



QUARANTINE RESOURCES

Below are links to information that may be useful for people looking to self-isolate, self-quarantine or minimise public contact. For further information, please click on the websites below.

Information Regarding Quarantining, Self-Isolation and Social Distancing:

World Health Organization

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Centers for Disease Control and Prevention

<https://www.cdc.gov/quarantine/index.html>

BBC

- <https://www.bbc.com/news/uk-51506729>
- <https://www.bbc.com/news/av/health-51966112/coronavirus-what-is-social-distancing>

Norwegian Institute of Public Health

- <https://www.fhi.no/en/op/novel-coronavirus-facts-advice/advice-to-people-who-are-infected-or-have-been-exposed-to-infection/advice-for-people-in-home-quarantine>
- <https://www.fhi.no/en/op/novel-coronavirus-facts-advice/advice-to-people-who-are-infected-or-have-been-exposed-to-infection/home-isolation>

Cone Health

<https://www.conehealth.com/services/primary-care/social-distancing-faq-how-it-helps-prevent-covid-19-coronavirus/>

Better Health

<https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/quarantine-at-home-coping-tips>

TIME

<https://time.com/5796642/how-to-quarantine-yourself-coronavirus>

At-Home Activities:

USA Today

<https://www.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine-100-things-do-while-trapped-inside/5054632002>

Psychology Today

<https://www.psychologytoday.com/us/blog/intersections/202003/8-things-do-while-under-quarantine>

Good News Network

<https://www.goodnewsnetwork.org/tips-for-making-your-time-at-home-pandemic-positive>

Happier Human

<https://www.happierhuman.com/fun-things-to-do-at-home>

What's New Jakarta

<https://whatsnewindonesia.com/jakarta/things-to-do-at-home-during-social-distancing-or-home-quarantine>



Mental Health Tips:

World Federation for Mental Health

<https://wfmh.global/mental-health-considerations-during-covid-19-outbreak>

Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

World Health Organization

<https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf>

Partners in Health

<https://www.pih.org/article/10-mental-health-tips-coronavirus-social-distancing>

Psychology Today

<https://www.psychologytoday.com/us/blog/talking-about-health/202003/mental-health-in-time-pandemic>

Anxiety and Depression Association of America

- <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and>
- <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>

Thrive Global

<https://thriveglobal.com/stories/the-health-benefits-of-working-from-home>

Flexjobs.com

<https://www.flexjobs.com/blog/post/working-from-home-outbreak>

BBC

<https://www.bbc.com/worklife/article/20200312-coronavirus-covid-19-update-work-from-home-in-a-pandemic>

Business Insider

<https://www.businessinsider.com/how-to-work-from-home-during-the-coronavirus-outbreak-2020-3>

The Muse

<https://www.themuse.com/advice/coronavirus-work-from-home-tips>

The Verge

<https://www.theverge.com/2020/3/11/21171349/remote-work-how-to-home-coronavirus-quarantine-productivity-tips>

CNBC

<https://www.cnbc.com/2020/03/17/working-at-home-with-kids-during-covid-19-crisis-with-kids-underfoot.html>

Exercising at Home:

Very Well Fit

<https://www.verywellfit.com/best-home-workouts-3495490>



Healthline

<https://www.healthline.com/health/fitness-exercise/at-home-workouts>

WebMD

<https://www.webmd.com/fitness-exercise/features/no-gym-required-how-to-get-fit-at-home#1>

Good Housekeeping

<https://www.goodhousekeeping.com/health/fitness/a31478709/home-workout>

Men's Health

<https://www.menshealth.com/uk/building-muscle/a754099/the-15-best-beginners-exercises-to-do-at-home>

BBC

<https://www.bbc.com/news/uk-51933762>

Food and Grocery Delivery Services:

Uber Eats

<https://www.ubereats.com>

Zomato

<https://www.zomato.com>

FoodPanda

<https://www.foodpanda.com>

Swiggy

<https://www.swiggy.com>

Deliveroo

<https://deliveroo.co.uk>

Just Eat

<https://www.just-eat.com>

GrubHub

<https://www.grubhub.com>

FoodHub

<https://foodhub.co.uk>