

# COVID-19 Community Resources

Virtua Health is committed to providing our South Jersey communities with as much information about COVID-19 as possible—it's part of the way we fulfill our mission to help you be well, get well, and stay well. In addition to all of the comprehensive resources that we offer, we are sharing links from a number of dedicated companies and organizations that you may find helpful. Please note that while this list is meant to serve as an additional tool for our community, Virtua Health is, in most cases, not affiliated with the organizations and entities included.

## VACCINES

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### [Burlington County Vaccine Mega-Site](#)

Schedule an appointment to receive your COVID-19 vaccine at the Mega-Site, located in the former Lord & Taylor store at the Moorestown Mall.

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### [State of New Jersey Vaccine Assistance](#)

Resources on making an appointment for a COVID-19 vaccine in New Jersey.

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## RECOVERING FROM COVID

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### [Virtua Health Care After COVID Program](#)

If you are experiencing lingering, long-lasting symptoms weeks or months after recovering from COVID-19, our multidisciplinary program can help.

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## GOVERNMENT

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### [Centers for Disease Control and Prevention \(CDC\)](#)

A one-stop shop for all COVID-19 information, including symptoms, protecting yourself, and guidelines.

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### [State of New Jersey](#)

State hub of coronavirus information.

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### [Camden County](#)

COVID updates and information specific to Camden County residents.

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### [Burlington County](#)

COVID updates and information specific to Burlington County residents.

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### [Gloucester County](#)

COVID updates and information specific to Gloucester County residents.

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### [State of New Jersey, Department of Health](#)

Additional information for businesses and schools.

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### [New Jersey Testing Center Site Locator](#)

How to find a location to get tested for COVID-19.

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### [New Jersey Department of Education](#)

Updates on COVID-related information for schools.

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### [World Health Organization \(WHO\)](#)

A global update on COVID-19.

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## FOOD ACCESS

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### [Virtua Health Eat Well](#)

Virtua's Eat Well initiative provides access to fresh, healthy, and culturally relevant foods at below-market prices. Check [Facebook](#) and [Twitter](#) for updates on schedules and locations.

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### [Food Bank of South Jersey](#)

Learn about the many programs the Food Bank of South Jersey offers.

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### [Cathedral Kitchen](#)

Serving the Camden community.

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### [Jewish Family & Children's Service of Southern New Jersey](#)

The JFCS Betsy & Peter Fischer Food Pantries provide non-perishable food and personal care items to food-insecure households in Camden, Burlington, and Gloucester counties.

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### [Home Delivered Meals \(formerly Meals on Wheels\) of Camden County](#)

Home meal delivery for seniors living in Camden County.

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### [NJ Snap](#)

Find additional food and nutrition resources here.

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### [Feeding America](#)

Find a local food bank.

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# SENIORS

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## [Alzheimer's Association](#)

Coronavirus tips for caregivers.

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## [Food Bank of South Jersey](#)

Senior Program provides nutritious supplemental food boxes for low-income seniors living in public housing.

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## [National Council for Aging](#)

Important resources for older adults and caregivers.

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# SUPPORT FOR PEOPLE LIVING WITH A DISABILITY

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## [New Jersey Department of Human Services](#)

Division of Developmental Disabilities

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# MENTAL HEALTH, WELLNESS, & ADDICTION SUPPORT

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## [Center for Family Services](#)

COVID-19 updates and resources from Center for Family Services, which provides addiction and recovery, counseling, family and housing support, victim and trauma services, and early childhood education.

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## [The National Child Traumatic Stress Network \(NCTSN\)](#)

Helping families cope with the coronavirus.

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## [Catholic Charities of the Diocese of Trenton](#)

Mental health and addiction services.

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## [Enlightened Solutions Detox](#)

Holistic and medical detox on the Jersey Shore.

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## [New Jersey Department of Human Services](#)

Division of Mental Health & Addiction

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## [Alcoholics Anonymous](#)

Online and limited-capacity indoor and outdoor meetings are held across South Jersey.

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### [South Jersey Area of Narcotics Anonymous](#)

Online meetings are now available.

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### [Tips for Managing Anxiety About COVID-19](#)

How to cope with anxiety about coronavirus (COVID-19).

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### [Dealing with Grief in the “New Normal”](#)

How to deal with grief as the world begins to recover from COVID-19.

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### [U.S. Centers for Disease Control and Prevention](#)

Managing and coping with stress and anxiety.

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## Mobile Apps

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### [The Calm App](#)

Includes soothing sounds, instrumental music, exercise videos, and self-help videos on mindfulness, mediation, nutrition, sleep, etc. Calm is free to download. However, additional content is available via a paid subscription.

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### [The Shine App](#)

Encourages self-care via meditation, anecdotes, challenges, advice, and daily messages. Shine also offers a more personalized approach to health and wellness through their daily mental health check-in feature. Shine is free to download. However, additional content is available via a paid subscription.

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### [Ten Percent Happier](#)

Discover guided meditations and practical teachings you can carry anywhere.

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## FOR FAMILIES

### Help with School and Learning

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#### [Khan Academy](#)

An online resource for students, teachers, and parents that provides a free, world-class education for anyone, anywhere.

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#### [Oxford Owl](#)

Free e-books, math games, and activities for ages 3-11.

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#### [Amazing Educational Resources Facebook Group](#)

Join the Amazing Educational Resources Facebook educator community group to share internet teacher resources.

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### [OnlineFreeSpanish - A Fun Way to Learn Spanish](#)

Learning Spanish with OnlineFreeSpanish is entirely free. Enjoy access to dozens of games, coloring pages, and interactive activities that you can access anytime using tablets or desktops.

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## EMPLOYMENT & EDUCATION

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### [State of New Jersey Unemployment Benefits](#)

How to file for unemployment benefits due to COVID-19.

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### [State of New Jersey Business Portal](#)

Site for businesses to post open jobs.

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## BUSINESS ASSISTANCE

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### [Southern New Jersey Chamber of Commerce](#)

Resources and links for businesses and organizations.

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### [Burlington County Regional Chamber of Commerce](#)

Resources and links for businesses and organizations.

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### [Occupational Safety & Health Administration \(OSHA\)](#)

COVID-19 guidelines and federal regulations.

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### [State of New Jersey, Business FAQ](#)

Most recent guidance for businesses in New Jersey, including operations and economic assistance.

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### [State of New Jersey, Department of Health](#)

Guidelines for operating an essential retail business.

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### [U.S. Small Business Administration](#)

Guidance and loan resources.

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### [Burlington County Small Business Loan Program](#)

Working capital loans from the Burlington County Board of Freeholders and the Burlington County Bridge Commission.

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### [U.S. Chamber of Commerce](#)

A guide for small businesses to help survive COVID-19.

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## MORE FROM VIRTUA HEALTH

The finish line is in sight. With safe, effective vaccines and groundbreaking treatment being made available to our community - better days are ahead. At Virtua Health, we're here for you.

### [virtua.org/coronavirus](https://virtua.org/coronavirus)

- ▶ Get information and updates on the COVID-19 vaccine.
- ▶ Get answers to frequently asked questions about COVID-19 symptoms, self-care, and prevention.
- ▶ Connect with Virtua Health via chatbot or live chat.
- ▶ Access COVID-19 consultations, urgent care, and visits with our providers through a secure, online video conference.
- ▶ Find links to the Centers for Disease Control, New Jersey Department of Health, and other resources.
- ▶ Read more articles and tips from our experts to help you stay well.
- ▶ Watch videos to learn more about the importance of getting a COVID-19 vaccine, getting tested, and staying safe.
- ▶ See how the Virtua community has shown up in big ways to lift up patients, families, and staff throughout the crisis.
- ▶ Listen to the latest "Here for Good" Podcast.