

## COVID-19 Resource Center *Content Update Dates*

<b>VIDEOS</b>	<b>English</b>	<b>Spanish</b>	<b>English-Canadian</b>
5 Steps to Hand Washing	April 14	May 8	N/A
7 Ways to Stay Safe If You're High Risk	September 3	May 8	N/A
COVID-19: Been Exposed	April 14	May 8	N/A
COVID-19: Call First to Be Sure	April 14	May 8	N/A
COVID-19: How to Wear a Mask	August 31	N/A	N/A
COVID-19: If You Have It	April 14	May 8	N/A
COVID-19: Should I Get the Virus	August 31	N/A	N/A
COVID-19: Weighing Activity Risks	September 3	N/A	N/A
COVID-19: What is it?	September 3	May 8	N/A
Social Distancing: How to Do It 7 Tips	April 14	May 8	N/A
Social Distancing: What It Is and Why It's Important	April 14	May 8	N/A

<b>INFOGRAPHICS</b>	<b>English</b>	<b>Spanish</b>	<b>English-Canadian</b>
Avoiding COVID-19: Weighing Activity Risks	August 7	N/A	N/A
5 Steps to Wash Your Hands	March 16	March 16	N/A
Call First!	April 8 (reviewed June 18)	April 8 (reviewed June 18)	April 14 (reviewed June 18)
Charlie Learns About Coronavirus	April 8 (reviewed June 18)	March 31 (reviewed June 18)	March 31 (reviewed June 18)
Hand-Washing for Kids	March 18 (reviewed June 18)	March 18 (reviewed June 18)	March 18 (reviewed June 18)
Social Distancing: 7 Things You Can Do	March 26 (reviewed June 18)	N/A	N/A
Social Distancing: What It Is	March 26 (reviewed June 18)	N/A	March 26 (reviewed June 18)
What is COVID-19	August 13	N/A	March 19
What to Do If You Have COVID-19	May 8 (reviewed June 18)	May 8 (reviewed June 18)	April 6 (reviewed June 18)
What to Do If You've Been Exposed to COVID-19	May 8 (reviewed June 18)	May 8 (reviewed June 18)	April 6 (reviewed June 18)
When to Call for Help	April 8 (reviewed June 18)	April 8 (reviewed June 18)	April 14 (reviewed June 18)

<b>LEARNING TOPICS</b>	<b>English</b>	<b>Spanish</b>	<b>English-Canadian</b>
Care Instructions for Coronavirus (COVID-19)	May 8	May 8	April 1
Learning About Coronavirus (COVID-19)	May 8	May 8	April 1

<b>ARTICLES</b>	<b>English</b>	<b>Spanish</b>	<b>English-Canadian</b>
Advice for people at high risk	April 8 (reviewed June 18)	April 8 (reviewed June 18)	April 14 (reviewed June 18)
Caring for someone who is sick	April 8	April 8	April 14

<b>ARTICLES</b>	<b>English</b>	<b>Spanish</b>	<b>English-Canadian</b>
	(reviewed June 18)	(reviewed June 18)	(reviewed June 18)
Caring for yourself	April 8 (reviewed June 18)	April 8 (reviewed June 18)	April 14 (reviewed June 18)
Coping with cabin fever	April 13 (reviewed June 18)	April 14 (reviewed June 18)	N/A
Coping with loneliness	April 1 (reviewed June 18)	March 30 (reviewed June 18)	April 2 (reviewed June 18)
How to self-isolate	April 7	April 7	April 7
Keeping your home safe	April 8 (reviewed June 18)	April 8 (reviewed June 18)	April 14 (reviewed June 18)
Managing anxiety	March 23 (reviewed June 18)	March 23 (reviewed June 18)	March 23 (reviewed June 18)
Pregnant or Breastfeeding	August 15	April 8	April 14
Pushing back	March 24 (reviewed June 18)	March 24 (reviewed June 18)	March 24 (reviewed June 18)
Questions for teens	April 16	N/A	N/A
Should I get the virus	August 15	March 26	April 3
Slowing the spread	April 8 (reviewed June 18)	April 8 (reviewed June 18)	April 14 (reviewed June 18)
Social distancing	May 8 (reviewed June 18)	May 8 (reviewed June 18)	April 14 (reviewed June 18)
Staying safe in the hospital	April 9	April 9	N/A
Talking to kids	March 24 (reviewed June 18)	March 24 (reviewed June 18)	N/A
What can I do to help	April 8	April 8	April 8

Note: Items that have a “reviewed” date were reviewed but did not have any updates at that time.