

2020

Cincinnati Community Resource Guide During COVID-19

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TABLE OF CONTENTS

<u>DIGITAL TOOLS</u>	<u>2</u>
<u>MEDICATION RESOURCES</u>	<u>3</u>
<u>HOUSING RESOURCES</u>	<u>4</u>
<u>UNEMPLOYMENT RESOURCES</u>	<u>5</u>
<u>FOOD RESOURCES</u>	<u>6</u>
<u>FOR OLDER CINCINNATIANS</u>	<u>10</u>
<u>EXERCISE RESOURCES</u>	<u>11</u>
<u>EDUCATIONAL RESOURCES FOR KIDS DURING SCHOOL CLOSURES</u>	<u>12</u>
<u>TIPS FOR COPING WITH STRESS</u>	<u>14</u>
<u>RECOVERY RESOURCES ONLINE</u>	<u>16</u>
<u>WAYS YOU CAN HELP</u>	<u>17</u>
<u>RESOURCES FOR HEALTHCARE PROFESSIONALS</u>	<u>18</u>

Digital Tools

City Offers New Digital Tools for Local Info About COVID-19

Mar 17, 2020

CINCINNATI – Residents and businesses have new digital tools for finding local information about the City of Cincinnati’s response to COVID-19.

Through the 5916000 system, a user can ask about changes to City services and communicate community needs directly to City Hall. A user should elect “COVID-19 Question(s)” in the Choose a Service menu of the [Fix it Cincy! mobile app](#) or on the main page at [5916000.com](#) to submit a question. A member of the City’s COVID-19 team will provide an answer or a list of resources as soon as possible.

Questions asked will help the City of Cincinnati develop a comprehensive list of FAQs and may be used in the development of operational or policy decisions.

The City of Cincinnati also maintains a COVID-19 website ([www.cincinnati-oh.gov/covid19](#)) with various information about the disease, the local impact and resources available. Residents can receive pertinent updates on their phone by texting [cincycovid19](#) to 77295.

Please note that these tools are not intended to provide medical advice. If you are experiencing symptoms associated with COVID-19 or have health-related questions, please contact your primary care provider. You can also contact the Cincinnati Health Department at (513)-357-7462 or the Ohio Department of Health at 1-833-427-5634.

Find out more about the City of Cincinnati’s response to COVID-19 here: [www.cincinnati-oh.gov/covid19](#)

Medication resources

Free Home Delivery of Medications

CVS: <https://cvshealth.com/newsroom/press-releases/cvs-health-response-coronavirus-outbreak>

On March 9, 2020, CVS Health announced additional COVID-19 resources to increase patient access to medications.

- Beginning immediately, CVS Pharmacy will waive charges for home delivery of prescription medications, which will help patients avoid visiting their local CVS Pharmacy for refills or new prescriptions.
- Aetna will offer 90-day maintenance medication prescriptions for insured and Medicare members.
- CVS Caremark is working with all PBM clients to waive early refill limits on 30-day prescription maintenance medications.

Walgreens <https://www.forbes.com/sites/brucejapsen/2020/03/12/walgreens-joins-cvs-waiving-drug-delivery-fees-amid-coronavirus-crisis/#24e5f87f51e3>

Walgreen's is delivering all medications if requested

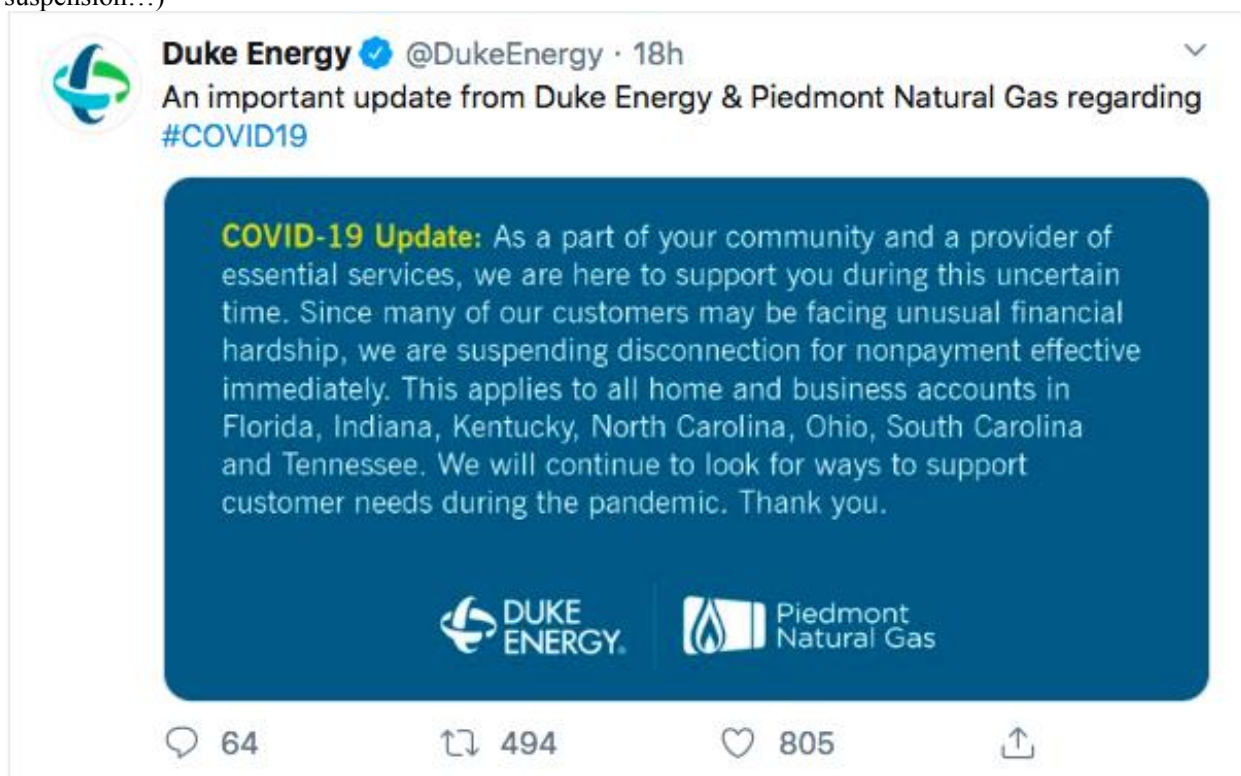
- As of 3/14/20 Walgreen's in Corryville have hand sanitizer, bleach cleaning supplies and toilet paper

Housing resources

Evictions:

- On hold for 30 days in Hamilton Co only
- Butler County has e-filing for evictions
- If people have questions about their rights as tenants, they should call **HOME** (housing opportunities made equal) — they are still staffing their phone lines: **513-721-4663**

Duke Energy: suspends disconnections (be aware: pts will still owe their bill at the end of the suspension...)



Cincinnati Water Works: will not shut off water and will restore water service to those who have been shut off (again, bills will need to be paid at some point...)

Cincinnati Water (@CincinnatiWater) Tweeted:

We are giving you what you need to wash your hands!

@CincinnatiWater has and will restore water service to homes and not complete shutoffs due to #coronavirus.

If you have questions, please call 513-591-7700.

You may experience longer wait times than usual.

@CityOfCincy <https://t.co/CWnNtJtI3N>

<https://twitter.com/CincinnatiWater/status/1238212510056144900?s=20>

Unemployment resources

Enhanced Unemployment Aid for Ohioans

Governor DeWine has issued an executive order, which will grant the Ohio Department of Job and Family Services (ODJFS) with the authority to accept and grant requests for unemployment compensation suspending the normal 1-week waiting period.

This order will also give relief to applicants who are not offered paid leave through their job, as well as those who have been quarantined by a medical professional, their employer, or whose employers must temporarily close. Those who apply for unemployment under these circumstances will be exempt from the requirement that they be actively seeking work.

For more information, please visit [Unemployment.Ohio.gov](https://unemployment.ohio.gov) or [JFS.Ohio.gov/Coronavirus](https://jfs.ohio.gov/Coronavirus). 1877-644-6562 or TTY 1 614-387-8408

SharedWork Ohio

SharedWork Ohio is an alternative to layoffs for employers. It allows workers to remain employed and employers to retain their staff during times of reduced business activity. Under a SharedWork Ohio plan, employers reduce hours to avert a layoff. The participating employee works the reduced hours, and ODJFS provides an unemployment insurance benefit proportionate to their reduced hours.

Interested employers should provide ODJFS with a list of participating employees and specify their normal weekly hours of work, not to exceed 40 hours and not including overtime. Part-time employees may be eligible, but all employees in an affected unit must have their hours reduced by the same reduction percentage. For more information, please visit [JFS.Ohio.gov/SharedWorkOhio](https://jfs.ohio.gov/SharedWorkOhio).

TechCred

The Governor's office encourages Ohio employers to take advantage of the State of Ohio's TechCred program and upskill their employees while they may be unable to perform their typical day-to-day duties. Many of these trainings can be completed online.

TechCred offers employers up to \$2,000 in reimbursement for every technology-focused credential earned by an employee, up to \$30,000 per employer per round. These technology-focused credentials take a year or less to complete and prepare current and future employees for the technology jobs Ohio employers need.

The current application period is open through **Tuesday, March 31**, on TechCred.Ohio.Gov. If a business has questions about the program they should email Workforce@OWT.Ohio.gov.

Food resources

Resources for Kids:

<https://www.cps-k12.org/news/whats-new/healthy-meals-distributed-24-sites-during-school-closing-mandate>

- **Includes Frederick Douglass**

CPS STUDENT DINING SERVICES

FREE BREAKFAST & LUNCH

While schools are closed, Cincinnati Public Schools will be providing **FREE meals to all children 18 and under.**

Starting March 17th, visit us on **Mondays, Wednesdays, and Fridays** between **11am and 1pm** at one of the following school sites:

AMIS	Oyler	South Avondale
Bond Hill	Parker Woods	Western Hills HS
Cheviot	Pleasant Hill	Westwood
Frederick Douglass School	Riverview	Winton Hills
Hays-Porter	Roberts	Withrow
JP Parker	Rockdale	Woodford
LEAP	Roselawn	
Mt. Airy	Rothenberg	
Mt. Washington	Sayler Park	

On Mondays, each child will receive 2 breakfasts and 2 lunches (4 meals).
On Wednesdays, each child will receive 2 breakfasts and 2 lunches (4 meals).
On Fridays, each child will receive 1 breakfast and 1 lunch (2 meals).
*On **Tuesday, March 17th**, each child will receive 1 breakfast and 1 lunch (2 meals).

For more information, visit [cps-k12.org](https://www.cps-k12.org)
or call **Student Dining Services** at 513-363-0800.

While supplies last.

CPS Student Dining Meal Hubs during District Closure

3/17/2020-4/3/2020

Drive through/pick up meals Tuesday and Thursdays, only

11:00 am-1:00pm

Site Name	Address
AMIS	1908 E Seymour Ave, Cincinnati, OH 45237
Board of Education Center	2651 Burnet Ave, Cincinnati, OH 45219
Bond Hill	1510 California Ave, Cincinnati, OH 45237
Cheviot	4040 Harrison Ave, Cincinnati, OH 45211
Douglass	2627 Park Ave, Cincinnati, OH 45206
Hays	1030 Cutter St, Cincinnati, OH 45203
Iowa Street Student Dining Office	2315 Iowa St, Cincinnati, OH 45206
JP Parker	5051 Anderson Pl, Cincinnati, OH 45227
LEAP Academy	2001 Baltimore Ave, Cincinnati, OH 45225
Mt. Airy	5730 Colerain Ave, Cincinnati, OH 45239
Mt. Washington	1730 Mears Ave, Cincinnati, OH 45230
Oyler	2121 Hatmaker St, Cincinnati, OH 45204
Parker Woods	4370 Beech Hill Ave, Cincinnati, OH 45223
Pleasant Hill	1350 W North Bend Rd, Cincinnati, OH 45224
Riverview	3555 Kellogg Ave, Cincinnati, OH 45226
Roberts	1702 Grand Ave, Cincinnati, OH 45214
Rockdale	335 Rockdale Ave, Cincinnati, OH 45229
Roselawn	1594 Summit Rd, Cincinnati, OH 45237
Rothenberg	241 E Clifton Ave, Cincinnati, OH 45202
Sayler Park	6700 Home City Ave, Cincinnati, OH 45233
South Avondale	636 Prospect Pl, Cincinnati, OH 45229
West High	2144 Ferguson Rd, Cincinnati, OH 45238
Westwood	2981 Montana Ave, Cincinnati, OH 45211
Winton Hills	5300 Winneste Ave, Cincinnati, OH 45232
Withrow	2488 Madison Rd, Cincinnati, OH 45208
Woodford	3716 Woodford Rd, Cincinnati, OH 45213

Free meals for children under 18 at select library branches in partnership with UMC Food Ministry:

<https://www.cincinnati.library.org/services/afterschoolsnacks.html>

Shelf stable, ready to eat meals will be distributed on Monday-Friday while school is out at the following times and locations.

- 12-1 pm: Elmwood Place, Groesbeck, Madisonville, North Central, Reading and Main Library
- 2-3 pm: Avondale, Bond Hill, College Hill, Pleasant Ridge, West End, and Westwood
- 4-5 pm: Corryville, Covedale, Deer Park, St. Bernard, and Walnut Hills

For families and individuals:

Freestore Foodbank

Freestore Foodbank (@FreestoreFB) Tweeted:

We are here to serve our neighbors when they need us the most. We provide food, connection & hope, especially during the most challenging times. As we face the COVID-19 (coronavirus) pandemic, our main priority is to keep our customers, volunteers, donors, & staff safe. (1/6)

<https://twitter.com/FreestoreFB/status/1238661518784376832?s=20>



Food Forest App

Grocery delivery service but shop around for lowest prices. One of our partners in Walnut Hills. This is app-based but pretty easy to learn. They are waiving delivery fees during this time.

https://www.foodforest.app/?fbclid=IwAR1VXL8aMJQMT_LfHiBExt4vCisl10wYcrdnEQbsplqTRJre8_18aSFpZK4



...

Does someone you care about need their groceries delivered? Place an order for them on Food Forest and we will deliver with no service charge.

Food Forest can accommodate SNAP / EBT payment options.

Deliveries in Cincinnati:

Sunday 5-7pm

Tuesday 5-7pm

Thursday 5-7pm

Ordering windows cut off at midnight the night before!

Be safe 🍷

Healthy Harvest Mobile Market

Will have prepackaged items and adjusting how they interact with customers to limit exposures
Produce Perks apply - double SNAP/EBT for produce items

HEALTHY HARVEST MOBILE MARKET

BRINGING FRESH, AFFORDABLE FRUITS, VEGETABLES, AND OTHER HEALTHY FOODS TO YOUR NEIGHBORHOOD EVERY WEEK!

OPEN TO THE PUBLIC!

Follow us @HHMobileMarket
Find our current schedule at HealthyHarvestMobileMarket.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BOND HILL (10 a.m.-12 p.m.)</p> <p>ST. ALOYSIUS 4721 Reading Rd. Cincinnati, OH 45237</p> <p>WINTON HILLS (1 p.m.-3 p.m.)</p> <p>WINTON HILLS ACADEMY 5300 Winneste Ave. Cincinnati, OH 45232</p> <p>*NEW OCT 14th* COLLEGE HILL (4 p.m.-6:30 p.m.)</p> <p>COLLEGE HILL PRESBYTERIAN 5742 Hamilton Ave. Cincinnati, OH 45224</p>	<p>CLIFTON (9:30 a.m.-12:30 p.m.)</p> <p>GOOD SAM HOSPITAL 379 Dixmyth Ave. Cincinnati, OH 45220</p> <p>MILLVALE (1 p.m.-3 p.m.)</p> <p>BEEKMAN MARKET Beekman & Fricke. Cincinnati, OH 45225 <i>(Near Taylor Academy)</i></p> <p>SAYLER PARK (1:30 p.m.-3:30 p.m.)</p> <p>6600 Gracely Dr. Cincinnati, OH 45233</p>	<p>EVANSTON (11:30 a.m.-1:00 p.m.)</p> <p>THE EVANSTON 1820 Rutland Ave. Cincinnati, OH 45207 <i>(Dana and Montgomery)</i></p> <p>AVONDALE</p> <p>READING AND FOREST Cincinnati, OH 45229 <i>(Near Lincoln Statue)</i></p>	<p>PRICE HILL (10 a.m.-12 p.m.)</p> <p>AUTUMN WOODS APTS. Westmont Ln. Cincinnati, OH 45205</p>	<p>WEST END (10 a.m.-12 p.m.)</p> <p>STANLEY ROWE TOWERS 1621 Linn St. Cincinnati, OH 45214</p> <p>WALNUT HILLS (1 p.m.-3 p.m.)</p> <p>AT THE FORMER KROGERS 924 E McMillan. Cincinnati, OH 45206</p>

We Accept: Double your SNAP/EBT with Produce Perks

SNAP/EBT
Cash
Credit/Debit

For Older Cincinnatians

Council on Aging: <https://www.help4seniors.org/Coronavirus.aspx>

Shopping hours dedicated to the needs of senior customers at Dollar General:

News release 3/16/20

Senior Hour Encouragement

Beginning tomorrow, Dollar General is strongly encouraging that the first hour of operations each day be dedicated solely for the shopping needs of senior customers, who are one of the groups most vulnerable to the COVID-19 coronavirus.

Exercise resources

The Cincinnati YMCA is offering free workout video, adding on to it frequently. Currently has bootcamp, yoga, barre, kickboxing and exercises for older adults

<https://myy.org/my-y-videos/>

Educational resources for kids during school closures

For Kids during school closures:

Internet access: multiple companies offering free or discounted internet for 60 days.

Comcast <https://corporate.comcast.com/press/releases/internet-essentials-low-income-broadband-coronavirus-pandemic>

Charter Call 1-844-488-8395. <https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-new-K12-and-college-student-households-and-more>

Many phone companies also waiving data overage fees

Tour Museums virtually: <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Free videos of books being read aloud: <https://www.storylineonline.net>

Scholastic Learning at Home: 20 days worth of day-to-day projects divided by grade levels <https://classroommagazines.scholastic.com/support/learnathome.html?caching>

Resources from Cincinnati Library: <https://blog.cincinnati.library.org/Blog/covid19educatoreBranch> - <https://cinlib.org/2kVu8kG>

Ohio residents Can get a free Library card online <https://cinlib.org/2ZcBGif>

Virtual entertainment list - includes Cincinnati Zoo, Art for Kids, Children's museum of Indianapolis

https://drive.google.com/file/d/1bV0KLHd_XNh4FrVFHUmckOUe_b_XULKg/view?fbclid=IwAR0w54bekfVV9RZQCCj-r0uSIn6dq-WvxsJN5kttomFnhl-0iuTQD-FwWNM

Free homeschool resource designed for emergency periods (Designed during Hurricane Katrina); lesson plans include household items or links to free internet resources

https://www.amblesideonline.org/HELP.shtml?fbclid=IwAR1ZXxPOADqUXDdyG_HRXjlsa0dQEQJBIEyQZNSHRtV1yVRJSpZBjcK0tVg



We are going LIVE on Facebook!
Beginning Monday March 16
from our community music studio in Silverton.

LUNCHTIME LIVE!

with
MELODIC CONNECTIONS

Join us! From your desktop or your dining room.
Monday—Friday 12:00—12:15 pm
Put a little live music in your day. Sing along! Play along! Interact!
On our Facebook page at www.facebook.com/MelodicConnections



Tips for Coping with Stress

The below is excerpts from this full handout from SAMHSA: <https://store.samhsa.gov/system/files/sma14-4885.pdf>

KEEP YOURSELF HEALTHY:

- Eat healthy foods, and drink water.
- Avoid excessive amounts of caffeine and alcohol.
- Do not use tobacco or illegal drugs.
- Get enough sleep and rest.
- Get physical exercise.

USE PRACTICAL WAYS TO RELAX:

- Relax your body often by doing things that work for you—take deep breaths, stretch, meditate, wash your face and hands, or engage in pleasurable hobbies.
- Pace yourself between stressful activities and do a fun thing after a hard task.
- Use time off to relax—eat a good meal, read, listen to music, take a bath, or talk to family.
- Talk about your feelings to loved ones and friends often.

PAY ATTENTION TO YOUR BODY, FEELINGS, AND SPIRIT:

- Recognize and heed early warning signs of stress.
- Recognize how your own past experiences affect your way of thinking and feeling about this event, and think of how you handled your thoughts, emotions, and behavior around past events.
- Know that feeling stressed, depressed, guilty, or angry is common after an event like an infectious disease outbreak, even when it does not directly threaten you.
- Connect with others who may be experiencing stress about the outbreak. Talk about your feelings about the outbreak, share reliable health information, and enjoy conversation unrelated to the outbreak, to remind yourself of the many important and positive things in your lives.
- Take time to renew your spirit through meditation, prayer, or helping others in need.

IF YOU ARE HAVING THOUGHTS OF HURTING YOURSELF, REACH OUT FOR HELP:

- National Suicide Prevention Hotline: 1-800-273-8255
- Crisis Text Line: Text HOME to 741741
- Hamilton County: Call (513) 281-CARE (2273) or text Talbert to 839863

If it is not yet a crisis but you need someone to talk to call the WARM line: (513) 931-9276

Consider downloading some free phone apps that can help you deal with anxiety or stress:

- What's Up? • Headspace • Calm • Virtual Hope Box • SAM
- SuperBetter (involves games that can be a good distraction)

Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

Recovery Resources Online

Consider the following:

SMART Recovery: <https://www.smartrecovery.org/>

Women for Sobriety: <https://womenforsobriety.org/>

NA: <https://virtual-na.org/>

Online AA Meetings Directory

<http://aa-intergroup.org/directory.php>

Speaker Tape Websites

<https://www.aaspeaker.com/>

<https://hacoaa.org/archives/speakers/>

<https://www.recoveryaudio.org/>

Speaker Tape Apps

AA Audio Companion

Google Play-

<https://play.google.com/store/apps/details?id=com.pitashi.audiojoy.aacompanionfree>

App Store-

<https://itunes.apple.com/us/app/aa-audio-companion-for-alcoholics-anonymous/id1191023628?mt=8>

AA Big Book Ultimate Companion

Google Play-

<https://play.google.com/store/apps/details?id=com.pitashi.audiojoy.aabigbook>

App Store-

<https://apps.apple.com/us/app/aa-big-book-ultimate-companion/id998807519?ign-mpt=uo%3D4>

AA Speaker Tapes

App Store-

<https://apps.apple.com/us/app/aa-speaker-tapes/id1335643834>

AA Speaker Tapes & 12 Steps

App Store-

<https://apps.apple.com/us/app/aa-speaker-tapes-12-steps/id1018096090>

AA Speakers

Google Play (free)-

https://play.google.com/store/apps/details?id=com.marnistek.aaspeakersfree&hl=en_US

App Store (\$1.99)-

<https://apps.apple.com/us/app/aa-speakers-speaker-tapes/id898586463?ign-mpt=uo%3D4>

AA Speakers Best of 2007

Google Play-

https://play.google.com/store/apps/details?id=com.ibyteapps.aaspeakersbestof2007free&hl=en_US

Ways You Can Help

Blood donation

Hoxworth Blood Center is calling on healthy people to donate blood because some area groups are canceling their blood drives and some individuals are cancelling their donation appointments over fears of spreading COVID-19. **That fear is causing a shortage of blood products across the United States - surgery, chemo-therapy, trauma patients and others are still in need of life-saving blood, irrespective of COVID-19.**

In addition to supplying our 30+ Cincinnati-area hospitals, Hoxworth is currently helping to supply various parts of the U.S. with blood. However, please self-defer or postpone your blood and platelet donation if in the last 28 days you:

- Lived in or traveled to areas with COVID-19 outbreaks (including Italy, France, Germany, Spain, China, South Korea, Iran)
- Live with or have had contact with someone who was diagnosed with or suspected of having COVID-19
- Have been diagnosed with or suspected of having COVID-19

To schedule an appointment:

- Online: <https://donateblood.uc.edu/donor/auth/signin>
- By phone: (513) 451-0910

Donating to food pantries:

Consider donating money to food banks instead of or in addition to shelf stable food. They can often leverage to make the money go farther through partnerships.

- Free store Food Bank <https://freestorefoodbank.org>
- Queen City Kitchen <https://www.queencitykitchen.org/donate-3> (Serves Walnut Hills)
- Our Daily Bread. <https://ourdailybread.us/donate-funds/>

Donating to YMCA for Childcare

The YMCA is providing Childcare for health care professionals, but the cost is prohibitive for some. They have a fundraising campaign to provide scholarships.

<https://cincinnatiymca.networkforgood.com/projects/95500-ymca-covid-19-childcare-response-fund>

Resources for healthcare professionals

Childcare For Health Care Providers, the YMCA offering childcare for Healthcare Professionals: Childcare info to come, call branch for now.

Hospital Personnel Kids Camp, age 3-12
<https://myy.org/hospital-personnel-kids-camp/>

HOURS

6 a.m. – 5 p.m.
Hours may vary based on need of 1st shift hospital personnel

PRICING

\$50/day* \$225/week*
*Partial scholarships or subsidies may be available, check with the local branch for details

REGISTRATION

Contact your local YMCA that is offering this program option. Space is limited, registrations will be first come, first serve. Proof of employment must be provided upon first check-in.

- Blue Ash 513-791-5000 (Blue Ash)
- Campbell County 859-781-1814 (Fort Thomas)
- Carl H. Lindner 513-241-9622 (West End)
- Clermont 513-724-9622 (Batavia)
- Clippard 513-923-4466 (Colerain)
- Gamble-Nippert 513-661-1105 (Westwood)
- Highland 937-840-9622 (Hillsboro)
- M.E. Lyons 513-474-1400 (Anderson)

Busy Building Blocks Academy

p.513-528-2500 Director Ms. Jeana cell #513-274-3089. Can use their bus to pick up and take the children there

Wellness for Healthcare Professionals

Headspace: high quality guided meditations; FREE for all healthcare professionals

<https://www.headspace.com/health-covid-19?fbclid=IwAR2-IU2xmxVCWVDZUzAQyIQA4PpseF48CNpvWgy13TgCPC8iRxzm15Rtxq8>

Yoga GLO- Free yoga classes

online <https://glo.com/fromourhearts?fbclid=IwAR0riaAanLCReuSSwxY3CL-OXTcY5dh9DDTF3Aym0hiHTmpN9sHR8ElvYo>

Headspace: high quality guided meditations; FREE for all healthcare professionals

<https://www.headspace.com/health-covid-19?fbclid=IwAR2-IU2xmxVCWVDZUzAQyIQA4PpseF48CNpvWgy13TgCPC8iRxzm15Rtxq8>

Carrot Fit - Free app for 7 minute workouts until 3/30/20

<https://apps.apple.com/us/app/carrot-fit/id769155678?fbclid=IwAR3ogLtpV6giCZyMoNijSWs8xZYOIW8ErHpQ61IICU9ZOwTH91ykHrs2Lbo>

Down Dog App - Yoga app free until April 1 2020

<https://apps.apple.com/us/app/yoga-down-dog/id983693694>

Shine Yoga - local Yoga studio, has two free online classes currently and will add more but offer a donation to keep the studio going

<https://www.shineyoga.com/virtual-studio>

YouTube Yoga:

- Variety of lengths of classes, some as brief as 10 minutes
- <https://www.youtube.com/user/yogawithadriene>
- <https://www.youtube.com/user/yogawithkassandra>
- <https://www.youtube.com/channel/UCytVtpRDpY8zREuA37DzTmw>

[Fitnessblender.com](https://www.fitnessblender.com) - you can search by duration, difficulty, equipment, etc

From VA Stress Center:

- General guidance: https://www.ptsd.va.gov/covid/COVID_managing_stress.asp
- Guidance for Healthcare Professionals: https://www.ptsd.va.gov/covid/COVID_healthcare_workers.asp