QUARANTINE RESOURCES

Below we have included information that may be useful for people looking to self-isolate, self-quarantine, or minimize public contact. For further information, please click on the websites below.

Information Regarding Quarantining, Self-Isolation, and Social Distancing:

U.S. Department of Health & Human Services

Centers for Disease Control and Prevention
https://www.cdc.gov/quarantine/index.html

Wired
https://www.wired.com/story/what-is-quarantine

LiveScience
https://www.livescience.com/quarantine.html

NPR

WebMD
https://www.webmd.com/a-to-z-guides/qa/what-is-quarantine

VeryWell Health
https://www.verywellhealth.com/what-happens-during-a-quarantine-4799239

Cone Health

John Hopkins Medicine

Red Cross

Health.com

TIME
https://time.com/5796642/how-to-quarantine-yourself-coronavirus
At Home Activities:

USA Today

Psychology Today

Urban Matter
https://urbanmatter.com/chicago/snowed-in

Happier Human
https://www.happierhuman.com/fun-things-to-do-at-home

The Simple Dollar

World Health Organization
https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2

Substance Abuse and Mental Health Services Administration

Partners in Health
https://www.pih.org/article/10-mental-health-tips-coronavirus-social-distancing

Psychology Today

Anxiety and Depression Association of America
https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources

Wired
https://www.wired.com/story/how-to-stop-coronavirus-anxiety-spiral

Tips for Working from Home:

Entrepreneur
https://www.entrepreneur.com/article/253800
Exercising at Home:

- **Very Well Fit**

- **Healthline**

- **WebMD**
  [https://www.webmd.com/fitness-exercise/features/no-gym-required-how-to-get-fit-at-home#1](https://www.webmd.com/fitness-exercise/features/no-gym-required-how-to-get-fit-at-home#1)

- **American Council on Fitness**

- **Men's Health**

- **Inverse.com**

**Food Delivery Services:**

- **Uber Eats**

- **EatStreet**
  [https://eatstreet.com](https://eatstreet.com)

- **Bring Me That**
  [https://www.bringmethat.com](https://www.bringmethat.com)

- **Waiter.com**
  [https://www.waiter.com](https://www.waiter.com)
Postmates
https://postmates.com/feed

Postmates has implemented non-contact deliveries. Further information can be found at
https://support.postmates.com/buyer/articles/360040220192-article-Non-contact-deliveries.

Grocery Delivery Services:

Walmart
https://grocery.walmart.com

Instacart
https://www.instacart.com

Shipt
https://www.shipt.com

Fresh Direct
https://www.freshdirect.com

Fresh Direct has implemented touchless deliveries. Further information can be found at