

## **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](#)
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### **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](mailto: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](tel: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](#)

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

- [CDC](#)
- [American Lung Association Online COVID-19 Help](#)
- [American Lung Association – COVID-19 Guidelines](#)
- [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.