



Here are few simple things that are recommended to help during this period

1. Maintain regular contact with family and friends
 - **Social interaction is important; technology can help us all stay close**
2. Stay connected to your colleagues
 - **Have a virtual coffee**
 - **Set up a buddy system and check in daily**
3. Limit media exposure, and use only reliable sources
 - **Keeping informed is good; non-stop news is not**
4. Take care of yourself to reduce stress and increase immunity
 - **Get enough sleep, eat well and exercise if you can**
5. Share your strength ... and your concerns
 - **If you feel great, help someone out; if you do not feel great, accept help**
 - **Speak to someone: a friend, a colleague, your manager or HR**

Food Banks

<https://www.gbfb.org/need-food/>
<https://foodbank.org/find-food/#agency-locator>

Child care for EEC

https://eeclead.force.com/apex/EEC_ChildCareEmergencyProcedure

Residential Assistance

[https://www.mass.gov/info-details/covid-19-dhcd-website#residential-assistance-for-families-in-transition-\(raft\)-program-and-covid-19-state-of-emergency-](https://www.mass.gov/info-details/covid-19-dhcd-website#residential-assistance-for-families-in-transition-(raft)-program-and-covid-19-state-of-emergency-)
<https://www.chapa.org/housing-news/covid-19-affordable-housing-updates>

Entertainment

Insider virtual tours of places around the world

<https://www.insider.com/museums-theme-parks-offer-virtual-tours-ideal-for-social-distancing-2020-3#disney-world-and-disneyland-are-closed-for-the-time-being-but-fans-can-still-virtually-roam-the-magical-theme-park-2>

Free Museum of science webinars

<https://www.eventbrite.com/o/eie-museum-of-science-boston-8004233151>

Free Education subscriptions

<https://swingeducation.com/resources/education-companies-offering-free-subscriptions-and-content-online/>

<https://www.goodhousekeeping.com/life/parenting/g31677468/education-companies-offering-subscriptions/>

<https://www.forbes.com/sites/martingiles/2020/03/19/free-software-for-businesses-and-schools-covid19/#188b2870752d>

Others

<http://massnonprofitnet.org/nonprofit-resources/coronavirus-massachusetts-nonprofits/>

<https://unitedwaymassbay.org/covid-19/covid-19-family-fund/>

https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19_FAQ_HouseholdReady-H.pdf

<https://kidshealth.org/en/parents/coronavirus-prepare.html>

Mindfulness Apps

<https://www.puregym.com/blog/top-free-mindfulness-apps/>

Workout Apps

<https://us.thesportsedit.com/blogs/news/sweat-7-of-the-best-free-workout-apps-for-tracking-and-planning>

Medical Benefit

<https://home.bluecrossma.com/coronavirus>