Coping with COVID-19: Online Resources

Information about COVID-19 on the internet is overwhelming; it can be difficult to discern what is reliable. The following lists several reliable sources of information in various COVID-19 related areas.

Sections

- General information
- Reducing stress and anxiety
- Preparing your home
- Talking to children and teens
- Changing physical habits
- Guidelines for people at high risk
- Tips for responders
- Helping each other and maintaining connection
- Financial Help
- Food Help

General guidelines and information

- CDC
- WHO
- APHA: Get ready fact sheets in several languages. Also, a hand-washing video.
- Harvard Health FAQs
- State of Illinois coronavirus hotline: Call the Illinois Coronavirus Disease (COVID-19) Hotline 1(800) 889-3931 or, Send an email to: DPH.SICK@ILLINOIS.GOV anytime, 24 hours a day, seven days a week.
- University of Illinois:
  - Campus
  - System
  - Campus Wellbeing Services: Coping with COVID-19
- Champaign Urbana Public Health Department
- Illinois Department of Public Health

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Reducing stress and anxiety

- SAMHSA Disaster Distress Hotline (in several languages) Anytime, 24/7/365: 1-800-985-5990
- University of California at San Francisco
- CDC
- Anxiety and Depression Association of America
- Psychology Today
- University of Pennsylvania/Wharton
- American Psychological Association podcast
- CWS Wellness under Pressure Toolkit
- McKinley Health Center relaxation exercise downloads
- Songs of comfort
- Calm meditations

Preparing your home

- Getting ready tool kit from Red Cross
- Coronavirus preparedness kit from USA Today
- CDC Cleaning instructions

Talking to children about COVID-19

- Child Mind Institute
- National Association of School Psychologists (available in several languages)
- Anxiety and Depression Association of America

Changing physical habits (e.g. face touching, shaking hands, hugging)

- Psychology Today

Tips for responders

- CDC
Guidelines for people at high risk (older adults and those with underlying health conditions)

- CDC
- American Lung Association
- American Heart Association
- American Diabetes Association
- American Cancer Society
- The Kidney Fund

Helping each other and maintaining connection

- Greater Good magazine article on reducing prejudice (UC Berkeley)
- Greater Good article on keeping the greater good in mind (UC Berkeley)

Financial help

- University of Illinois Extension Tough Times site
- Faculty Staff Emergency Fund – A one-time grant to help pay for basic needs in an emergency. Permanent employees working at least 50% time may be able to apply.
- Consumer Credit Counseling of the Quad Cities

Food help

- Eastern Illinois Food Bank – Includes a list of area food banks, free meals and other resources.