

CDC Coronavirus Disease Information/Resources Page
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

WHO Coronavirus Disease Information/Resources Page

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Stay at Home Summary for MD/VA/DC

https://www.washingtonpost.com/local/stay-at-home-maryland-virginia-dc/2020/03/30/167c8a86-72a0-11ea-85cb-8670579b863d_story.html

Maryland Department of Health
<https://coronavirus.maryland.gov/>

Montgomery County , MD
<https://montgomerycountymd.gov/HHS/RightNav/Coronavirus.html#MDdashboard>

DC Department of Health
<https://coronavirus.dc.gov/>

Aging Life Care Association https://www.aginglifecare.org/ALCA/COVID-19_Information_Page.aspx

MedCram by Dr. Roger Seheult provides medical lectures on COVID updates
<https://www.medcram.com/courses/take/coronavirus-outbreak-symptoms-treatment/lessons/10302533-symptoms-treatment-vaccine-status>

This Week in Virology, a podcast that provides clinical updates on COVID
<https://www.microbe.tv/twiv/>

Dr. Clay Ackerly and Dr. Lucy McBride collaborate to post a COVID update on Dr. McBride's website 11/16/2020 <https://www.lucymcbride.com/updates/2020/11/16/covid-19-update-for-november-16-2020>

Harvard Professor Michael Mina MD discusses COVID home testing and vaccine update 11/25/20 <https://www.youtube.com/watch?v=CjphzIV5DYo>

Practical Tips for our COVID-19 times:

Steps to take when sick

https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsteps-when-sick.html

How to care for someone with COVID-19 at home

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

<http://blog.aginglifecare.org/blog/caring-for-someone-with-coronavirus-covid-19/>

What you're feeling is Grief:

https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?utm_source=facebook&utm_campaign=hbr&utm_medium=social

Sunlight and Upper Respiratory Infections

<https://www.medpagetoday.com/infectiousdisease/covid19/85596>

Homemade facial masks:

<https://www.nytimes.com/2020/03/31/well/live/coronavirus-N95-mask-DIY-face-mask-health.html>

Activities At Home:

Covia Well Connected offers activities, education, support groups, and phone conversations

<https://covia.org/services/well-connected/>

Play online board games with your friends. <https://www.yourturnmyturn.com/>

Coloring pages from the Van Gogh Museum <https://www.vangoghmuseum.nl/en/art-and-stories/children/van-gogh-colouring-pages>

Google Arts and Culture has partnered with more than 2,500 museums and galleries around the world in order to offer virtual tours and online displays of their collections to internet surfers.

<https://www.goodnewsnetwork.org/tour-2500-world-famous-museums-from-comfort-your-own-sofa/>

Listen to a podcast - <https://time.com/5524332/best-podcasts-to-listen-to/>

Explore Yellowstone <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

Practice Positivity A daily practice of gratitude can help shift the way you look at the world around you in a more positive way. This 10-minute guided meditation may be the best thing you do all day. <https://www.youtube.com/watch?v=wnusFbC0E80>

