

COVID-Coping Resources

Today's global pandemic has changed everything, leaving millions of people isolated and in fear. But the COVID-19 crisis also has revealed an enormous reservoir of empathy, kindness, and the desire to help among our friends, neighbors, and complete strangers. We are all in this together – and working together is how we'll all get through.

Toward that end, TRAIL will continue to make available to its members and friends a variety of COVID-related resources to help you cope with the crisis. Below you will find links to documents and resources ranging from local food-delivery resources, to health and wellness tips, to ways to stay active and engaged. We will update this list periodically as the situation evolves.

Also note that if you are feeling unusually stressed, [Iowa Concern](#) provides free, 24/7 access to stress counselors, as well as information and referral services for a wide variety of topics. Their toll-free number is (800) 447-1985.

Please stay safe and stay in touch, and TRAIL will do the same – today and when COVID at last subsides.

Weekly COVID updates (Carver College of Medicine student project)

Local food resources

Local meal prep and delivery options

COVID fraud and scam alerts

COVID consumer tips

Social distancing explained

Tips for older adults to stay healthy

CDC advice to stop the spread

Social connectedness resources

Mask-wearing advice (infographic)