. “We can ask people to consider what they’re losing in the context of this pandemic, what they can do to strengthen those ties.”

It’s not a fatalistic view, he says. Rather, it’s an organized way of taking action to help people cope with their losses, whether that’s their jobs, relationships, sources of self-worth, self-efficacy or other.

Cormier suggests people keep journals to put words to losses, and to help identify ways to move forward. As the work of psychologist James Pennebaker, PhD, at the University of Texas at Austin, has shown, writing about emotional upheavals can improve both physical and mental health (Perspectives on Psychological Science, Vol. 13, No. 2, 2018).

“Name what you’re losing, individually and collectively, and write about your personal strengths and coping skills,” Cormier suggests. “Most of us have never been through anything like this, but we’ve been through other challenging transitions. It can help to write about how you got through a divorce, or losing your job, or other challenging transitions. How did you heal and recover?”

## **Social connections are still important**

It’s well established that social support can be critical in helping move on from grief, rather than get stuck in it. That poses a problem in an age of physical distancing, when people are isolated in their homes away from loved ones. “During this time, there may be an erosion of social support and the meaningful social roles that buttress our identities,” Neimeyer says.

Psychologists can encourage people to stay connected with their social support networks through phone calls, text messages, video chat and social media. And those reminders should continue even after we emerge from isolation, says Erika Felix, PhD, a psychologist at the University of California, Santa Barbara, who treats and studies survivors of trauma and disasters.

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“One thing we’ve learned from disasters is the ongoing importance of social supports. The lesson is to keep checking in on people, and keep the support going even after this period of lockdown ends,” she says. “For some people the stress will continue after quarantine ends, especially if their jobs or relationships are affected.”

### **Psychology can embrace its purpose**

While many people will be resilient to the changes wrought by COVID-19, this global crisis will test others in major ways, says Felix. “As things return to normal, most of us will also return to a kind of normal, albeit changed by going through this experience. But there is a subset of people who will be chronically disrupted and will need support in recovery,” she says.

Psychologists may have to build their expertise on grief and trauma to meet that need, through continuing education in areas such as disaster mental health, psychological first aid and trauma-focused therapies, Felix adds. “When working with people who have experienced trauma, it’s important to know your strengths and to know what you can and can’t do.”

But the field is up to the challenge, Neimeyer adds. “One thing about crisis is that it can galvanize creativity and commitment,” he says. “Psychology has a purpose and direction in this crisis that is quite clear. We can retreat from it, or we can embrace that moment.”

<https://www.apa.org/news/apa/2020/04/grief-covid-19>

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# Ideas for celebrating Mother's Day during quarantine

You're trapped inside, but it doesn't have to be bad.

The list of ways you can spend Mother's Day is already a bit limited.

Brunch? Flowers? Apologies for things you said and did as a teenager? But in the days of COVID-19 (also known as "these uncertain times" and "these frightening days" and "oh goodness gracious me") certain necessary precautions need to be taken -- precautions that don't just cancel brunch, they cancel any visits at all.

Does this mean Mother's Day is canceled?

Thankfully, no (or for some of you, "sorry, no"). There are plenty of ways you can save the day (or plenty of reasons you're not off the hook) once Mother's Day rolls around. It's Sunday, May 10, by the way.

## Set up a Zoom Party

A universal truth about moms (and dads for that matter) is they don't know how to use technology. Surely it's the stress of raising another human being that fries the part of your brain responsible for knowing how close your face should be to a camera or how microphones work (just hit the "join with computer audio" button, mom. I know you read all my stuff). It's annoying, but it also means you have your work cut out for you: just set up a fun Zoom part -- it only takes a few minutes, and then for all they know, you're a miracle worker.

And if you want to go the extra mile, why not score them the equipment they need to make it happen? If your mom is struggling with outdated equipment, Amazon has plug-and-play webcams for as little as \$39.

## An At-Home Self-Care Kit

In a way, not being able to do something special for mom is a blessing in disguise, because you're probably not as good at making her happy as, well, she is. So depending on the mom, you can pick her up:

Mother's Day Bath Bombs at Amazon, Etsy or Lush. Lush is priciest, Etsy is quirkiest, Amazon is definitely the cheapest (but with a little planning she'll never even know).

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Mother's Day Flowers at [ProFlowers](#), [UrbanStems](#), [1-800-Flowers](#), and [Farmgirl Flowers](#).

Mother's Day Wine at [Drizly.com](#), [Wine.com](#) and [Amazon](#). [Wine.com](#) even has a special [mother's day sale going on](#). Sure, wine may not be as "traditional" as flowers or bath bombs, but come on.

### **A Kindle, or some other nifty electronic**

Technology moves fast, but moms? Nah. Moms stopped learning new things so they had the time to teach you not to eat legos or put your tongue in electrical sockets. While they've kept up with some stuff (most moms, at this point, have learned how to post embarrassing photos of Facebook) they're probably a bit behind when it comes to [Kindles](#), [Chromecast](#)s, and [Bluetooth Speakers](#). And there's never been a better time to get into modern technology than the middle of this pandemic, when it's the primary way we've all been able to keep connected.

Just call her

Seriously, just call her. It makes such a huge difference. It's crazy easy to make moms happy. Just call her, you dolt.

While sheltering in place might keep traditional [Mother's Day](#) activities—going out to brunch, visiting her favorite museum—from happening, there are plenty of ways to make her day feel special if you're lucky enough to be under the same roof as your loved ones this year. Put those quarantine hobbies to work (cooking! baking! puzzling!) and transform day to day at-home activities into lovely, Mother's Day fêtes. From serving up the ultimate breakfast in bed scene to turning her bathroom into a day spa for a luxurious self-care day, here are seven wonderful ways to spend Mother's Day together, and 42 more [ideas](#) you can send her that will make for perfect quarantine-improving gifts.

### **Breakfast in Bed**

Let her sleep in and surprise your mother, wife, or grandmother with the classic breakfast in bed. A good place to start is the tray, which would make quite the fun addition to your weekend agenda while staying at home these days too. Top it off with a handful of fresh berries in a stoneware berry bowl, place perfect toast slices in Matilda Goad's cute as can be breakfast set, and finish off with a pour from Le Creuset's [french press](#). Garnish with Urban Stem's no water required (aka, no

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spills in bed) yellow craspedia flower and vase set that will look chic alongside her morning breakfast, as well as charm the rest of her home after the day is done.

### **Room to Om**

Kick off her special day with a sunrise yoga and meditation session. Set the vibe with Vitruvi's aromatherapy oil diffuser and get to your flow on Alo's cushiony mat. Post-downward dog, sip cold water from a gem-infused reusable bottle and indulge in some mind-clearing meditative work—bonus points to those who chant along to the purifying sounds of the Nepal-crafted brass singing bowl.

### **Entertain and Game**

Accompany brunch mimosas or post dinner cocktails with game sets she'll love. These quarantine worthy activities make for the perfect Mother's Day gifts and are as pretty to give as they are fun to play together, from keepsake cards to archive print puzzles that give back to *Vogue's* A Common Thread relief fund. Top it off with sips from colorful coupes and a selection of collectable coasters.

### **Puttin' on the Robe**

Consider unwinding with a DIY spa day at home. Draw a bath with Pursoma's detoxifying bath salts, infused with circulation-stimulating sea salt. After soaking, slip on matching plush waffle robes and a set of hydrating under-eye masks. Cap off the relaxation by taking turns giving professional-grade manicures with Chanel's cult red varnish.

### **A Personal Tasting**

Toast mom this year with an at-home wine tasting (after all, bottle shops are considered essential businesses). If you can't make it out, sign up your mom for a wine delivery service and she can celebrate her own version of Mother's Day each month. Those together at home should start by setting the table with a decorative table cloth to transport her to the wine country destination of her choice. A refreshed assortment of wine glasses will make sure she has a stem to

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complement each grape, while L'Atelier du Vin's connoisseur set would surely delight any mother, whether she's a vino amateur or aficionado.

## 7 Wonderful Ways to Celebrate Mother's Day at Home This Year

While sheltering in place might keep traditional Mother's Day activities—going out to brunch, visiting her favorite museum—from happening, there are plenty of ways to make her day feel special if you're lucky enough to be under the same roof as your loved ones this year. Put those quarantine hobbies to work (cooking! baking! puzzling!) and transform day to day at-home activities into lovely, Mother's Day fêtes.

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## **Dining In**

It's time to put those quarantine recipes to the test and give your mom a break in the kitchen. Little additions to dinner time place settings might make your daily meal feel more like you're dining out at her favorite restaurant. Upgrade paper napkins for a longer lasting, more sustainable cloth set she can use over and over (they'll be great for entertaining when the time comes again, too). Bring a little bit of the Mother's Day flowers motif to the dinner table with this iron votive candle holder as a centerpiece, or present dinner and a gift all at once via Liberty London's floral dotted serving tray.

## **Hollywood at Home**

You might be watching a lot of movies and TV shows to pass time these days, but Mother's Day spent in quarantine is the perfect excuse to curate the perfect setting for a night at the movies. Mom can cozy up in a red carpet-ready pajama set from The Sleeper while you set up an at-home movie projector or retro popcorn machine. If you're apart this Mother's Day, don't fret: get her favorite sweet treats or salty snacks and a cute popcorn bowl delivered, and plan to watch the same movie at the same time.

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# **Delivery Ideas for your Mother on Mother's Day!**

Mother's Day is right around the corner. And while vulnerable times are certainly changing our usual plans to spend the day with mom, that doesn't mean you have to forget about the holiday entirely. In fact, there are plenty of simple gestures and small gifts you can send to your mother to show your love and appreciation for her from a distance. Here are a few Mother's Day gifts to consider gifting to the lovely lady(ies) in your life on Mother's Day:

## **1. Chocolates**

If you want to take the traditional route, a box of chocolates always does the trick. Send your mom's favorite treat right to her doorstep to help her satisfy that sweet tooth while watching her favorite Netflix series from the comfort of her couch.

## **2. A Bouquet of Her Favorite Flowers**

Another timeless option, flowers are one of the gifts that can bring a smile to someone's face no matter the occasion. Mother's Day is a great time to send a floral arrangement, especially since there are so many gorgeous seasonal options to choose from. Mom deserves to be spoiled this year, so send her her favorite flowers and make it an amazing day even with the stress of the times.

## **3. A Gift Card to a Local Restaurant**

Supporting local restaurants and establishments is a must during these trying times. One way to do so while making your mother happy is by purchasing a gift card to use at a later date – or for takeout – to one of her favorite local spots. You can even plan a date in the foreseeable future for a bite to eat. If your mom could use a break from cooking, see if a favorite local restaurant is delivering to give her a much needed break.

## **4. A Video Chat Date**

Coping with the fact that you won't be able to physically be with your mom on Mother's Day may seem daunting, but that doesn't mean you can't take advantage

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of the digital options for getting in that face time. Why not plan a dinner or lunch date to enjoy with your mom via video chat? You can even coordinate what you plan to eat so you can make the “get-together” as realistic as possible.

While it may seem uncertain when you’ll be able to spend quality face-to-face time with your mother, one thing’s for sure: now is a great time to reflect on the memories with your mom and look forward to the future with her. Make the extra effort to show your love and appreciation during this time with one of these thoughtful Mother’s Day gifts.

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# Staying Fit & Active Without Needing Equipment or Going Outside

Whether you're already social distancing, working from home, or have the prospect looming on the horizon – it's likely that your normal routines are about to be severely disrupted.

Keeping your body fit and healthy is even more important when there's a global pandemic. Not only that but keeping active can help to limit the loneliness and negative mental health impacts of being isolated for long periods.

Exercise has so many incredible benefits – and they go far beyond simply building strength or losing weight. Staying active can help to ease symptoms of mental illness, and it can also help to ward off physical illness too.

So, if you're stuck at home but feeling healthy in yourself, it's more important than ever to make sure you're moving your body and not just hopping between your bed and your sofa for nine-hours every day.

## 50 Body Weight Exercises Without Any Equipment

### Full Body

#### 1. Inchworm

Stand up tall with the legs straight, and do like Lil' Jon and let those fingertips hit the floor. Keeping the legs straight (but not locked!), slowly lower the torso toward the floor, and then walk the hands forward. Once in a push-up position, start taking tiny steps so the feet meet the hands. Continue bugging out for 4-6 reps.

#### 2. Tuck Jump

Standing with the knees slightly bent, jump up as high as possible (pretend Jeremy Lin is watching!) and bring the knees in toward the chest while extending the arms straight out. Land with the knees slightly bent and quickly jump (on it) again!

#### 3. Bear Crawl

Embrace that inner grizzly. Starting on the hands and knees, rise up onto the toes, tighten the core, and slowly reach forward with the right arm and right knee,

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followed by the left side. Continue the crawl for 8-10 reps (or until you scare your roommates off).

#### 4. Mountain Climber

Starting on your hands and knees, bring the left foot forward directly under the chest while straightening the right leg. Keeping the hands on the ground and core tight, jump and switch legs. The left leg should now be extended behind the body with the right knee forward. Next up? Everest.

#### 5. Plyometric Push-Up

Ready to catch some air? Start on a well-padded surface and complete a traditional push-up. Then, in an explosive motion, push up hard enough to come off the floor (and hang ten for a second!). Once back on solid ground, immediately head into the next repetition.

#### 6. Stair Climb with Bicep Curl

Turn those stairs into a cardio machine—no magic wand necessary. Grab some dumbbells (or household objects!) and briskly walk up and down the stairway while simultaneously doing bicep curls to work the whole body.

#### 7. Prone Walkout

Beginning on all fours with the core engaged, slowly walk the hands forward, staying on the toes but not moving them forward. Next, gradually walk the hands backwards to the starting position, maintain stability and balance.

maintain stability and balance. (This dance comes next.)

#### 8. Burpees

One of the most effective full-body exercises around, this one starts out in a low squat position with hands on the floor. Next, kick the feet back to a push-up position, complete one push-up, then immediately return the feet to the squat position. Leap up as high as possible before squatting and moving back into the push-up portion of the show.

#### 9. Plank

Nope, we're (thankfully) not walking the plank. Lie face down with forearms on the floor and hands clasped. Extend the legs behind the body and rise up on the toes. Keeping the back straight, tighten the core and hold the position for 30-60 seconds (or as long as you can hang).

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## 10. Plank-to-Push-Up

Starting in a plank position, place down one hand at a time to lift up into a push-up position, with the back straight and the core engaged. Then move one arm at a time back into the plank position (forearms on the ground). Repeat, alternating the arm that makes the first move.

## Legs

### 11. Wall Sit

Who needs a chair when there's a wall? Slowly slide your back down a wall until the thighs are parallel to the ground. Make sure the knees are directly above the ankles and keep the back straight. Go for 60 seconds per set (or however long it takes to turn those legs to jelly). Need more fire? Add some bicep curls.

### 12. Lunge

Stand with the hands on the hips and feet hip-width apart. Step your right leg forward and slowly lower body until left (back) knee is close to or touching the floor and bent at least 90 degrees. Return to the starting position and repeat on the other side. Try stepping back into the lunge for a different variation.

### 13. Clock Lunge

Time for a challenge. Complete a traditional forward lunge, then take a big step to the right and lunge again. Finish off the semicircle with a backwards lunge, then return to standing. And all that's one rep! Aim for 10 reps and then switch legs.

### 14. Lunge-to-Row

Start by doing a normal lunge. Instead of bringing that forward leg back to the starting position, raise it up off the floor while lifting the arms overhead. The leg should remain bent at about 90 degrees. Add weights to really bring the heat.

### 15. Pistol Squat

There may be no gun permit necessary for this one, but it's still no joke. Stand holding the arms straight out in front of the body, and raise the right leg, flexing the right ankle and pushing the hips back. Then lower the body while keeping the right leg raised. Hold (have fun with that), then return to standing.

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## 16. Lunge Jump

Ready to impress some friends? Stand with the feet together and lunge forward with the right foot. Jump straight up, propelling the arms forward while keeping the elbows bent. While in the air, switch legs and land in a lunge with the opposite leg forward. Repeat and continue switching legs. Try to do 10!

## 17. Curtsy Lunge

Let's show a little respect. When lunging, step the left leg back behind the right, bending the knees and lowering the hips until the right thigh is almost parallel to the floor. Remember to keep the torso upright and the hips square.

## 18. Squat

Stand with the feet parallel or turned out 15 degrees—whatever is most comfortable. Slowly start to crouch by bending the hips and knees until the thighs are at least parallel to the floor. Make sure the heels do not rise off the floor. Press through the heels to return to a standing position.

## 19. Single Leg Deadlift

Start in a standing position with the feet together. Lift the right leg slightly, and lower the arms and torso while raising the right leg behind the body. Keep the left knee slightly bent and reach the arms as close to the floor as possible. Raise the torso while lowering the right leg. Switch legs.

## 20. Squat Reach and Jump

Ready to add some pizzazz (and cardio!) to that squat? Perform a normal squat, but immediately jump up, reaching the arms straight overhead. Aim for 15 reps, taking a quick breather before the next set.

## 21. Chair Squat Pose

Stand with the feet hip-distance apart and squat until the thighs are parallel to the floor while swinging the arms up. Straighten the legs, then lift up the right knee while swinging the left arm outside the right knee. Return to standing and repeat on the other side.

## 22. Quadruped Leg Lift

Starting on the hands and knees, keep a flat back and engage the core. Raise the left leg straight back, stopping when the foot is hip-level and the thigh parallel to the floor. Balance for as long as possible, then raise the bottom right toe off the

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floor, tightening the butt, back, and abs (try to be graceful here!). Hold for up to 10 seconds, then switch legs.

### 23. Step-Up

This may be self-explanatory, but just in case—find a step or bench, and place the right foot on the elevated surface. Step up until the right leg is straight (do it for Channing!), then return to start. Repeat, aiming for 10-12 reps on each side.

### 24. Calf Raise

From a standing position, slowly rise up on the toes, keeping the knees straight and heels off the floor. Hold briefly, then come back down. Aaaaand repeat. Try standing on something elevated (like a step) to achieve a wider range of motion.

## **Chest & Back**

### 25. Standard Push-Up

There's a reason this one's a classic. With hands shoulder-width apart, keep the feet flexed at hip distance, and tighten the core. Bend the elbows until the chest reaches the ground, and then push back up (make sure to keep the elbows tucked close to the body). That's one!

### 26. Dolphin Push-Up

Start out in dolphin pose (think: down-dog with elbows on the floor). Lean forward, lowering the shoulders until the head is over the hands. Pull up the arms and return to the starting position. (No ocean necessary.)

### 27. Contralateral Limb Raises

Sounds fancy, huh? Here's the breakdown: Lie on your stomach with the arms outstretched and palms facing one another. Slowly lift one arm a few inches off the floor, keeping it straight without rotating the shoulders and keeping the head and torso still. Hold the position, then lower the arm back down, moving to the other arm.

### 28. Donkey Kick

It's time to embrace that wild side. Start in a push-up position, with the legs together. Tighten the core and kick both legs into the air with knees bent, reaching

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the feet back toward the glutes. Just try to land gently when reversing back to the starting position.

### 29. Handstand Push-Up

Fair warning: This move is for the pros. Get set in a headstand position against a wall and bend the elbows at a 90-degree angle, doing an upside down push-up (so the head moves toward the floor and the legs remain against the wall). First timer? Grab a friend to spot you—safety first!

### 30. Judo Push-up

From a push-up position, raise up those hips and in one swift movement (Hai-yah!) use the arms to lower the front of the body until the chin comes close to the floor. Swoop the head and shoulders upward and lower the hips, keeping the knees off the ground. Reverse the move to come back to the raised-hip position. Try to repeat for 30-60 seconds.

### 31. Reverse Fly

For DIY dumbbells, grab two cans or bottles of water. Stand up straight, with one foot in front of the other and the front knee slightly bent. With palms facing each other and the abs engaged, bend forward slightly from the waist and extend arms out to the side, squeezing the shoulder blades. Repeat.

### 32. Superman

Want some superpowers? Lie face down with arms and legs extended. Keeping the torso as still as possible, simultaneously raise the arms and legs to form a small curve in the body. Cape optional.

## **Shoulders & Arms**

### 33. Triceps Dip

Get seated near a step or bench. Sit on the floor with knees slightly bent, and grab the edge of the elevated surface and straighten the arms. Bend them to a 90-degree angle, and straighten again while the heels push towards the floor. For some extra fire, reach the right arm out while lifting the left leg.

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### 34. Diamond Push-Up

Jay-Z would approve. These push-ups get pimped out with a diamond-shaped hand position (situate them so that the thumbs and index fingers touch). This hand readjustment will give those triceps some extra (burning) love.

### 35. Boxer

Time to make Muhammad Ali proud. Starting with feet hip-width apart and knees bent, keep the elbows in and extend one arm forward and the other arm back. Hug the arms back in and switch arms—like you're in the ring!

### 36. Shoulder Stabilization Series (I, Y, T, W O)

OK, it may look crazy, but stay with us. Lie down on your stomach with arms extended overhead and palms facing each other. Move the arms into each letter formation. (Gimme a Y, you know you want to!).

### 37. Arm Circles

Remember P.E. class? Stand with arms extended by the sides, perpendicular to the torso. Slowly make clockwise circles for about twenty to thirty seconds (about one foot in diameter). Then reverse the movement, going counter-clockwise.

## Core

### 38. L Seat

Take a load off (well not exactly). Seated with the legs extended and feet flexed, place the hands on the floor and slightly round the torso. Then, lift the hips off the ground, hold for five seconds and release. Repeat!

### 39. Rotational Push-Up

Standard push-ups not cutting it? For a variation, after coming back up into a starting push-up position, rotate the body to the right and extend the right hand overhead, forming a T with the arms and torso. Return to the starting position, do a normal push-up, then rotate to the left.

### 40. Flutter Kick

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Start lying on your back with arms at your sides and palms facing down. With legs extended, lift the heels off the floor (about six inches). Make quick, small up-and-down pulses with the legs, while keeping the core engaged. Try to keep kickin' it for a minute straight!

#### 41. Dynamic Prone Plank

Starting in a standard plank position, raise the hips as high as they can go, then lower them back down. Continue this movement for as long as possible. Make sure the back stays straight and the hips don't droop.

#### 42. Side Plank

Roll to the side and come up on one foot and elbow. Make sure the hips are lifted and the core is engaged, and hang tight for 30-60 seconds (or as long as you can stomach!).

#### 43. Russian Twist

Sit on the floor with knees bent and feet together, lifted a few inches off the floor. With the back at a 45-degree angle from the ground, move the arms from one side to another in a twisting motion. Here, slow and steady wins the race: The slower the twist, the deeper the burn. Feel like a fitness czar yet?

#### 44. Bicycle

Lie down with knees bent and hands behind the head. With the knees in toward the chest, bring the right elbow towards the left knee as the right leg straightens. Continue alternating sides (like you're pedaling!). Just keep the helmet in the closet.

#### 45. Crunch

Before anyone's crowned Cap'n Crunch, remember form is key. Lie on your back with the knees bent and feet flat on the floor. With hands behind the head, place the chin down slightly and peel the head and shoulders off the mat while engaging the core. Continue curling up until the upper back is off the mat. Hold briefly, then lower the torso back toward the mat slowly.

#### 46. Segmental Rotation

Target those obliques. Lying on your back with your knees bent and core tight, let the knees fall gradually to the left (feeling a good stretch). Hold for five seconds, return to center, and repeat on the right side.

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#### 47. Shoulder Bridge

Lie on your back with the knees bent and feet hip-width apart. Place arms at your side and lift up the spine and hips. Only the head, feet, arms, and shoulders should be on the ground. Then lift one leg upwards, keeping the core tight. Slowly bring the leg back down, then lift back up. Try to do 10 reps per leg, then bring the knee in place and spine back on the floor.

#### 48. Single Leg Abdominal Press

Lie on your back with the knees bent and feet on the floor. Tighten the abs and raise the right leg, with the knee and hip bent at a 90-degree angle. Push the right hand on top of the lifted knee, using the core to create pressure between the hand and knee. Hold for five counts, and then lower back down to repeat with the left hand and knee.

#### 49. Double Leg Abdominal Press

Two legs is twice the fun. Follow the same run-down for the single leg press (above), but bring up both legs at the same time, pushing the hands against the knees.

#### 50. Sprinter Sit-Up

Want to be a speed demon without getting off the floor? Lie on your back with the legs straight and arms by your side—elbows bent at a 90-degree angle. Now sit up, bringing the left knee toward the right elbow. Lower the body and repeat on the other side.

**Disclaimer: This tool does not provide medical advice. It is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis or treatment. Never ignore professional medical advice in seeking treatment.**

### **Yoga Workouts That Take Only 10 to 50 minutes to Complete**

Practice yoga is not only good for your physical health, but your mental health as well. Yoga is proven to reduce stress, relieve anxiety, and fight off depression as well as promote overall health.

Even if you only practice for one hour a week, you will experience the benefits of the practice. If you can do more than that, you will certainly experience more

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benefits. Studies have suggested starting with two or three times a week but more is always an option!

Below are easy-to-do YouTube videos that are simple to complete and walk you through each exercise:

[Traditional Sun Salutation- 10 min- Introduction and flow—](#)

[Full body stretch- 10 Min Yoga Routine](#)

[Vinyasa Yoga- full body-20 Min Yoga Routine](#)

[Hatha Yoga- Full body- 30 Min Routine- Gentle](#)

[Vinyasa Yoga for strength and flexibility- 30 min routine \(More Advanced, Power Yoga\)](#)

[Hatha Yoga- 50 Min routine- Gentle](#)

## **Online Yoga Classes (that aren't live)**

### **Do Yoga with Me**

Do Yoga with Me is a massive site (it survives on donations) that offers everything from full classes to tutorials to meditation practices. There's an incredible variety of instructors and yoga styles, including Hatha, Vinyasa, Yin, Kundalini, and Ashtanga as well as power and prenatal classes.

**Best for:** Intermediate-level yogis who are interested in broadening their horizons with new breathing techniques, meditations, and yoga styles.

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## **Be More Yogic**

You have to register to use this website, but the process is relatively painless. Afterward, you can browse a library of videos, all filmed outdoors in locations like Zanzibar and Andalusia. Be More Yogic works with a short list of instructors, so it's easy to follow your favorites. Sign up for a premium membership (\$67.50 per year) to unlock a larger selection of classes.

**Best for:** Dabblers who'd like to test a few different short workouts before committing.

## **Fightmaster Yoga**

This channel run by YogaWorks teacher Lesley Fightmaster — that's her real name — is great for more advanced yogis. Fightmaster releases a new class every Monday and most are 45 minutes to an hour long. Her voice-overs are well-paced (there's no music), and she offers all sorts of helpful tips throughout regarding modifications and prop usage. Class styles include Hatha, Vinyasa, Ashtanga, and more.

**Best for:** Those who want powerful, fast-moving, sweat-inducing sequences.

## **Yome**

Instead of searching through YouTube for yoga tutorials, click over to Yome. The site catalogs hundreds of YouTube yoga videos and can be sorted by level, style, even topic (“detox,” “knee pain”). Yome allows users to save videos to a list of favorites, so it's easy to build a library of routines.

**Best for:** People who want to try a new routine every day.

<https://www.thecut.com/2016/01/best-free-yoga-classes-online.html>

## **Live Online Yoga Classes**

### **yogia**

Classes from 5 mins to over an hour, gentle to vigorous, easy to advanced. Practice anytime, anywhere, on any device. A broad variety of fresh classes every single day.

Starting from \$9.99 per month - a whole month for less than a class at a yoga studio. Try it for free for two weeks. Get unlimited access. Cancel online anytime.

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What makes Yogaia special are the live & interactive yoga classes, where you participate in real time. You can connect with the teachers and get personalized tips if you turn on your camera. The live classes can also be watched as recordings afterwards.

### *Start Free Trial*

### **ompractice**

They bring the class to you by using two-way video, so you are always seen and supported by a great teacher. This is yoga with all the support, personal interaction, and accountability of a studio class — but one you can take from wherever you are.

It's as simple as picking a class, setting up your space, and beginning your practice. They have over 50 teachers offering classes, so it fits into any schedule.

There are 3 ways to participate:

- Monthly Membership (Unlimited yoga and meditation) \$24.99/month  
7 Day Free Trial!
- Annual Unlimited Membership (40% off the monthly rate) \$179.99/year  
7 Day Free Trial!
- One Class, No Commitments (choose any class you want without subscribing) \$8-\$14 per class Simple as that!

### **Yoga Works Live Stream**

Top yoga teachers brought right to your living room. They have a line-up of live classes will be continuously expanding so you can easily find a class to fit your taste and mood.

Plans and Pricing vary depending on the region to select. Start any unlimited membership and get 50% off your first month of yoga with yoga's top teachers\*! If you are not ready for a membership, that's okay. Whether you are looking to grow in your practice with unlimited yoga or a single drop-in class, they have flexible options designed for every yogi.

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## **Virtual Meditation**

### **Mind Oasis**

Mind Oasis is an online meditation community. They bring the benefits of meditation to people worldwide via live streaming sessions. Classes are perfect for beginners as well as for experienced meditators.

Mind Oasis also offers workshops and series that go deeper into interesting topics, workshops, book clubs, and much more in support of your meditation practice. Tiered-pricing options make the classes affordable for all. \*\*\*

\*\*\*In response to Covid-19, they are offering Community Meditation free of charge through June 2020.

### **Class Offerings and Scheduling**

### **Journey Meditation**

Journey LIVE connects you with a real teacher to guide you and a global community to support you. They offer LIVE classes all day long so it's convenient to find a time that works for you.

Journey Meditation is an app available for iPhones but is unclear if available on Android.

Journey subscriptions start at \$19.99 per month after a week-long free trial. That feels a bit steep, but prices drop to \$7.99 if paid annually with the launch discount.

### **Free 7-day Trial**

### **glo**

Glo has audio and video meditations at every level, with enough variety to ensure you stay inspired. Also, you can use the app to download classes and listen offline. Available on iPhone and Android.

The membership fee is \$18 a month, which gives you unlimited access to new classes and their extensive archive of over 2,500 videos.

### **Free 15-day trial**

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# How to Build a Budget During COVID-19

Budgeting during a pandemic is a challenge, but these tips can help.

The novel coronavirus, or COVID-19, has led to a near-shutdown of much of the U.S. economy. With restaurants and bars shuttered, travel restricted or considered unsafe, and most sporting events suspended, the economy is taking a huge hit and millions of people are being left without jobs or with reduced paychecks.

During this time of financial uncertainty, it's more important than ever to build a budget that works for you. Budgeting in the middle of a pandemic won't be easy, but if you take these important financial steps you should hopefully be able to lessen the impact of coronavirus on your finances.

## 1. Take stock of your current income situation

If you're looking at reduced hours because of the current pandemic -- or if you've lost your job entirely -- you need to figure out what funds are coming into your home.

And if you're still working, it's a good idea to carefully consider how the COVID-19 crisis and the social-distancing measures put in place to respond to it could affect your income in the future. If your job is at risk, you need to plan for that in your budgeting process.

## 2. Explore benefits available to you

Stimulus packages are currently being reviewed by the federal government, and it's likely that help will be available to struggling Americans. This will almost assuredly include expanded unemployment benefits with waived work requirements. Paid sick leave and sending checks to Americans are also possibilities on the table.

If you'll be able to qualify for unemployment benefits, you'll receive a portion of the wages you were earning before you lost your job, up to a set maximum. Specific formulas vary by state, but you won't get the entire amount you were earning. You should find out from your state's unemployment office how much income your benefits will bring in so you're prepared.

If the government decides to provide cash payments, you can also factor those in when determining your income. A one-time cash payment can be used to pay

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immediate bills or shore up your emergency fund, and regular payments provided throughout the crisis should be considered when setting your monthly budget.

Food aid is likely to also be expanded in response to the COVID-19 crisis. If you qualify for it, factor the aid you'll be entitled to into your budget as income since the assistance you get buying groceries will free up some of your money for other uses.

### **3. Determine what your essential expenses are**

Next, you'll need to figure out what you must continue paying for during the coronavirus crisis. This includes bills such as:

- Rent or mortgage payments
- Grocery costs
- Most loan payments
- Childcare, if you are able to go to work -- including for school-aged children as long as schools remain closed
- Utility payments

If you have federal student loans, interest payments have been waived so you don't have to continue making payments on them if you're facing economic hardship now or if you worry you could be soon. It will take you longer to pay off your loans if you pause payments, but it makes sense for most people to do so if their income is at risk or if they won't have enough to cover other bills.

You should also be aware that other lenders, including credit card issuers, may be willing to work with you on a case-by-case basis to waive late payments or create a payment plan. And utility companies will not be shutting off utilities during the crisis, even if you miss payments. However, if interest continues accruing, you'll want to keep on top of paying these bills if at all possible so you aren't left with huge balances to repay once the crisis passes.

### **4. Build healthcare and emergency savings into your budget if you can**

If you are still working, you need to pare down your expenses in case you get sick or lose your job if the coronavirus pandemic drags on for a long time. You should still go down to a bare-bones budget just as those who are out of work need to do.

Devote every extra dollar you can spare to saving for emergencies and for healthcare. You'll want to save an emergency fund with at least six months of

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living expenses during this time of economic uncertainty. Most experts recommend having three to six months of expenses saved, but now is the time to err on the longer side due to economic uncertainty.

You should also try to save enough for healthcare to cover the maximum out-of-pocket limit with your insurance. That way, if you or a loved one does end up needing hospitalization, you will not have to worry about how you are going to pay for it.

## **5. Take action to cover any shortfalls**

If you find that your expenses exceed the amount of income you have coming in -- even after factoring in any unemployment benefits or other government assistance -- you'll need to figure out how to deal with the shortfall.

In a best case scenario, you'll be able to pick up extra income. There are still options for side hustles, and some companies such as grocery stores and food delivery services are actually hiring because they expect increased demand due to COVID-19. However, if you're collecting unemployment benefits, you need to check your state's rules, because earning too much could affect your eligibility.

If you can't find work to cover your expenses, see if you can rely on your emergency fund. If you don't have one, explore the possibility of using your tax refund or selling unneeded items to build one.

If this still doesn't cover your shortfall, you could use a 0% APR credit card to cover some of your purchases. If you can qualify for a card offering no interest for a year or longer on purchases, you'll have time to try to pay off what you're borrowing without owing extra for interest. Just keep in mind that if you take this approach you'll want to pay off the card as soon as you're able.

The right budget can help you minimize the damage COVID-19 does to your finances

Coronavirus will likely affect your finances, but making the right financial moves can help you make it through the COVID-19 crisis with the minimum amount of financial damage or, hopefully, with no long-term negative economic impact at all. The key is to cut spending, take advantage of benefits, and shore up your emergency fund so you're ready if the worst occurs.

Don't pay credit card interest until nearly 2022

The Ascent just released a free credit card guide that could help you pay off credit card debt once and for all. Inside, you'll uncover a simple debt-cutting strategy that

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could save you \$1,863 in interest charges paying off \$10,000 of debt. Best yet, you can get started in just three minutes!

<https://www.fool.com/the-ascent/credit-cards/articles/how-to-build-a-budget-during-covid-19/>

## **3 Steps to Take If You Need Help Paying Your Bills Due to COVID-19**

If you've lost your source of income and are struggling to make ends meet, there are resources out there to provide relief.

These are extremely trying times for U.S. workers, with thousands of businesses forced to close and let employees go as part of the efforts being made to combat COVID-19. A record 3.3 million Americans filed for unemployment benefits last week, according to the U.S. Department of Labor, a sign of just how badly workers have been affected. There's also a chance this economic downturn could lead to a recession, making it harder for Americans to catch a break.

If you're out of work and having difficulty finding another job, you likely are piling up a long list of bills with no real source of income available to help pay them. The good news, though, is that there are resources to help if you're struggling to make ends meet.

You can start by taking these three steps.

### **1. Talk to your creditors**

If you're having trouble paying your bills, you're far from alone. That's why many creditors are offering special programs for people experiencing economic hardship right now.

Banks, credit card issuers, and other lenders may be willing to work with you if you discuss your situation. Many of these creditors offer assistance on a case-by-case basis, so you won't know what types of programs you qualify for until you ask. But some organizations are offering everything from waived late fees to deferred payments to minimum payment assistance and more.

In addition, many utility and telecommunication companies are offering assistance during the pandemic. Some companies have pledged not to discontinue service for the time being even if customers cannot pay their bills, and many also offer other types of assistance such as flexible payment plans or waived late fees. So if you're

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struggling financially as a result of COVID-19, reach out to these providers to see what help you may be eligible for.

## **2. Research local nonprofits**

Nonprofit organizations are vital, now more than ever. If you need help with food or other necessities, look into what nonprofits operate in your area. Organizations like Feeding America and No Kid Hungry help provide food to families across the country, and other groups such as United Way and The Salvation Army can ensure families have access to other basic necessities like shelter and child care.

Research what's available in your area, and you may be surprised by all the help you are eligible to receive. For example, some animal shelters have created food pantries for those who can't afford food for their pets right now, and groups like the Restaurant Workers' Community Foundation help provide relief for restaurant employees who are experiencing financial hardship due to the pandemic.

## **3. Keep up to date on all the new regulations**

Regulations are changing nearly every day as a result of COVID-19, so it's important to keep yourself updated on the latest news. For example, under the \$2 trillion stimulus plan Congress passed, federal student loan payments may be suspended until the end of September. The new bill also provides expanded unemployment benefits, including for part-time and gig workers who have lost their income due to the coronavirus.

There are also new regulations surrounding housing, with the U.S. Department of Housing and Urban Development announcing that it's suspending all foreclosures and evictions until at least the end of April. Because new regulations are cropping up quickly, it's a good idea to stay on top of the news to be aware of all the programs that could make this time a little easier.

The COVID-19 pandemic has changed the way millions of Americans live, and it's caused significant financial hardship for families across the country. Although these times may be stressful, there are resources out there to help. By taking advantage of all the programs you qualify for, you can ease your financial burden and make paying the bills a little easier.

<https://www.fool.com/personal-finance/2020/03/31/steps-take-need-help-paying-bills-coronavirus.aspx>

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# How to Eat and Shop During the COVID-19 Outbreak

## Grocery and Restaurant Discounts

With these guidelines in place, Americans in self-isolation could find themselves quarantines for at least seven days, so ordering in food might be their only option.

Fast food chain Burger King is giving away two kids meals with any purchase made via the Burger King app, starting next week. In an interview with Business Insider, Restaurant Brands International CEO Jose Cil says that the chain will keep the promotion for a limited time to help American children. The CEO explained to the publication that due to the school closures, children would be one of the hardest-hit groups in the country.

Fast food restaurants are offering discounts and freebies during the COVID-19 outbreak.

The Burger King app is available to download on the Apple App Store and Google Play.

Another diner, Denny's, is waiving all delivery fees nationwide until April 12.

"To help meet the needs of Denny's guests seeking at-home options in this uncertain environment, Denny's is now waiving all delivery fees until April 12," the company says in a press release. "This free delivery service is available by simply ordering online at dennys.com."

Other fast-food restaurants also have offers that people, especially those in home isolation, can take advantage of:

Chipotle is now free delivery until the end of March on orders \$10 and up at [chipotle.com/freedelivery](http://chipotle.com/freedelivery). Here's how Americans can claim:

- Go to [chipotle.com](http://chipotle.com) or our Chipotle app on your iOS or Android mobile device
- Build an order of \$10 or more
- Select delivery and submit your order

At Kentucky Fried Chicken (KFC), customers can get free delivery until April 26, 2020, on orders \$12 and up at [kfc.com](http://kfc.com), Grubhub and Seamless. Food fans can also get a free slice of cheesecake from Cheesecake Factory until March 25, 2020, with

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a \$15 DoorDash delivery order until 5 p.m. local time weekdays. Just add a slice to cart and use code LUNCHSLICE. There is also no delivery fees.

Fancy something else? Get a \$5 discount on food orders of \$15 or more with a purchase of a Coke product, using code 'OTBCOKE' on DoorDash. Available at participating locations only. Or if Americans fancy something Italian, Carrabba's Italian Grill is offering delivery right to customers' doors. All they need to do is order online at carrabbas.com using code SPRING15 to receive 15 percent off their order.

<https://www.newsweek.com/coronavirus-restaurant-discounts-1493065>

## **\*\*RECENT\*\* How to safely order food takeout and groceries during coronavirus quarantine**

If you're staying home more often as a result of the coronavirus pandemic, you might be wondering: Can I still order food or grocery delivery? And is it safe?

The answer, for now, is yes: Food and grocery delivery services such as DoorDash, Postmates, Grubhub, Uber Eats and Instacart are still up and running.

There is currently no evidence that the novel coronavirus can be transmitted through food or food packaging, according to the CDC and the FDA, though germs are known to live on surfaces for up to nine days. That means you also don't have to worry too much about a sick chef transmitting it to you via your food, according to an epidemiologist. This is particularly true for cooked foods. If you ordered something cold, like a salad, and the chef sneezed on it, there might be some risk. But if food is handled properly, there should be little chance of an issue.

The bigger potential problem is transmitting the coronavirus from delivery person to customer, or vice versa, through coughing, vaporized air particles or other direct contact.

### **Keep track of the coronavirus pandemic.**

In response, many food delivery services are moving to contactless drop-offs or encouraging customers to take advantage of drop-off instructions to minimize the chance of spreading the virus. In March, food delivery service Postmates introduced a feature called Dropoff Options, giving customers the ability to choose to either meet their delivery driver at the door, curbside or go noncontact and have deliveries left at the door.

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Here are three tips for safely ordering food or grocery delivery, if you're sick, quarantined or just staying in to try to stay healthy.

### **Leave delivery instructions**

Whenever you order take-out or groceries online, you'll see an empty field titled "delivery instructions." Normally, you might use this to provide a gate code, but now, you can ask drivers to drop off food at the door, or send a photo of where the food should be left. Customers can often also contact their driver directly through the apps to make any delivery arrangements, as soon as the driver accepts the order.

You can keep up to date on what your preferred delivery app or service is doing to mitigate infection on their websites. For example, DoorDash is distributing hand sanitizer and gloves to drivers, and is working with restaurants to share some best practices for handling food at this time, like taping over ends of straws, a spokesperson said.

Grubhub provided drivers and restaurants with the CDC's recommendations for best hygiene and appropriate precautions for interacting with others, a spokesperson told CNET. Uber Eats is also giving drivers car disinfectant, prioritizing "cities with the greatest need," according to its website.

### **Immediately wash your hands**

To play it safe, wash your hands for at least 20 seconds, and avoid touching your face after bringing your food or grocery delivery inside.

Restaurants and other food services are highly regulated by health officials, and have had protocols in place for years to avoid spreading influenza, norovirus, hepatitis A and other viruses.

There is no evidence for COVID-19 being transmitted through food. However, the virus can live on instruments that people touch, including takeout containers and utensils. Therefore, people should wash our hands after we touch these items and before we eat or touch our faces.

There are no rules in terms of how to remove food from takeout containers, but you'd probably be safest putting it on your own plate or container, throwing out the takeout container and washing your hands before eating.

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Like other viruses, coronavirus can also survive on surfaces or objects, so it's important to keep those clean. Recycle the bags that the food comes in, and disinfect your tables and counters before and after you eat.

### **Overtip your driver. It's the right thing to do**

Food delivery drivers are typically either paid by the job (on gig platforms like DoorDash) or by the hour (at other restaurants). They don't have a work from home option if they want to earn money.

CNET's Dale Smith recommends tipping food delivery drivers 20% or more during special circumstances like these. The safest way to tip your driver is through a food delivery app. If you tip with cash, make sure to wash your hands after you touch any bills. And if you have to sign a receipt to add a tip via credit card, use your own pen and again, wash those hands afterward.

### **Restaurants Offering Free Meals and Food Deals Amid the Coronavirus Crisis**

Just be sure to call your local chain to get the most up-to-date info on closings and hour changes.

With the number of coronavirus cases increasing daily, more people taking their social distancing up a notch with strict stay-at-home orders. While you can still take trips to the grocery store to fill your pantry with household essentials, ordering takeout is also an option that many of us are using these days.

Although most restaurants and fast food chains recently closed their dining rooms, lots of locations are still offering curbside pick-up and free, contactless delivery. That way, everyone can stay safe and healthy. Select restaurants are also offering special deals for health care workers on the frontlines and parents who need to feed their kids while schools are out of session.

To be clear, the Centers for Disease Control and Prevention (CDC) says the coronavirus is spread from person to person mainly through respiratory droplets produced when an infected person sneezes or coughs in close proximity to someone else, not via food consumption. So, while it's safe to order from restaurants following strict sanitization procedures, it's important to do what's best for you and your family.

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We've gathered a list of fast food chains and restaurants currently offering deals and discounts during the coronavirus outbreak. Given the rapidly changing pace of the COVID-19 outbreak, call your local chain to get the most up-to-date info on closings, hour changes, and more.

*All of the Free Meals and Food Deals Available Nationwide*

- **&pizza:** All health care workers and hospital staff get a free pizza with a valid hospital ID or texting 200-03 #HERO for free delivery.
- **Boston Market:** All online and app orders come with free delivery. Get a free cookie when you join Boston Market's Rotisserie Rewards program.
- **Buffalo Wild Wings:** Get BOGO traditional wings on Tuesdays, and BOGO boneless wings on Thursdays.
- **Burger King:** Get two free kids meals with any purchase on the Burger King app. Orders \$10 and up are eligible for free delivery, depending on location.
- **Chili's:** Get free delivery on all orders over \$15. Guests in California and Tennessee can also order \$5 Presidente Margaritas® and \$7 Patron Margaritas for curbside pickup and delivery.
- **Chipotle:** Now through March 31, all orders over \$10 come with free delivery.
- **Cracker Barrel:** Now through April 1, get free, contactless delivery for all orders over \$15.
- **Del Taco:** All orders are eligible for contact-free delivery on Grubhub, Postmates, and Doordash.
- **Denny's:** Now until April 12, get \$5 off orders of \$20 or more, and free delivery.
- **Dunkin':** Now through April 6, get free delivery and \$3 off on Grubhub orders of \$15 or more from participating Dunkin' restaurants.
- **IHOP:** Now through April 19, use code IHOP20 at checkout to get 20% off your first online order. Free delivery with no minimum required.
- **Jersey Mike's:** Get free delivery on all orders placed through the app until further notice.

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- **KFC:** Now through April 26, all orders come with free delivery. With Grubhub delivery orders, you can select the option for contact-free delivery at checkout.
- **Krispy Kreme:** Every Monday from March 30 to May 6, health care workers get free dozens of Original Glazed® Doughnuts. On Saturdays beginning March 28, Krispy Kreme will add a free dozen Original Glazed® Doughnuts to every pick-up, drive-thru, and delivery order that includes a full price dozen Original Glazed Doughnuts or more.
- **Little Caesars:** Now through March 29, get free delivery on online orders over \$10.
- **McDonald's:** Now through April 6, get free Uber Eats and DoorDash delivery for any orders over \$15. Select locations are giving free meals to kids. Call your local chain to get more information.
- **Moe's Southwest Grill:** Now through April 12, get free delivery on orders over \$10.
- **O'Charley's:** For \$5, get the Bacon Cheddar Burger, Classic Cheeseburger, or Hamburger with fries. All orders are eligible for free delivery.
- **Olive Garden:** Get two meals for the price of one — \$12.99 — with their "Buy One, Take One" promotion. Free, no-contact delivery is available on orders with a \$40 minimum.
- **Panda Express:** Now until April 17, feed the whole family with a \$20 Family Meal when you order online or through the Panda Express app.
- **Paris Baguette:** All Manhattan locations are giving free coffee to medical professionals, the NYPD, and the FDNY when they come in uniform or show a valid form of ID.
- **Red Lobster:** Now until April 12, all orders come with free delivery.
- **Saladworks:** Get a \$5 gift card with a purchase of \$20 or more. All orders come with free delivery through DoorDash and Uber Eats, and score \$4 off \$20 orders on Grubhub.
- **Smoothie King:** Any kid 12 and under will receive a free, 12 oz. kid's smoothie with the purchase of any 20 oz. smoothie using the Smoothie King Healthy Rewards App.

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- Subway: Get a free Footlong when you order two Footlongs for takeout. Use code SUBWAYNOW for free Uber Eats, DoorDash, Postmates, Grubhub, and Seamless delivery.
- Starbucks: Now until May 3, all front-line responders get free tall hot or iced coffee.
- Steak 'n Shake: Now through April 7, all essential workers — health care professionals, grocery store workers, postal service workers, transit workers, and more — get 20% off of any Steakburger or Fries with a valid I.D. Get a milkshake during "Half Price, Happy Hour" available Monday through Friday from 2 to 5 p.m.
- Taco Bell: Get free Grubhub delivery on all orders over \$12.
- TGI Friday's: Use code FREEKIDS to get a free kid's entrée with online orders of \$20 or more.
- Wendy's: Get a free Honey Butter Chicken Biscuit with any breakfast purchase. All orders \$10 are eligible for free delivery on Grubhub and Postmates.
- 7-Eleven: Get free delivery on orders placed through the 7NOW delivery app.
- 99 Restaurant and Pub: Now through April 26, use code HERE4YOU online for 20% off to-go orders.

<https://www.goodhousekeeping.com/life/a31911758/free-meals-food-deals-coronavirus/>

## **Coronavirus: Tips, Deals and Hacks to Help You Shop Smart and Stay Safe.**

Now, more than ever, we want to help our families and friends stay safe and stretch their money as far as they can. We will continue to dig up the best deals in a joint research effort between our staff and the 11-million strong community. So whether you're looking for tissues and Mucinex or a movie to stream and a deal on deliveries—we've got your back.

### **From the Slickdeals Community**

One of the things that makes Slickdeals so different from other deal sites is our [awesome community](#). We've been going for 20 years and there's a lot of

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wisdom out there around online shopping and deals in general. Right now our community is actively talking about stocking up for Coronavirus [here](#). We've also got a thread called "[What's New With You Since Covid 19](#)" that is a great place to share about how you're coping with the virus.

You will find conversations happening around drug stores [here](#). CVS deals are covered [here](#). And remember – it's the nature of this site that deals go fast. We strongly encourage you to set a deal alert for the items you are looking for. We are seeing deals sell out even faster than usual so we recommend setting a low threshold criteria. This way you'll ensure you're notified as soon as a deal hits the site.

For those of you new to the site — welcome! And [here is an easy guide](#) on how to set a deal alert.

Everything is changing so quickly, so rather than constantly updating articles across the site and hoping you find them, we have compiled a list for you of all the pages we go to for up-to-the-minute information about major retailers and brands. Of course, we are still updating our content, but we don't want you to miss out on any crucial information because we are waiting to come up with a clever headline!

[Amazon](#)

[Costco](#)

[CVS](#)

[Sam's Club](#)

[Target](#)

[Walgreens](#)

## **Health & Wellness**

Drugstore Deals: Check [here](#) for updated deals from your local drugstore

[These Deals Will Help You Save at CVS While Shopping for Health Supplies](#)

[Create a Relaxing At-Home Spa Experience with These Steals](#)

[Walgreens is Offering Free Shipping with Literally Any Purchase](#)

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## [Stay Healthy with These 10 Affordable Gadget Cleaning Essentials](#)

### **Free Workouts**

We polled our followers on Twitter and Facebook for their favorite free workouts, and this is what they told us:

Chris Hemsworth – yes, that Chris Hemsworth. [6 week free trial](#) for his fitness app.

[EOS Fitness](#)

[Studio S](#) — free on Amazon Prime

[Travis Garza](#) – free adult and kids classes

[Fitnessblender](#)

[ATHLEAN-X's Minute Workouts](#)

Yoga classes with [Adriene Mishler](#)

Fitness workouts with [Maddie Lymburner](#) of Madfit

### **Ordering Food & Groceries**

Grocery Deals: Check [here](#) for updated deals and coupons on grocery items.

[Stores Deny Refunds on Some Products After Panic Buying but Consider Donating Your Extra Items](#)

[New to Grocery Delivery? Here's How to Cook Your Way to Savings](#)

[Who is Offering Free Food Delivery During Social Distancing](#)

[How to Stay on Budget Using a Grocery Delivery Service](#)

[Curious About Trying Walmart Grocery? Here's Our Review](#)

[Lines at Costco Too Long? Check Out Costco Grocery Delivery](#)

[Shop Costco's March Coupon Book for the Best Deals on Coronavirus Supplies](#)

[Order in and Chill with this Exclusive \\$25 Postmates Promo Code](#)

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[Need Membership to a Warehouse Store? Sam's Club Is Essentially Free Right Now](#)

[Stretch Your Food Budget with the Best Credit Cards for Groceries of 2020](#)

## **Home & Home Office Essentials**

Home Office Deals: Check [here](#) for updated deals and coupons on fitting out your home workspace.

[From Desks to Desktops, Lenovo Has Your Home Office Covered](#)

[Working From Home? Here's How to Upgrade Your Office for Less](#)

[These VPNs Will Ensure Your Home Office is Fully Secure](#)

[Use These Western Digital Products to Update Your Workspace](#)

[7 Ways to Organize Your Home Office](#)

[7 Questions to Ask Yourself Before You Buy an Instant Pot](#)

## **Home Entertainment**

Boredom Busters: Check [here](#) for updated deals and coupons on puzzles, games and streaming services.

[Save up to 58% on Jackbox Party Games \(PC/Mac\)](#)

[Take Your Virtual Hangouts to the Next Level with These Deals](#)

[Every Streaming Service Offering an Extended Free Trial Right Now](#)

[Here's Where You Can Watch Studio Ghibli Movies](#)

[How to Get Free Trials from the 21 Best Video Streaming Services](#)

[Family Movie Night Binge: 12 Kid-Friendly Films About Inspiring Women to Stream Now](#)

## **For Parents**

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A great list of kid's activities gathered [here](#) by OptimusPrimeAutobot – a member of our community since 2015.

Ivy League schools are offering over 400 [free online classes](#) – because kids shouldn't have all the fun!

[Learn How to Draw Disney Characters – For Free](#)

[PE with Joe – free Youtube class for the kids](#)

[Dell Solutions to Help Students Learn from Home](#)

[Here's How You Can Stream Disney Pixar's Onward Starting April 3rd](#)

[Deal Alert: Take 25% Off All Kids' Items on Nike.com](#)

[These Energy-Busting Kid Toys Could Buy You Some Quiet Time](#)

## **Tech & Electronics**

Tech Deals: Check [here](#) for updated deals on laptops, monitors, smartphones and hard drives.

[Dell Technologies Can Help Small Businesses Transition Comfortably to Remote Work](#)

[Help Discover a New Treatment for COVID-19 by Joining the Slickdeals Folding@Home Team](#)

[Google Shopping has the All-Time Low Price on Apple AirPods this Week](#)

[HP Can Help You Build a Home Office on Any Budget](#)

[Dell Solutions to Help Students Learn from Home](#)

[Stay Efficient While Working Remotely with These Sales from Adorama](#)

[For Just \\$89, Portal Will Connect You with Family and Friends Around the World](#)

[How to Pick the Perfect Computer Monitor for Gaming](#)

## **Personal Finance**

[8 Options When You're Facing Financial Hardship Because of Coronavirus](#)

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## [7 Best and Cheapest Online Tax Services of 2020: Compare Free State and Federal Returns](#)

### **How Can You Help?**

Blood supplies are running low across the country. Find out how you can donate blood [here](#).

Join the Slickdeals Folding@Home team to fight Coronavirus — read more [here](#).

Donate to local food banks through Feeding America [here](#)

<https://slickdeals.net/article/news/coronavirus-shopping-resource/?src=hubcarousel>

### **Verizon Customer Discount**

The Verizon Connections Employee team understands the challenges families are facing dealing with work-from-home and shelter-in-place realities, as the COVID-19 pandemic causes millions to remain indoors. With the More at home on Us program, Verizon is giving individuals and families more ways to learn and stay entertained at no additional cost. More at Home...on Us opens new avenues to engage with student learning services and original TV programming at a time when such tools, news and entertainment are most vital to consumers.

Beginning April 1st, Verizon wireless and Fios customers will be able to experience up to 60 days of free access to valued education resources, tools and games at no cost, including:

- Education Resources Quizlet, Bookful, Chegg and Epic! Click here for more information
- Fios TV customers who don't currently subscribe to select premium channels will get access to 30 days of programming through their set top box at no additional cost, and with no extra sign-ups, including: SHOWTIME, Epix, Gaiam TV Fit and Yoga.
- News and information during this unprecedented period, for a limited time, Fios TV will give customers access to channels that may not currently be included in their subscription, such as Fox News Channel, MSNBC, CNN, Discovery

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Family, BBC America and more. Customers will see additional channels available in their Fios TV listings on a rolling basis starting early next week.

- Verizon Wireless additional 15GB of high speed data automatically added for wireless consumer and small business customers, and a new affordable Fios Home Internet option for low-income households.
- Free international calling for consumer wireless and home voice customers to CDC select countries and unlimited domestic calling for wireless consumers on limited-minute plans.

Verizon continues to support customers impacted by COVID-19 in the following ways:

- Streaming music and entertainment series (Verizon Pay it Forward) to support small businesses.
- Waived late fees and overage charges for residential and small business customers impacted by COVID-19
- Waived activation fees on new wireless lines of service and upgrades

Customers can visit [Verizon.com](https://www.verizon.com) and follow instructions to access these engaging learning and studying services in April, as available.

For information on your connections Fios discounts programs please visit [verizon.com/connections](https://www.verizon.com/connections)

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## Virtual Concierge Services

The virtual concierge service is available 24/7 to save members valuable time and help balance the competing demands of work and life. The Virtual Concierge features dedicated Personal Assistants available to provide research, referrals, or information on just about any topic. Common requests include:

- **Caregiver Resources** - Members have access to information to minimize family care burdens such as back-up care options, tutoring services, babysitters, and immunization information, as well as school programs and elder care options.
- **Concierge Services** – Personal Assistants can provide resources for local pet care, entertainment and automotive care referrals to save employees time and energy.
- **Homeowner and Renter Resources** - Employees can request research on topics ranging from renovation projects to relocation to simplify owning, renting, purchasing, or selling a home.
- **Simplified Travel Planning** - Vacation/travel planning and event coordination research are the top services requested from most employees.

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