

Keeping Your Family Safe & Sane

Request edit permissions if you want to add any resources, thank you.

The procedures might seem a bit ultra paranoid, but my family is practicing very strict guidelines given that we have high-risk family members and want to avoid spreading it. I'm only including links and discussion that are based in science or research.

GermInfo Facebook has some good FAQs and Factsheets on these topics [here](#) with all the tips summarized. The group is also a good resource for vetted information that is not BS.

Beth Kanter

1. Care Plan for Sick Family Member w/ Mild Symptoms

[CDC Advice](#)

Web MD: [If someone gets sick in your household](#)

[Advice from RN how to nurse mild respiratory symptoms](#) via Janet Fouts

[Process to create a care plan](#) as well as other family coping practices via Liberating Structures

[Care Plan Example](#) from GermInfo discussion thread

[Family Contagion Protocols](#)

[Germinfo Thread](#) about distancing within the home

[Misinformation about Treatments with Doctor Responses](#)

2. Advice for Staying Safe with Groceries, Takeout Food, and Deliveries

[Discussion Thread from GermInfo](#)

[How To Protect Yourself While Grocery Shopping](#)

[How To Protect Yourself With Grocery Deliveries](#)

[Food Safety Video - Takeout and Groceries](#)

[Consider getting deliveries, if you can, vs going into the store](#)

[Family Guidelines](#)

3. Safely Going Outside

[Discussion Thread from Germinfo](#)

[The outdoor trail guide when social distancing.](#)

[Wearing A Mask - Experts May Advise Us To Wear Them In Public](#) (3/25)

[Anecdotal Report From Nonprofit Colleague in Beijing China About Masks](#) (3/25)

4. Staying At Home Activities, Routines, Self-Care

Stuff to Do At Home

[Netflix Party](#)

[Family Activities](#)

[Ideas To Keep Busy At Home from Nonprofit Professionals](#)

[Talking to children about Covid19](#)

[Share your skills and volunteer virtual](#)

Online Life

[Living Your Life Online](#)

Mental Health

[How To Prevent Loneliness](#)

Projects

[Organize your photos](#)

5. Financial Help (if you or someone lost a job)

[NY Times: Your Money](#) (filled with great resources & tips for finances) 3/21

6. Public Health Government Resources

[CDC CoronaVirus Information](#)

[CDC Foundation Advice for Nonprofits](#)

[WHO Information](#)

[Johns Hopkins Corona Virus Map](#)

[Public Health On Call Podcast](#) - Daily podcast from Johns Hopkins Bloomberg School of Public Health featuring scientific and evidence-based insights on C19. Watch local and state public health department web sites for up-to-date guidance.


[Twitter List of Epidemiologists](#) created by Alexandra Samuels

[Where to Purchase Mask](#)

[How To Prepare Your Team for the Long Haul](#)

Fun Stuff

<https://www.fastcompany.com/90501044/this-science-backed-face-mask-made-by-an-mit-founded-fashion-brand-is-the-best-weve-found-yet?fbclid=IwAR0QMbErhAmWxRt2GVRrQfuS16pxCwSwNBxYmO-XVD6Wymd06MCE4mmctZ8>

- **Virtual coffees** – In many physical workplaces, having coffee together is a normal part of the day. Why not try it... online?
- **Virtual museum tours** – the Uffizi art gallery in Florence is offering **digital tours** to ease the boredom of forced lockdown
- **Netflix parties** – If you're missing your friends and family and could use a movie night, Google Chrome has created an extension called **Netflix Party**, which allows you to simultaneously stream Netflix with whomever you choose. Equipped with a chat window and a play/pause button, this is a great way to stay connected when you're apart.
- **Virtual opera** – The Metropolitan Opera is offering '**Nightly Met Opera Streams**'
- **The Sofa Singers** – bring together hundreds of people in real-time for 45-minute choir rehearsals, learning a classic song with some optional harmonies/backing parts.
- **Virtual dance parties** – The Happy Melly team used to have **virtual dance parties** together... it was weird, but it was fun!
- **Read more** – You can now **download over 300,000 books from the New York Public Library for free**.
- **Virtual personal training** – It can be done – and many gyms and yoga instructors are offering virtual lessons!
- **At-home workouts** – **The best at-home workout streaming services to try during COVID-19**
- **Virtual bars** – More and more people around the world are getting online to have **virtual adult beverages** together. No designated drivers needed!
- **Winchester Mystery House is offering virtual tours** to homebound horror fans.
- Listen to **this episode** of The Daily Podcast by The New York Times, highlighting some creative, loving and joyful virtual experiments. So much is possible.
- **"House DJs"** – You just have to see this one for yourself 
- Yale's most popular course is now available online for free! **The Science of Well-Being**.