

COVID-19 Community Resources

Virtua Health is committed to providing our South Jersey communities with as much information about the COVID-19 outbreak 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.

GOVERNMENT

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

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

[State of New Jersey](#)

State hub of coronavirus information.

[Camden County](#)

COVID updates and information specific to Camden County residents.

[Burlington County](#)

COVID updates and information specific to Burlington County residents.

[Gloucester County](#)

COVID updates and information specific to Gloucester County residents.

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

Additional information for businesses and schools.

[New Jersey Testing Center site locator](#)

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

[New Jersey Department of Education](#)

Updates on school closures and other COVID-related information.

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

A global update on COVID-19.

FOOD ACCESS

[Virtua Health Eat Well](#)

To better meet the needs of our community during this unprecedented time, Virtua's Eat Well initiative provides access to fresh, healthy, and culturally relevant foods at below-market prices. Check [Facebook](#) for updates on schedules and locations.

[Food Bank of South Jersey](#)

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

[Cathedral Kitchen](#)

Serving the Camden community.

[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.

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

Home meal delivery for seniors living in Camden County.

[NJ Snap](#)

Find additional food and nutrition resources here.

[Feeding America](#)

Find a local food bank.

[Food4Staff](#)

Food4Staff's mission is to provide meals to local hospital workers who are working tirelessly, as well as to generate business for local small business restaurants.

SENIORS

[Alzheimer's Association](#)

Coronavirus tips for caregivers.

[Food Bank of South Jersey](#)

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

[National Council for Aging](#)

COVID-19 resource center for older adults and caregivers.

SUPPORT FOR PEOPLE LIVING WITH A DISABILITY

[New Jersey Department of Human Services](#)
Division of Developmental Disabilities.

MENTAL HEALTH, WELLNESS, & ADDICTION SUPPORT

[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.

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

Helping families cope with the coronavirus.

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

Mental health and addiction services.

[Enlightened Solutions Detox](#)

Holistic and medical detox on the Jersey Shore.

[New Jersey Department of Human Services](#)

Division of Mental Health & Addiction.

[Alcoholics Anonymous](#)

Zoom meetings are now available.

[South Jersey Area of Narcotics Anonymous](#)

Online meetings are now available.

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

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

[What's Your Grief](#)

Taking care of your mental health during coronavirus.

U.S. Centers for Disease Control and Prevention
Managing stress and anxiety – stress and coping.

Helping children cope with emergencies

Podcasts

Coping with COVID-19 – How to Stay Happier and Calmer in Difficult Times.

Mobile Apps

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.

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.

Ten Percent Happier

Discover guided meditations and practical teachings you can carry anywhere.

FOR FAMILIES

Activities & Entertainment

New Jersey Family

New Jersey Family offers a plethora of free resources to keep kids learning and entertained during coronavirus shutdowns.

Jersey Family Fun

Jersey Family Fun offers great online resources for family fun and virtual events for kids.

Battleship New Jersey

Battleship New Jersey offers daily postings, photos, activities, and videos on their Facebook page.

[Mommy Poppins](#)

Mommy Poppins provides a Coronavirus guide for parents with hundreds of activities and resources.

[National Geographic Kids](#)

Explore science experiments, videos, articles, and more.

[National Science Foundation \(NSF\) Classroom Resources](#)

Classroom Resources offers a diverse collection of lessons and web resources for classroom teachers, their students, and students' families. Materials are arranged by subject area to help you quickly find resources in your interest area, and then use them to create lesson plans or at-home activities.

[The Franklin Institute](#)

If your child needs a science fix, The Franklin Institute has videos and many resources for parents and kids alike.

[Lunch Doodles with Mo Willems](#)

Doodle along with New York Times best-selling author and illustrator Mo Willems!

[How Stuff Works](#)

Curious about how things work? Enjoy educational YouTube videos exploring the world around us.

Help with School and Learning

[Khan Academy](#)

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

[Oxford Owl](#)

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

[Amazing Educational Resources Facebook Group](#)

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

[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.

[The 10 Best Free Online College Courses](#)

Information and links to online free college courses.

EMPLOYMENT & EDUCATION

[State of New Jersey Unemployment Benefits](#)

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

[State of New Jersey Business Portal](#)

Site for businesses to post open jobs.

BUSINESS ASSISTANCE

[Southern New Jersey Chamber of Commerce](#)

Resources and links for businesses and organizations.

[Burlington County Regional Chamber of Commerce](#)

Resources and links for businesses and organizations.

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

COVID-19 guidelines and federal regulations.

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

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

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

Guidelines for operating an essential retail business.

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

Guidance and loan resources.

[Burlington County Small Business Loan Program](#)

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

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

A guide for small businesses to help survive the pandemic.



MORE FROM VIRTUA HEALTH

Virtua Health is your resource for up-to-the-minute information about COVID-19, and we're also the place to see how our community is lifting up others throughout this crisis. Stay connected with us through:

virtua.org/coronavirus

- ▶ Get answers to frequently asked questions about COVID-19 symptoms, self-care and prevention.
- ▶ Ask a Virtua Health personal navigator coronavirus questions via online chat.
- ▶ Access COVID-19 consultations and other types of care via eVisits, a secure, convenient online care from a healthcare provider via video conferencing, similar to FaceTime and Skype.
- ▶ Get current information on patient visitation, site closures, and cancellations.
- ▶ 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 while you stay home.
- ▶ Watch videos featuring our leaders to learn more about COVID-19 testing and the vital importance of continuing to practice social distancing and staying home.
- ▶ 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.