

CORONAVIRUS (COVID-19) INFORMATION RESOURCES FOR PERSONAL CLIENTS

There's new information and guidance about this pandemic every day. We're helping our clients and their families stay prepared and informed to combat the virus with a database of accurate and vetted information resources. We're continually monitoring and updating our service to ensure that as this pandemic evolves, we do too. We'll make sure you're prepared for each new day.

VETTED AND VALID CORONAVIRUS INFORMATION

It is more important now than ever to be relying on accurate information. We are committed to providing all GIS personal clients with information that comes from trusted sources including the CDC, NIH, and more — and we're continually reviewing resources for accuracy and timeliness. As the coronavirus situation evolves rapidly, we make sure you have the most important information for your family, instantaneously.



CURATED AND DIGESTIBLE RESOURCES



In such a stressful moment for us all, having access to clear and easy-to-understand resources is vital, both for your safety and for the health and wellbeing of your entire family. All of our information resources surrounding coronavirus are designed to be communicated simply — giving you access to the details you need to ensure your family stays safe during this pandemic without overwhelming or confusing you.

CLEAR AND UPDATED ROADMAPS

Expert recommendations are changing by the hour, and it can be overwhelming to keep up. Rather than asking you to piece together scattered and disjointed information, we give you clear next steps to take in these uncertain times. We're taking the burden off your shoulders, monitoring updates and providing you with clear roadmaps, all guided by the experts. From providing recommendations on how to plan for and endure a quarantine to what to do if someone in your family is sick, we're here to help.





COVID-19: OUR APPROACH

PLAN

Making a plan for coronavirus will help save time and stress. Knowing what to expect and how to prepare is the first step. We help your family and loved ones develop a coronavirus action plan guided by expert-led research and real-time updates. From developing healthy eating and exercise habits to ensuring everyone stays productive and positive, we'll help you plan for all scenarios. As we all practice social distancing and self-quarantining, we're here to help your family develop a roadmap to endure this pandemic.

RESPOND

What do you need to do if you're worried that someone in your family has coronavirus? Who should you contact? How should you respond and what should you expect? We know there's a lot of uncertainty so we help you respond with a clear mind even in these stressful circumstances. As you continue to face the unexpected, we'll provide you with resources to respond proactively and intelligently while also helping you manage your own stress and worry.

MANAGE

This pandemic has required you to manage a lot. If someone in your family is diagnosed with coronavirus, you must manage symptoms and limit the spread of the virus to your loved ones. We help you take informed steps to prioritize the health of your family even in uncertain circumstances. And, managing your health also includes your mental health and wellbeing. As we help you manage the virus, we're also there to help your family manage feelings of fear, stress, uncertainty that you may be feeling right now.

SUPPORT

As this pandemic develops, we're all looking to the future. What happens after someone in your family has had the coronavirus? How do you make sure everyone is healthy again? How does your family rebuild after a pandemic? How do you ensure that everyone's physical and mental health are intact? The resources we provide from coronavirus experts and trusted sources will help you find the answers you're looking for.



COVID-19: OUR SOLUTION

INDIVIDUAL & FAMILY: MANAGE

- > Sick Family Member
- > Work/Community Life
- > Life In Quarantine
- > Mental Health

LIFE IN QUARANTINE

In order to help prevent the spread of COVID-19 you may find yourself, and your family, practicing social distancing or a period of quarantine. This time may be different, and even have its own difficulties, but it can still be a special time together. Below you will find resources to help pass the time and facilitate learning while your children are at home. Also, make sure to check within your community for food services offering free meals for children and families.

What Is Quarantine
▼

Exercise
▼

Virtual Tours
▼

Activities For Kids ▼

This mom provides an abundance of activity ideas for children of all ages. She also helps provide scheduling ideas and educational activities to help make the day speed by.

GoNoodle provides movement and mindfulness activities for children to do at school or even at home. Children can keep moving with fun dances and even practice fun yoga and breathing exercises.

Mo Willems is a beloved children's author. While children find themselves at home during COVID-19 Mo will be doing some fun doodles to keep them entertained.

THE BUSY TODDLER

GONOODLE

LUNCH TIME DOODLERS