



Pandemic & Viral Diseases Resources

Occupational Therapy Australia

["Normal life has been disrupted: Managing the disruption caused by COVID-19"](#)

General guide intended to support you in managing the present pandemic-related occupational disruption.

Substance Abuse & Mental Health Services Administration (SAMHSA):

["Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak"](#)

This tip sheet describes feelings and thoughts you may have during and after social distancing, quarantine, and isolation. It also suggests ways to care for your behavioral health during these experiences and provides resources for more help.

Centers for Disease Control & Prevention (CDC):

["Getting Your Home Ready"](#)

This guide helps household members plan for community transmission of coronavirus disease 2019 (COVID-19) in the United States.

["Cleaning And Disinfecting Your Home"](#)

This resource provides information about everyday steps and extra steps when someone is sick to clean/disinfect your home.

Easterseals:

["Special Needs Considerations for Coronavirus \(Covid-19\)"](#)

This article focuses on those unique considerations for the individuals with special needs and their families/caregivers.

["7 Tips to Improve Your Mental Health During the COVID-19 Quarantine"](#)

Steps you can take to manage your mental health until this pandemic ends and we can return to normal life.



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