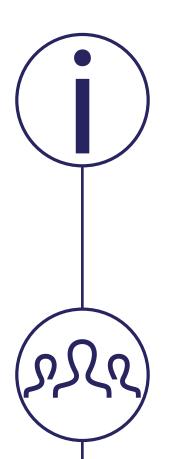


COVID-19

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



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



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