

NEWS
FOR YOU

CUNY Work/Life
PRESENTED BY DEER OAKS

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COVID-19 Info

Coronavirus disease 2019 (COVID-19) is a worldwide pandemic that has disrupted daily life. Stay-at-home or quarantine orders have closed many workplaces, while asking more of those in essential industries. Things keep changing as the situation changes. A few weeks ago, many people were adapting to working from home. Soon, returning to the workplace will require that many readjust to that environment. The goal of this page is help keep readers informed and provide tools to strengthen emotional resilience and preparedness for this turbulent time.

News

Reliable sources report on the pandemic's current status:

- [CNN](#) provides live, daily updates
- [New York Times](#) is offering free access (with registration) to all of their COVID-19 news
- NPR ["Tracking The Pandemic: How Quickly Is The Coronavirus Spreading State By State?"](#)
- The [World-O-Meter](#) site keeps a running count of COVID-19 case statistics surrounding the coronavirus pandemic. Information can be filtered by region or country and is updated daily.

Physical Health

People are encouraged to follow the advice of their local and national governments, public health authorities, and health care providers. These websites and articles provide reputable information on your physical health and what is currently known about the virus:

- The [U.S. Centers for Disease Control and Prevention](#) (CDC) has a robust hub with health information for all different populations
- The [World Health Organization](#) (WHO) has a page on the novel coronavirus
- LiveScience ["Coronavirus Resources: U.S. State and Local Health Departments"](#)

Emotional Health

The following articles and resources may help you identify and acknowledge the emotions you may be experiencing and offer practical suggestions for coping:

- [Cancelled by COVID-19](#)
- [Maintaining Composure During COVID-19](#)
- [Managing Anxiety While in Quarantine](#)

Coping with Lockdown

These resources offer tips on how to keep mentally and physically well while stuck at home, how to stay productive at work, handy online resources, and other tips that may be helpful while under quarantine:

- The [Wall Street Journal](#) has published a state-by-state guide to coronavirus lockdowns
- Morning Brew's ["Guide to Living Your Best Quarantined Life"](#) is an extensive, fun guide covering a variety of aspects of life and work at home

Working from Home

- Science Mag ["Working from home because of COVID-19? Here are 10 ways to spend your time"](#)
- [Working From Home: Tips for Beginners](#)
- [Transitioning to Remote Teams](#)
- [7 Ways to Maximize Your Remote Workforce During COVID-19](#)

Families and Parenting

Includes links to tips on how to balance caregiving, including having the kids home from school, caring for elderly or disabled loved ones, and how to juggle these competing priorities when you also have to work:

- [Activities for Kids in Quarantine](#)
- [Quarantine Survival With Kids](#)
- [Couples and COVID-19 Confinement](#)
- [Helping Seniors Navigate COVID-19](#)
- [How to Talk to Children About COVID-19](#)
- This article from the [National Association of School Psychologists](#) (NASP) offers tips on talking to children about COVID-19 (coronavirus)
- The Atlantic ["How Parents Can Keep Kids Busy \(and Learning\) in Quarantine"](#)

Financial Tips

The following information offers tips on budgeting and coping with potential loss, slowdown, or temporary layoff from work for you, your partner, or others you may know. It also offers links to government and state resources:

- Consumer Finance ["A Guide to COVID-19 Economic Stimulus Relief"](#)
- [How to Apply for Coronavirus Unemployment Benefits in Every State](#)

Fraud Prevention

- Check the [FCC's](#) COVID-19 consumer warnings and safety tips
- FBI ["Protect Your Wallet—and Your Health—from Pandemic Scammers"](#)
- IRS ["Do not fall victim to a COVID-19 scam"](#)

Online Events

In order to help support you during this time, these customized online seminars have been created by your employee assistance program (EAP) to help you manage with the unique challenges presented during this time:

- [Keep Calm and Carry On: Maintaining Your Composure Amidst the Pandemic Panic](#)
- [Virtual Roundtable—Transforming to a Virtual Team Overnight: How to Adjust to Remote Management](#)
- [Working Parents: How to Juggle Your Changing Demands and Homeschool Your Child](#)
- [Virtual Roundtable—Running the COVID Battle: Strategies for Our Medical Heroes](#)

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