

# QUARANTINE RESOURCES

## United States of America

Below we have included information that may be useful for people looking to self-isolate, self-quarantine or minimize public contact. For further information, please click on the websites below.

### Information Regarding Quarantining, Self-Isolation and Social Distancing:

#### U.S. Department of Health & Human Services

[www.hhs.gov/answers/public-health-and-safety/what-is-the-difference-between-isolation-and-quarantine/index.html](http://www.hhs.gov/answers/public-health-and-safety/what-is-the-difference-between-isolation-and-quarantine/index.html)

#### Centers for Disease Control and Prevention

[www.cdc.gov/quarantine/index.html](http://www.cdc.gov/quarantine/index.html)

#### Wired

[www.wired.com/story/what-is-a-quarantine](http://www.wired.com/story/what-is-a-quarantine)  
[www.wired.com/story/whats-social-distancing-flattening-curve-covid-19-questions](http://www.wired.com/story/whats-social-distancing-flattening-curve-covid-19-questions)  
[www.wired.com/story/covid-19-gear-supplies-guide](http://www.wired.com/story/covid-19-gear-supplies-guide)

#### LiveScience

[www.livescience.com/quarantine.html](http://www.livescience.com/quarantine.html)

#### NPR

[www.npr.org/sections/health-shots/2020/03/16/816490025/quarantine-self-isolation-social-distancing-what-they-mean-and-when-to-do-them](http://www.npr.org/sections/health-shots/2020/03/16/816490025/quarantine-self-isolation-social-distancing-what-they-mean-and-when-to-do-them)  
[www.npr.org/sections/health-shots/2020/03/17/817251610/its-time-to-get-serious-about-social-distancing-here-s-how](http://www.npr.org/sections/health-shots/2020/03/17/817251610/its-time-to-get-serious-about-social-distancing-here-s-how)

#### WebMD

[www.webmd.com/a-to-z-guides/qa/what-is-quarantine](http://www.webmd.com/a-to-z-guides/qa/what-is-quarantine)

#### VeryWell Health

[www.verywellhealth.com/what-happens-during-a-quarantine-4799239](http://www.verywellhealth.com/what-happens-during-a-quarantine-4799239)

#### Cone Health

[www.conehealth.com/services/primary-care/social-distancing-faq-how-it-helps-prevent-covid-19-coronavirus/](http://www.conehealth.com/services/primary-care/social-distancing-faq-how-it-helps-prevent-covid-19-coronavirus/)

#### John Hopkins Medicine

[www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-social-distancing-and-self-quarantine](http://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-social-distancing-and-self-quarantine)

#### Red Cross

[www.redcross.org/about-us/news-and-events/news/2020/coronavirus-what-social-distancing-means.html](http://www.redcross.org/about-us/news-and-events/news/2020/coronavirus-what-social-distancing-means.html)

#### Health.com

[www.health.com/condition/infectious-diseases/coronavirus/what-is-social-distancing](http://www.health.com/condition/infectious-diseases/coronavirus/what-is-social-distancing)

#### TIME

[time.com/5796642/how-to-quarantine-yourself-coronavirus](http://time.com/5796642/how-to-quarantine-yourself-coronavirus)

#### Substance Abuse and Mental Health Services Administration

[www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf](http://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf)

### At Home Activities:

#### USA Today

[www.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine-100-things-do-while-trapped-inside/5054632002](http://www.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine-100-things-do-while-trapped-inside/5054632002)

#### Psychology Today

[www.psychologytoday.com/us/blog/intersections/202003/8-things-do-while-under-quarantine](http://www.psychologytoday.com/us/blog/intersections/202003/8-things-do-while-under-quarantine)

#### Urban Matter

[urbanmatter.com/chicago/snowed-in](http://urbanmatter.com/chicago/snowed-in)

Together, all the way.®

## **Happier Human**

[www.happierhuman.com/fun-things-to-do-at-home](http://www.happierhuman.com/fun-things-to-do-at-home)

## **The Simple Dollar**

[www.thesimpledollar.com/financial-wellness/useful-things-to-do-when-youre-stuck-at-home](http://www.thesimpledollar.com/financial-wellness/useful-things-to-do-when-youre-stuck-at-home)

## **Mental Health Tips:**

### **Centers for Disease Control and Prevention**

[www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html](http://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html)

### **World Health Organization**

[www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a\\_2](http://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2)

### **Substance Abuse and Mental Health Services Administration**

[store.samhsa.gov/system/files/sma14-4894.pdf](http://store.samhsa.gov/system/files/sma14-4894.pdf)

### **Partners in Health**

[www.pih.org/article/10-mental-health-tips-coronavirus-social-distancing](http://www.pih.org/article/10-mental-health-tips-coronavirus-social-distancing)

### **Psychology Today**

[www.psychologytoday.com/us/blog/talking-about-health/202003/mental-health-in-time-pandemic](http://www.psychologytoday.com/us/blog/talking-about-health/202003/mental-health-in-time-pandemic)

### **Anxiety and Depression Association of America**

[adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and](http://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and)

### **Wired**

[www.wired.com/story/how-to-stop-coronavirus-anxiety-spiral](http://www.wired.com/story/how-to-stop-coronavirus-anxiety-spiral)

## **Tips for Working from Home:**

### **Entrepreneur**

[www.entrepreneur.com/article/253800](http://www.entrepreneur.com/article/253800)

### **Thrive Global**

[thrivglobal.com/stories/the-health-benefits-of-working-from-home](http://thrivglobal.com/stories/the-health-benefits-of-working-from-home)

## **Flexjobs.com**

[www.flexjobs.com/blog/post/working-from-home-outbreak](http://www.flexjobs.com/blog/post/working-from-home-outbreak)

## **Business Insider**

[www.businessinsider.com/how-to-work-from-home-during-the-coronavirus-outbreak-2020-3](http://www.businessinsider.com/how-to-work-from-home-during-the-coronavirus-outbreak-2020-3)

## **The Muse**

[www.themuse.com/advice/coronavirus-work-from-home-tips](http://www.themuse.com/advice/coronavirus-work-from-home-tips)

## **The Verge**

[www.theverge.com/2020/3/11/21171349/remote-work-how-to-home-coronavirus-quarantine-productivity-tips](http://www.theverge.com/2020/3/11/21171349/remote-work-how-to-home-coronavirus-quarantine-productivity-tips)

## **Exercising at Home:**

### **Very Well Fit**

[www.verywellfit.com/best-home-workouts-3495490](http://www.verywellfit.com/best-home-workouts-3495490)

### **Healthline**

[www.healthline.com/health/fitness-exercise/at-home-workouts](http://www.healthline.com/health/fitness-exercise/at-home-workouts)

### **WebMD**

[www.webmd.com/fitness-exercise/features/no-gym-required-how-to-get-fit-at-home#1](http://www.webmd.com/fitness-exercise/features/no-gym-required-how-to-get-fit-at-home#1)

### **Good Housekeeping**

[www.goodhousekeeping.com/health/fitness/a31478709/home-workout](http://www.goodhousekeeping.com/health/fitness/a31478709/home-workout)

### **American Council on Fitness**

[www.acefitness.org/education-and-resources/lifestyle/blog/6593/top-25-at-home-exercises](http://www.acefitness.org/education-and-resources/lifestyle/blog/6593/top-25-at-home-exercises)

### **Men's Health**

[www.menshealth.com/uk/building-muscle/a754099/the-15-best-beginners-exercises-to-do-at-home](http://www.menshealth.com/uk/building-muscle/a754099/the-15-best-beginners-exercises-to-do-at-home)

### **Inverse.com**

[www.inverse.com/mind-body/exercise-coronavirus-how-to-workout-safely-in-a-pandemic](http://www.inverse.com/mind-body/exercise-coronavirus-how-to-workout-safely-in-a-pandemic)

## Food and Grocery Delivery Services:

**Uber Eats:** [www.ubereats.com/en-US](http://www.ubereats.com/en-US)

**EatStreet:** [eatstreet.com](http://eatstreet.com)

**Bring Me That:** [www.bringmethat.com](http://www.bringmethat.com)

**Waiter.com:** [www.waiter.com](http://www.waiter.com)

**Postmates:** [postmates.com/feed](http://postmates.com/feed)

Postmates has implemented non-contact deliveries. Further information can be found at [support.postmates.com/buyer/articles/360040220192-article-Non-contact-deliveries](http://support.postmates.com/buyer/articles/360040220192-article-Non-contact-deliveries)

## Grocery Delivery Services:

**Walmart:** [grocery.walmart.com](http://grocery.walmart.com)

**Instacart:** [www.instacart.com](http://www.instacart.com)

**Shipt:** [www.shipt.com](http://www.shipt.com)

**Fresh Direct:** [www.freshdirect.com](http://www.freshdirect.com)

Fresh Direct has implemented touchless deliveries. Further information can be found at [www.freshdirect.com/help/faq\\_home.jsp?page=faq\\_touchless\\_delivery](http://www.freshdirect.com/help/faq_home.jsp?page=faq_touchless_delivery).



Any reference to the products, services, information or websites of any other non-Cigna affiliated entity is provided for informational purposes only and should not be construed as an endorsement by Cigna of the products, services, information, or websites of such entities, nor should such reference be construed as an endorsement by such entities of the products, services, information or websites of Cigna and/or its affiliates. Cigna neither reviews nor controls the content and accuracy of these references or websites, and therefore will not be responsible for their content and accuracy. Your access to non-Cigna web sites is at your sole risk.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.