



Dealing with the COVID-19 Pandemic

RESOURCE LIST

COVID-19 BASICS

- WHO: Coronavirus disease (COVID-19) advice for the public - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- CDC: Coronavirus (COVID-19): How to protect yourself? What do to if you are sick? - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- CDC: Caring for Children: Tips to keep children healthy while school's out - <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html>
- COVID-19 food safety: Separating the myths from the facts - BY LAURA BREHAUT (REPORTER, NATIONAL POST) - <https://www.google.ca/amp/s/nationalpost.com/life/food/covid-19-food-safety-separating-the-myths-from-the-facts/amp>

DEALING WITH CLOSE ENCOUNTER TENSIONS

- Confronting Racism and Supporting Asian American Communities in the Wake of COVID-19 by *Danielle Kwon* (research assistant in the Income and Benefits Policy Center at the Urban Institute) - <https://www.urban.org/urban-wire/confronting-racism-and-supporting-asian-american-communities-wake-covid-19>
- 10 Ways Your Marriage Can Survive the Coronavirus Quarantine by *Dr. Greg Smalley* (Vice President of Marriage at Focus on the Family) - <https://www.focusonthefamily.com/marriage/10-ways-your-marriage-can-survive-the-coronavirus-quarantine/>
- Can your marriage survive the coronavirus? by *Matt Villano* (writer, CNN) - <https://www.cnn.com/2020/03/24/health/marriage-coronavirus-wellness/index.html>
- Helping Children Cope With Changes Resulting From COVID-19 - https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19?ck_subscriber_id=342989428%c2%a0

- Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19) by *The National Child Traumatic Stress Network* - PDF

DOMESTIC ABUSE

- A New Covid-19 Crisis: Domestic Abuse Rises Worldwide by *Amanda Taub* (writer, *The New York Times*) - www.nytimes.com/2020/04/06/world/coronavirus-domestic-violence.html
- As Cities Around the World Go on Lockdown, Victims of Domestic Violence Look for a Way Out by *Melissa Godin* (writer, *Times Magazine*) - <https://time.com/5803887/coronavirus-domestic-violence-victims/>
- Staying Safe During Covid – 19 - National Domestic Hotline - www.thehotline.org/

SEXUAL ABUSE

- Unicef: COVID-19: Children at heightened risk of abuse, neglect, exploitation and violence amidst intensifying containment measures - <https://www.unicef.org/press-releases/covid-19-children-heightened-risk-abuse-neglect-exploitation-and-violence-amidst>
- Child Protection During COVID-19 Response – International Center for Missing and Exploited Children - <https://www.icmec.org/child-protection-during-covid-19-response/>
- Child sexual abuse expected to rise amid COVID-19 pandemic by *Su-Ling Goh* (reporter, *Global News*) - <https://globalnews.ca/news/6730142/coronavirus-covid-19-child-sexual-abuse-increase/>
- Experts fear coronavirus pandemic could increase child abuse by *Kevin Robinson* (reporter, *Pensacola News Journal*) - <https://www.pnj.com/story/news/2020/03/30/florida-coronavirus-experts-fear-pandemic-could-increase-child-abuse/5077298002/>
- Increase in online child sexual abuse due to pandemic, parents asked to track children's internet usage by *Edex Live* (reporter, *The New Indian Express*) - <https://www.edexlive.com/>

news/2020/apr/02/increase-in-online-child-sexual-abuse-due-to-pandemic-parents-asked-to-track-childrens-internet-us-11050.html

Hospital Los Angeles, American Academy of Pediatrics (AAP spokesperson) - <https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Working-and-Learning-from-Home-During-the-COVID-19-Outbreak.aspx>

INCREASE IN PORN USE DURING PANDEMIC

- Coronavirus, Porn, and Anxiety: When Three Pandemics Converge by *Jay Stringer* (licensed mental health counselor and ordained minister) - <https://churchleaders.com/pastors/pastor-articles/373095-coronavirus-porn-and-anxiety-when-three-pandemics-converge.html>
- Big Porn Seeks to Capitalize on the Pandemic by *Madeleine Kearns* (Political Journalist at the National Review Institute) - <https://www.nationalreview.com/2020/03/coronavirus-lockdowns-porn-companies-see-opportunity-in-isolation/>

CARE FOR ELDERLY

- Coronavirus and COVID-19: Caregiving for the Elderly by *Dr. Alicia Ines Arbaje* (Director of Transitional Care Research, Associate Professor of Medicine, John Hopkins Medicine) - <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-caregiving-for-the-elderly>
- CDC: COVID-19 Guidance for Older Adults - <https://www.cdc.gov/aging/covid19-guidance.html>
- Coronavirus (COVID-19) Resources and Articles for Family Caregivers by *Family Caregiver Alliance* - <https://www.caregiver.org/coronavirus-covid-19-resources-and-articles-family-caregivers>

HOW TO KEEP KIDS ON TRACK

- What to do with your kids when schools are canceled by *Alexandra Stockwell* (writer, VOX) - <https://www.vox.com/the-highlight/2020/3/13/21178234/coronavirus-covid-19-school-closures-kids-home>
- Helping Children Cope With Changes Resulting From COVID-19 by The National Child Traumatic Stress Network - <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>
- Things to Do With Teens During COVID-19 By *todoCanada* - <https://www.google.ca/amp/s/www.todocanada.ca/things-to-do-with-teens-during-covid-19/amp/>

VIRTUAL SAFETY FOR CHILDREN

- Circle with Disney - <https://meetcircle.com/>
- Google Family Link - <https://families.google.com/familylink/>
- Keeping children happy and safe online during COVID-19 - <https://www.childnet.com/blog/keeping-children-happy-and-safe-online-during-covid-19>
- Working and Learning from Home During the COVID-19 Outbreak by *Dr. Corinn Cross* (pediatrician at Children's

EMOTIONAL

- Seven crucial research findings that can help people deal with COVID-19 by *Kirsten Wier* (writer, American Psychological Association) - <https://www.apa.org/news/apa/2020/03/covid-19-research-findings>
- One Important Recommendation You May Not be Hearing by *Dr. Eugene K. Choi* (Neuroscientist) - <https://medium.com/the-mission/why-coronavirus-should-be-the-least-of-your-worries-d6ed6abe75bc>
- CDC: Stress and Coping - <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- Emotional Wellbeing During the COVID-19 Outbreak - <https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>
- Disaster Distress Helpline - 1-800-985-5990
- National Suicide Prevention Lifeline - 1-800-273-8255, <https://suicidepreventionlifeline.org/our-crisis-centers/>
- Vibrant Emotional Health's Safe Space - <https://www.vibrant.org/safespace/> - PDF

PHYSICAL

- WHO: Be Active during COVID-19 - <https://www.who.int/news-room/q-a-detail/be-active-during-covid-19>
- Mayo Clinic: COVID-19: Exercise when ill; what's okay and what's not by *Cynthia Weiss* - <https://newsnetwork.mayoclinic.org/discussion/covid-19-exercise-when-ill-whats-okay-and-whats-not/>
- COVID-19 Advisory Panel Exercise Recommendations - <http://www.ncaa.org/sport-science-institute/covid-19-advisory-panel-exercise-recommendations>
- How to Stay Physically and Mentally Healthy While COVID-19 Has You Stuck at Home by *Jamie Ducharme* (writer, TIME Magazine) - <https://time.com/5804130/covid-19-social-distancing-wellness/>
- 8 tips for staying active during the COVID-19 pandemic by *Dr. Wiemi Abell Douguieh* (Sports Medicine Director, MedStar Health) - <https://www.medstarhealth.org/medstar-blog/8-tips-for-staying-active-during-the-covid-19-pandemic/>

SPIRITUAL

- Mayo Clinic: Building your spiritual life during changes brought about by the COVID-19 pandemic - <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/building-your-spiritual-life-during-covid-19-changes>