

COVID-19: Important Resources

- **Coronavirus Guidelines for America:** The White House Coronavirus Task Force issued guidelines – [15 Days to Slow the Spread \(Español\)](#)– to help protect all Americans during the global Coronavirus outbreak. Even if you are young and otherwise healthy, you are at risk—and your activities can increase the risk of contracting the Coronavirus for others. Everyone can do their part. The recommendations are simple to follow but will have a resounding impact on public health.
- **Up-To-Date Information:** The most up-to-date, verified information and guidance can be found via the Centers for Disease Control and Prevention Coronavirus Disease 2019 website – www.coronavirus.gov. The Coronavirus Task Force holds frequent briefings, which can be viewed live [here](#).
- **Coronavirus Fact vs. Myth:** Rumors can easily circulate within communities during a crisis. FEMA setup a [website](#) to help the public distinguish between rumors and facts regarding the response to the coronavirus pandemic.
- **Fraud & Scam Protection:** The Department of Justice is remaining vigilant in detecting, investigating, and prosecuting wrongdoing related to the crisis. Find out how you can protect yourself and helpful resources on DOJ's Coronavirus Fraud Prevention [website](#). The Federal Trade Commission has also established a [website](#) with helpful information to help consumers avoid coronavirus-related scams.
- **Social Media Resources:** Download the [Apple COVID-19 Screening Tool](#). Follow the White House on [Twitter](#) and [Facebook](#). Also follow HHS ([Twitter/Facebook](#)) and CDC ([Twitter/Facebook](#)) You can also find informational videos from Coronavirus Task Force members on mitigation, social distancing, etc. on the White House's [YouTube](#) page.
- **Mental Health Resources:** Natural disasters – including such pandemics as the coronavirus outbreak – can be overwhelming and also can seriously affect emotional health. The Substance Abuse and Mental Health Administration's (SAMHSA) Disaster Distress Helpline – 1-800-985-5990 (or text TalkWithUs to 66746) – provides 24/7, 365-day-a-year crisis counseling and support to anyone who is seeking help in coping with the mental or emotional effects caused by developments related to the coronavirus pandemic. Learn more about the Disaster Distress Helpline [here](#).
- **Administration Actions and Federal Agency Resources:** USA.gov is cataloging all U.S. government activities related to coronavirus. From actions on health and safety to travel, immigration, and transportation to education, find pertinent actions [here](#). Each Federal Agency has also established a dedicated coronavirus website, where you can find important information and guidance. They include: Health and Human Services ([HHS](#)), Centers of Medicare and Medicaid ([CMS](#)), Food and Drug Administration ([FDA](#)), Department of Education ([DoED](#)), Department of Agriculture ([USDA](#)), Small Business Administration ([SBA](#)), Department of Labor ([DOL](#)), Department of Homeland Security ([DHS](#)), Department of State ([DOS](#)), Department of Veterans Affairs ([VA](#)), Environmental Protection Agency ([EPA](#)), Department of the Interior ([DOI](#)), Department of Energy ([DOE](#)), Department of Commerce ([DOC](#)), Department of Justice ([DOJ](#)), Department of Housing and Urban Development ([HUD](#)), Department of the Treasury ([USDT](#)), Office of the Director of National Intelligence ([ODNI](#)), and U.S. Election Assistance Commission ([EAC](#)).