STAYING HEALTHY RECOMMENDATIONS & RELATED NEWS

We wish you all our very best in these unusual times. In addition to the State, DOH and DHS COVID-19 websites, here are more links to help your staff and/or the people you serve stay safe.

Everyone:
- CDC’s COVID-19 One-Page Fact Sheet
- CDC’s Share Facts, Not Fear Fact Sheet
- CDC’s Guidance for People at Risk of Serious Illness from COVID-19
- ADvancing States’ Links to Federal Resources

Caregivers:
- John’s Hopkins’ COVID-19: Caregiving for the Elderly
- Alzheimer’s Association’s COVID-19: Tips for Dementia Caregivers

Older Adults:
- CDC’s COVID-19 Guidance for Older Adults
- US Administration for Community Living’s What Do Older Adult and People with Disabilities Need to Know about COVID-19?

Mental Health:
- CDC’s Managing Stress and Anxiety During COVID-19
- SAMHSA’s Taking Care of Your Behavioral Health During an Infectious Disease Outbreak
- Mental Health America’s Mental Health and COVID-19 Resources and Information

Professionals:
- NCOA’s COVID-19 Resources for Professionals
- NCOA’s COVID-19 Resources for Senior Centers
- OSHA’s Guidance for Preparing Workplaces for COVID-19

Evidence-Based Programs:
- MaineHealth’s (A Matter of Balance: Managing Concerns About Fall) Coronavirus Information
- WellMed’s (Stress Busting for Family Caregivers) COVID-19 Information

Virtual Health:
- Harvard Medical School’s Can TeleHealth Flatten the Curve of COVID-19?

Fraud Prevention
- Senior Medicare Patrol Scam Alert

12D Quakerbridge Plaza, Mercerville, New Jersey 08619 • PO Box 807, Trenton, New Jersey 08625-0807