

COVID-19

Resources & Information

Click on each resource to find reliable, accurate information on that topic.



General COVID-19 Facts & Information

Overview & FAQ's

Centers for Disease Control
How to talk to your kids about the virus
What you need to know in plain language

Tracking COVID-19

In Virginia
Around the U.S. and World



Prevention

Social Distancing

How to be distant and not isolated
John's Hopkins Medicine tips for self-quarantining

Hygiene Practices

Virginia Department of Health
Centers for Disease Control
Video demonstration: hand-washing



Symptoms

Centers for Disease Control

Screening Guidelines

Virginia guidelines
United States guidelines



Mental Health Strategies

Managing stress
Dealing with anxiety, irritability, and uncertainty
Stuck at home? We have some ideas



Financial Resources

Family leave
Unemployment insurance in Virginia
Finding child care assistance
Medicaid updates and COVID-19 coverage information
Federal income tax extension: July 15, 2020
Virginia state income tax extension: June 1, 2020



Miscellaneous Resources

Prescription delivery: CVS, Walgreens
United Way