

**General Health:**

[Wash your Hands](https://d.docs.live.net/8067ea32c474a751/Documents/Safety%20Brief%20-%20Wash%20Your%20Hands%20-%203-25-20.docx)

[Practicing Social Distancing](https://d.docs.live.net/8067ea32c474a751/Documents/Safety%20Brief%20-%20Practice%20Social%20Distancing%20-%203-25-20-kp-ir.docx)

[Enjoy NYC Parks at Home](https://www.nycgovparks.org/highlights/parks-at-home)

[Eat Healthy, Be Active NYC Facebook Group](https://www.facebook.com/EatingHealthyNYC)

[COVID-19: General Guidance for Cleaning and Disinfecting for Non-Health Care Settings](https://www1.nyc.gov/assets/doh/downloads/pdf/imm/disinfection-guidance-for-businesses-covid19.pdf)

[COVID-19: General Guidance for Vehicle Operators](https://www1.nyc.gov/assets/doh/downloads/pdf/imm/covid-19-guidance-for-vehicle-operators.pdf)

[COVID-19 Guidance for People Who Use Drugs](https://www1.nyc.gov/assets/doh/downloads/pdf/imm/covid-19-people-use-drugs-guidance.pdf)

[Safer Sex During COVID-19](https://www1.nyc.gov/assets/doh/downloads/pdf/imm/covid-sex-guidance.pdf)

[COVID-19 and People with HIV](https://www1.nyc.gov/assets/doh/downloads/pdf/imm/covid-guidance-for-people-with-hiv.pdf)

[Move More (Physical Fitness) Slack Community](https://bit.ly/MoveMoreSlack)

[Eat Well (Healthy Eating) Slack Community](https://bit.ly/EatWellSlack)

[Staying Sober During the COVID-19 Outbreak](https://www1.nyc.gov/assets/olr/downloads/pdf/eap/eap-stayingsobercorona.pdf)

**Mental Health:**

[Be Well (Mental Health) Slack Community](https://bit.ly/BeWellSlack)

[Coping with Stress During an Infectious Disease Outbreak](https://www1.nyc.gov/assets/doh/downloads/pdf/imm/coping-with-stress-disease-outbreak.pdf)

[Stress Reduction Tips](https://d.docs.live.net/8067ea32c474a751/Documents/Safety%20Brief%20-%20Stress%20Reduction%20Tips%20%20-%203-25-20.docx)

[Finding Calm in a Crisis](https://www1.nyc.gov/assets/olr/downloads/pdf/eap/finding-calm-during-a-crisis.pdf)

[Managing COVID-19 Stress among Healthcare Workers](https://www.ptsd.va.gov/covid/COVID19ManagingStressHCW032020.pdf)

[Protecting your Mental Health During COVID-19](https://www1.nyc.gov/assets/olr/downloads/pdf/eap/eap-mentalhealthcorona.pdf)

[Mental Health Support New Yorkers Can Access While Staying Home](https://thrivenyc.cityofnewyork.us/mental_health_support_while_home)

[Mental Health Support for Those with Cancer](https://www.cancercare.org/tagged/anxiety)

[Dealing with Isolation and Loneliness](https://www1.nyc.gov/assets/olr/downloads/pdf/eap/eap-isolationandloneliness.pdf)

[NYC EAP](https://www1.nyc.gov/site/olr/eap/eaphome.page)

[NYC EAP Caretaker Burnout](https://www1.nyc.gov/assets/olr/downloads/pdf/eap/caretakerburnout.pdf)

**Financial Health:**

[Financial Help for People With Cancer](https://www.cancercare.org/financial)

[Food Delivery Assistance](https://cv19engagementportal.cityofnewyork.us/?fbclid=IwAR0D72y9oN84Nd1ye5ou7yHHrhXvPfvQTjNzdktrezYQPupWEYMQtJVjKuA#/display/5e7555117ad6750216160409)

[HRA Cash Assistance](https://www1.nyc.gov/site/hra/help/cash-assistance.page)

**For Parents:**

[COVID-19 and Pregnancy/Breastfeeding](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html)

[COVID-19 and Children](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html)

[Talking to Kids about the Coronavirus](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Ftalking-with-children.html)

[COVID-19 Information for Parents of School-aged Children](https://www1.nyc.gov/assets/doh/downloads/pdf/imm/covid-19-school-children-faq.pdf)

**Workplace Health:**

[COVID-19 Guidance for Businesses and Other Non-Health Care Settings](https://www1.nyc.gov/assets/doh/downloads/pdf/imm/novel-coronavirus-faq-for-businesses.pdf)

[Resources for Businesses and Employers](https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html)

[Working from Home Ergonomics](https://d.docs.live.net/8067ea32c474a751/Documents/Safety%20Brief%20-%20Working%20from%20Home_Ergonomic%20Tips%20-%203-25-20.docx)

[Staying Calm Under Pressure: Dealing with Difficult Situations at Work](https://vimeo.com/351186443)

**Events:**

[COVID-19 and Cancer Workshop](https://www.cancercare.org/connect_workshops/805-coronavirus_covid_19_guidelines_people_coping_with_cancer_2020-03-30)