

COVID-19 Resources & Tips

Resources		
WHO (World Health Organization)	https://www.who.int	
CDC (Centers for Disease Control and Prevention)	https://www.cdc.gov/coronavirus/2019-ncov/index.html	
Individual State News/Information	https://www.usa.gov/state-health	
Aires Coronavirus Resource Site	http://info.aires.com/aires-resource-page	
Grocery Delivery Services: <i>Order groceries online and have them delivered*</i>	Instacart	www.instacart.com
	Walmart Grocery	grocery.walmart.com
	Shipt	www.shipt.com
	FreshDirect (US)	www.freshdirect.com
	Peapod (US Northeast and Midwest)	www.peapod.com
	Boxed	www.boxed.com
	Amazon (Prime Members)	www.amazonfresh.com www.amazon.com/wholefoods
	*Local grocers may also offer delivery service.	
Local Restaurant Delivery Services: <i>Many food delivery services are moving to contactless drop-offs to minimize the chance of spreading the virus.</i>	GrubHub	www.grubhub.com
	DoorDash	www.doordash.com
	Ubereats	www.ubereats.com
	Postmates	www.postmates.com
Online Meal Kit Services: <i>Complete meal plan kits (all ingredients & directions), shipped and ready for you to prepare at home</i>	Sun Basket	www.sunbasket.com
	Home Chef	www.homechef.com
	Blue Apron	www.blueapron.com
	Freshly	www.freshly.com

	Martha & Marley Spoon	www.marleyspoon.com
	Hungryroot (plant based)	www.hungryroot.com
	Purple Carrot (plant based)	www.purplecarrot.com
	Gobble	www.gobble.com
	Sakara Life	www.sakara.com
	HelloFresh	www.hellofresh.com
Pet Services: <i>Food, litter, toys</i>	Chewy	chewy.com
	PetCo	www.petco.com
Residential Cleaning Services <i>One-time or regularly scheduled cleaning services</i>	Merry Maids	www.merrymaids.com
	The Maids	www.maids.com
	You've Got Maids	www.youvegotmaids.com
Medical Services		
Pharmacies: <i>Prescription and medicinal needs; online ordering, delivery, curbside pick-up and drive-thru may be available</i>	CVS	www.cvs.com
	Walgreens	www.walgreens.com
	RiteAid	www.riteaid.com
Fun for Children		
<i>Educational and fun things to do to keep the kids busy</i>	DreamChasers	https://dreamchasers.org
	PBS Nova	www.pbs.org/wgbh/nova/labs
	Google Arts & Culture	https://artsandculture.google.com
	Scholastic – Learn at Home	https://classroommagazines.scholastic.com/support/learnathome.html
	YouTube/Virtual Disney Rides	https://www.travelandleisure.com/trip-ideas/disney-vacations/watch-disney-rides-on-youtube
	Disney Song Trivia	https://www.youtube.com/watch?v=2ChrRWq7fmQ&t=491s
	DIY Slime!	https://diyprojectsforteens.com/diy-slime-recipes/
	Online Family Feud!	https://zone.msn.com/en/familyfeud/default.htm

	DIY Shrinky Dinks!	https://www.youtube.com/watch?v=BkdPpdcewNI
	Science experiments you can do at home!	https://www.youtube.com/watch?v=ncuZrA2aEg
	10 Healthy snack recipes to make!	https://twohealthykitchens.com/10-all-time-best-healthy-snack-ideas/
	Indoor exercises for Special Needs!	https://www.specialstrong.com/special-needs-home-exercises/
Tips & Hints		
COVID-19 symptoms	<ul style="list-style-type: none"> ✓ Fever ✓ Dry cough ✓ Fatigue ✓ Shortness of breath 	
What to do if you feel sick?	<ul style="list-style-type: none"> ➤ Call your local medical facility, physician, or emergency room for information regarding designated test sites and next steps ➤ Be sure to call in advance to allow the health care provider to quickly direct you to the correct facility for testing and assistance ➤ Be prepared to share your travel history and/or suspected exposure to any infected person <p>NOTE: Be sure to have “over the counter” health supplies on hand: pain relievers/fever reducers (acetaminophen), cough and cold medicines, fluids with electrolytes and vitamins.</p>	

Staying Healthy

- Stay informed and updated from a reliable information source
- Practice proper hygiene
 - ✓ Wash hands thoroughly with soap and water
 - ✓ Use alcohol-based hand sanitizer when unable to wash regularly
 - ✓ Avoid touching your face
 - ✓ Cover your cough/sneeze with the bend of your elbow or a tissue (immediately dispose of tissues)
- Practice the “no handshaking” rule
- Maintain social distancing (6 feet)
- Avoid public transportation if possible
- Avoid large groups or gatherings of more than 50 people, and in more impacted areas, 10 people
- Work from home/remotely, if possible
- Practice healthy eating, exercise, and stay hydrated
- Clean and disinfect frequently touched objects and surfaces with household cleaning sprays or wipes (e.g., Clorox/Lysol/Purell)

We are here to answer your questions. Feel free to contact your Aires Consultant or Account Manager for additional support.