

HealthEASE

STAYING HEALTHY RECOMMENDATIONS & RELATED NEWS

We wish you all our very best in these unusual times. In addition to the [State](#), [DOH](#) and [DHS](#) COVID-19 websites, here are more links to help your staff and/or the people you serve stay safe.

Everyone:

- [CDC's COVID-19 One-Page Fact Sheet](#)
- [CDC's Share Facts, Not Fear Fact Sheet](#)
- [CDC's Guidance for People at Risk of Serious Illness from COVID-19](#)
- [ADvancing States' Links to Federal Resources](#)

Caregivers:

- [John's Hopkins' COVID-19: Caregiving for the Elderly](#)
- [Alzheimer's Association's COVID-19: Tips for Dementia Caregivers](#)

Older Adults:

- [CDC's COVID-19 Guidance for Older Adults](#)
- [US Administration for Community Living's What Do Older Adult and People with Disabilities Need to Know about COVID-19?](#)

Mental Health:

- [CDC's Managing Stress and Anxiety During COVID-19](#)
- [SAMHSA's Taking Care of Your Behavioral Health During an Infectious Disease Outbreak](#)
- [Mental Health America's Mental Health and COVID-19 Resources and Information](#)

Professionals:

- [NCOA's COVID-19 Resources for Professionals](#)
- [NCOA's COVID-19 Resources for Senior Centers](#)
- [OSHA's Guidance for Preparing Workplaces for COVID-19](#)

Evidence-Based Programs:

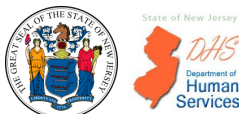
- [MaineHealth's \(A Matter of Balance: Managing Concerns About Fall\) Coronavirus Information](#)
- [WellMed's \(Stress Busting for Family Caregivers\) COVID-19 Information](#)

Vitrual Health:

- [Harvard Medical School's Can TeleHealth Flatten the Curve of COVID-19?](#)

Fraud Prevention

- [Senior Medicare Patrol Scam Alert](#)



12D Quakerbridge Plaza, Mercerville, New Jersey 08619 ◇ PO Box 807, Trenton, New Jersey 08625-0807