

CORONAVIRUS (COVID-19) RESOURCES

The outbreak of coronavirus disease 2019 (COVID-19), caused by the novel (new) coronavirus strain (2019-nCoV) discovered in China, is causing concern for people worldwide. Residents are encouraged to follow the advice of their local and national governments, public health authorities, and health care providers.

NEWS OUTLETS AND HEALTH ORGANIZATION WEBSITES

The following news outlets and health organization websites are updated regularly:

- *CNN* provides live, daily updates here:
<https://edition.cnn.com/specials/asia/coronavirus-outbreak-intl-hnk>
- *Channel News Asia* keeps a running update of the COVID-19 outbreak here:
<https://www.channelnewsasia.com/news/topics/wuhan-virus>
- The **U.S. Centers for Disease Control and Prevention (CDC)** has a robust hub monitoring the outbreak:
<https://www.cdc.gov/coronavirus/index.html>
- The **World Health Organization (WHO)** has a page on the novel coronavirus here:
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

ONLINE ON-DEMAND SEMINAR: BUILD PSYCHOLOGICAL IMMUNITY DURING THE CORONAVIRUS OUTBREAK

In order to help support you during this time, this customized online seminar, "Build Psychological Immunity During the Coronavirus Outbreak," has been created to help you identify and acknowledge the emotions you may be experiencing and offer practical suggestions for coping: Building Psychological Immunity During the Coronavirus Outbreak.

INFORMATIONAL RESOURCES

Finally, the following information may help readers stay informed and cope with stress surrounding such incidents:

Coping with Stress During Infectious Disease Outbreaks

Before and During a Pandemic

The WHO has published this advisory for the public: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Coronavirus Disease 2019 (COVID-19)

What You Need to Know About Coronavirus Disease 2019 (COVID-19)

If You Are Sick with Coronavirus Disease 2019 (COVID-19)

Human Coronavirus Types

Common Human Coronaviruses

The CDC has published this "Interim Guidance for Preventing the Spread of Coronavirus Disease 2019 (COVID-19) in Homes and Residential Communities": <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

Coping with Crisis in the Media (Part 1)

Coping with Crisis in the Media (Part 2)