Listed below are websites that may be helpful for individuals who would like to self-isolate, self-quarantine, or minimize public contact. For further information, please click on the websites below.

**Information Regarding Quarantining, Self-Isolating, and Social Distancing:**

Government of Canada

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html#self>

Wired

<https://www.wired.com/story/what-is-a-quarantine>

<https://www.wired.com/story/whats-social-distancing-flattening-curve-covid-19-questions>

<https://www.wired.com/story/covid-19-gear-supplies-guide>

LiveScience

<https://www.livescience.com/quarantine.html>

<https://www.livescience.com/how-long-coronavirus-last-surfaces.html>

WebMD

<https://www.webmd.com/a-to-z-guides/qa/what-is-quarantine>

VeryWell Health

<https://www.verywellhealth.com/what-happens-during-a-quarantine-4799239>

Cone Health

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

John Hopkins Medicine

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-social-distancing-and-self-quarantine>

Red Cross

<https://www.redcross.org/about-us/news-and-events/news/2020/coronavirus-what-social-distancing-means.html>

Health.com

<https://www.health.com/condition/infectious-diseases/coronavirus/what-is-social-distancing>

TIME

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

**Activities to Do at Home:**

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>

Urban Matter

<https://urbanmatter.com/chicago/snowed-in>

Happier Human

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

The Simple Dollar

<https://www.thesimpledollar.com/financial-wellness/useful-things-to-do-when-youre-stuck-at-home>

**Mental Health Tips:**

World Health Organization

<https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2>

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>

Canadian Mental Health Association

<https://cmha.ca/news/covid-19-and-mental-health>

Anxiety Canada

<https://www.anxietycanada.com/articles/what-to-do-if-you-are-anxious-or-worried-about-coronavirus-covid-19>

<https://www.anxietycanada.com/articles/covid19-balancing-public-health-and-mental-health>

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>

Business Insider

<https://www.businessinsider.com/work-from-home-tips-health-2019-4>

<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>

**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>

Inverse.com

<https://www.inverse.com/mind-body/exercise-coronavirus-how-to-workout-safely-in-a-pandemic>

Canadian Living

<https://www.canadianliving.com/health/fitness/article/how-to-get-in-a-full-body-workout-without-hitting-the-gym>

**Food Delivery Services:**

SkipTheDishes

<https://www.skipthedishes.com>

foodora

<https://www.foodora.ca>

Uber Eats

<https://www.ubereats.com/ca>

**Grocery Delivery Services:**

Instacart

[https://www.instacart.com](https://www.instacart.com/)

PC Express

<https://www.pcexpress.ca>

Walmart

<https://www.walmart.ca/en/help/grocery>

Inabuggy

<https://www.inabuggy.com>

Costco

<https://www.costco.ca/grocery-delivery-details.html#grocery-map>