

Life Continuity Resources for Individuals and Families

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Resource Type	Resource Focus	Links to Pages/Files
COVID-19 Specifics		
<ul style="list-style-type: none"> COVID-19 Essentials 	Quick links to all national and international COVID-19 related authorities.	<ul style="list-style-type: none"> USCF COVID-19 Main Page WHO COVID-19 Main Page CDC COVID-19 Main Page John's Hopkins COVID-19 Monitoring Site
<ul style="list-style-type: none"> Bay Area Public Health Sites 	Quick links to all local public health authorities.	<ul style="list-style-type: none"> San Francisco DPH Alameda Co. DPH Contra Costa Co. DPH Marin Co. DPH San Mateo Co. DPH
<ul style="list-style-type: none"> Hand Hygiene Practices 	Selected knowledge and skill-building resources for adults and children.	<ul style="list-style-type: none"> CDC WHO Teaching Children Quality Hand Hygiene (PDF) Handwashing Tips for Children (CHC)
<ul style="list-style-type: none"> COVID-19 Mental Health Resources 	Guidebook to assist with general COVID-19 anxieties and helpful resources for those specifically living with mental illness.	<ul style="list-style-type: none"> National Alliance on Mental Health (PDF)
Self-Care		
<ul style="list-style-type: none"> Food Security 	Links to several local area food banks, all of whom have launched COVID-19 support programs. Also, a guide to food/shopping strategies for times of civic emergencies.	<ul style="list-style-type: none"> San Francisco/Marin Food Bank Alameda Co. Food Bank Contra Costa/Solano Co. Food Bank San Mateo Co. Food Bank Guide to Food Storage Basics in Emergencies
<ul style="list-style-type: none"> Physical Health 	Links to health maintenance supports during social distancing.	<ul style="list-style-type: none"> Physical Activity and Lifestyle Support (AHA) Sleep Hygiene (NSF) Health and Nutrition during COVID-19 (ASN) YMCA Virtual Fitness Classes Online (free)
<ul style="list-style-type: none"> Mental & Emotional Health 	A variety of resources grounded in evidence-based	<ul style="list-style-type: none"> Taking Care of Your Emotional Health (CDC)

	practices to support and strengthen mental and emotional resilience in difficult short and long-term circumstances.	<ul style="list-style-type: none"> ▪ Guided Meditation Downloads (UCLA) ▪ Employee Assistance – Counseling Services (click “Services”) ▪ Guide to Mindfulness Apps (Kaiser) ▪ UCSF Health Warmline Flyer (PDF)
<ul style="list-style-type: none"> • Home Safety 	Resources that focus on environmental safety and management.	<ul style="list-style-type: none"> ▪ Maintaining a Safe Home During Social Distancing (CDC)
<ul style="list-style-type: none"> • Social Connection 	Resources that focus on community and interpersonal connections during social distancing.	<ul style="list-style-type: none"> ▪ Remote Workmates online support community
Family Care		
<ul style="list-style-type: none"> • Childcare Needs 	Links to childcare updates from Campus Life Services and other community supports.	<ul style="list-style-type: none"> ▪ Updates to Child Care at UCSE
<ul style="list-style-type: none"> • Child Health 	Links for parents and caregivers relating to child health concerns.	<ul style="list-style-type: none"> ▪ Child Health and COVID-19, Pregnancy, & Breastfeeding (CDC) ▪
<ul style="list-style-type: none"> • Child Mental & Emotional Health 		<ul style="list-style-type: none"> ▪ Teens and Anxiety During COVID-19 (NYT) ▪ Helping Children Cope in Emergencies (CDC)
<ul style="list-style-type: none"> • Educational Needs 	Resources for supporting educational needs during social distancing.	<ul style="list-style-type: none"> ▪ Learning Resources for Home- CA Standard Curriculum (PBS) ▪ Virtual Global Museum and Art/History Tours (Google Arts) ▪ Scholastic 20-day Free Educational Material Access
<ul style="list-style-type: none"> • Child/Family Activities 		<ul style="list-style-type: none"> ▪ Resources for Families and Schools (AHK) ▪ YMCA Virtual Fitness Classes Online (free) ▪ Combating Isolation with Meaning and Connection

<ul style="list-style-type: none"> • Social Connection 		<ul style="list-style-type: none"> ▪ Staying Socially Connected During Social Distancing ▪ Novel Social Media Options for Making Virtual Connections
<ul style="list-style-type: none"> • Children with Special Healthcare Needs 		<ul style="list-style-type: none"> ▪ Center for Parent Information Resources ▪ Explaining Pandemic to Children with Autism
<ul style="list-style-type: none"> • Care of Elders 		<ul style="list-style-type: none"> ▪ Practical Tips for Caregivers about COVID-19 (AARP) ▪ Caregiving Support Warmline (AARP)
<ul style="list-style-type: none"> • Family Routines & Rituals 		<ul style="list-style-type: none"> ▪ Strengthening Families while Social Distancing ▪ Using Family Stories to Improve Coping at Home
<p>Remote or Adaptive Work</p>		
<ul style="list-style-type: none"> • Best Practices in Remote Work 		<ul style="list-style-type: none"> ▪ How to Concentrate When Working from Home ▪ 8 Practices for Successful Remote Workers ▪ NYT Working from Home if You've Never Done it
<ul style="list-style-type: none"> • Best Apps for Remote Workers 		<ul style="list-style-type: none"> ▪ Remote Workers' Toolkit: 30+ Productivity Apps ▪ More Tools for Remote Workers
<ul style="list-style-type: none"> • Working from Home with Others Present 		<ul style="list-style-type: none"> ▪ Working from Home with Children Present ▪ Structuring a Day for Parents and Children Working from Home
<ul style="list-style-type: none"> • Social Connection with Work Colleagues 		<ul style="list-style-type: none"> ▪ Creating Togetherness Among Remote Teams ▪ Starting an Online Book Club ▪ Organizing Virtual Coffee Breaks