General Information: COVID-19
- What is the 2019 Novel Coronavirus (COVID-19)?
- What is a novel coronavirus?
- What is the source of COVID-19?
- What are the symptoms and complications of COVID-19?
- I am feeling very anxious and worried given all of the unknowns about COVID-19’s impact and spread. Is this normal? What can I do to take care of myself?
- Why might someone blame or avoid individuals and groups (create stigma) because of COVID-19?

Transmission
- Who is susceptible to COVID-19?
- How does COVID-19 spread?
- Should I be tested?
- What is an antibody test? Can I get a COVID-19 antibody blood test?
- What should I do if I have close contact with a person who is diagnosed with COVID-19 infection?
- How do I self-quarantine?
- Should I be concerned about spread of the virus through food, food containers, or handling packages?
- Am I at greater risk of COVID-19 if I smoke or vape?

Illness Prevention
- What can I do to help stop the spread of colds, flu and/or the coronavirus?
- Do I need to wear a mask?
- Should individuals with an underlying health condition isolate themselves to minimize their risk of being infected with the coronavirus?
- Should I be cleaning my house, residence hall, apartment, etc. with industrial-strength cleaning solutions?
- How do I clean my cell phone?
- What do I do if someone I’m living with is sick?
- Should I be concerned about pets/animals and COVID-19?

Travel Information & Country-Specific Precautions
- What are the current global travel advisories?
- Should I travel within the US or change my travel plans?
- What if I recently traveled to a high-risk area?
- What are the enhanced precautions recommended for travel?

Domestic & Local Updates
- How many cases of COVID-19 are there in the United States?
- How many cases of COVID-19 are there in New Hampshire? In Durham?
- Where can I get more information on the virus and what UNH is doing to protect the community?

COVID-19: Glossary of Terms

Additional Resources
General Information: COVID-19

Q: What is the 2019 Novel Coronavirus (COVID-19)?

A: The 2019 Novel Coronavirus (SARS-CoV-2) is a respiratory virus first identified in Wuhan, Hubei Province, China responsible for the COVID-19 illness. Learn about COVID-19.

Q: What is a novel coronavirus?

A: Human coronaviruses are common worldwide. Common human coronaviruses usually cause mild to moderate upper-respiratory tract illnesses, like the common cold. A novel coronavirus (CoV) is a new coronavirus that has not been previously identified.

Q: What is the source of COVID-19?

A: “The SARS-CoV-2 virus is a betacoronavirus, like MERS-CoV and SARS-CoV. All three of these viruses have their origins in bats. The sequences from U.S. patients are similar to the one that China initially posted, suggesting a likely single, recent emergence of this virus from an animal reservoir. However, the exact source of this virus is unknown. More information about the source and spread of COVID-19 is available on the Situation Summary: Source and Spread of the Virus.”

Q: What are the symptoms and complications of COVID-19?

A: People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. Read more about COVID-19 Symptoms here.

If you are experiencing any of these symptoms, self-isolate and call your Primary Care Provider (PCP) or other health care clinician for guidance:

- UNH Durham Campus, please call (603) 862-9355 to speak with a UNH Health & Wellness staff member.
- UNH Manchester and School of Law: Please contact your Primary Care Physician or local Urgent Care Clinic.

Q: I am feeling very anxious and worried given all of the unknowns about COVID-19’s impact and spread. Is this normal? What can I do to take care of myself?

A: Feeling anxious, stressed, scared, and/or worried are normal reactions to the unknowns about a new virus, what we see and hear around us, and things that feel outside of our control. These emotions can help motivate us to be informed and take actions to protect ourselves and others:
• Get adequate sleep, eat well, move your body, do some things that help to relax your body and mind—these actions also strengthen our immune systems!
• Know the facts about the virus and getting accurate information from reliable sources.
• Take breaks from media, including social media.
• Acknowledge your feelings instead of suppressing them. It can be helpful to write down your feelings and list what is making you feel this way. Acknowledging feelings also includes acknowledging how others feel. Telling yourself or others not to worry, be stressed, or panic only tends to make ourselves and others feel worse.
• Visit Harvard’s resource, “Managing Fears and Anxiety around the Coronavirus (COVID-19),” for more self-care ideas.
• UNH Health & Wellness has virtual wellness programming and telehealth services (clinical and wellness education/counseling appointments) available to support students’ self-care.

If you find the emotions you are experiencing are impacting your daily life and functioning, reach out for help:
• Students at UNH-Durham can contact Psychological and Counseling Services (PACS) 603-862-2090.
• Students at UNH-M can contact The Mental Health Center of Greater Manchester (MHCGM) on campus (603) 641-4170 or directly (603) 668-4111.
• Students at UNH Franklin Pierce School of Law can contact Riverbend Community Mental Health 603-228-1600 for an appointment or if crisis 1-844-743-5748.
• Employees can contact the Employee Assistance Program (EAP) 1-800-424-1749.
• The Suicide Prevention Lifeline is available for those in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals: 1-800-273-8255.

Q: Why might someone blame or avoid individuals and groups (create stigma) because of COVID-19?
A: “People in the U.S. may be worried or anxious about friends and relatives who are living in or visiting areas where COVID-19 is spreading. Some people are worried about the disease. Fear and anxiety can lead to social stigma, for example, towards Chinese or other Asian Americans or people who were in quarantine.

Stigma is discrimination against an identifiable group of people, a place, or a nation. Stigma is associated with a lack of knowledge about how COVID-19 spreads, a need to blame someone, fears about disease and death, and gossip that spreads rumors and myths. Stigma hurts everyone by creating more fear or anger towards ordinary people instead of the disease that is causing the problem.

People can fight stigma and help, not hurt, others by providing social support. Counter stigma by learning and sharing facts. Communicating the facts that viruses do not target specific racial or ethnic groups and how COVID-19 actually spreads can help stop stigma.”

If you have observed or experienced an incident of bias or hate, discrimination and/or harassment, please report the incident using the report it! form or contact the Affirmative Action and Equity Office at affirmaction.equity@unh.edu or (603) 862-2930 Voice / (603) 862-1527 TTY / 7-1-1 Relay NH.

Transmission of COVID-19

Q: Who is at risk of catching COVID-19?
A: “People of all ages can be infected by COVID-19. Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.”

Everyone should take steps to protect themselves from the virus, for example by washing their hands often and covering coughs and sneezes.
Q: How does COVID-19 spread?

A: “The virus that causes COVID-19 is thought to spread mainly from person to person, mainly through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Spread is more likely when people are in close contact with one another (within about 6 feet).

COVID-19 seems to be spreading easily and sustainably in the community (“community spread”) in many affected geographic areas. Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.”

While it is known that COVID-19 is most easily transmitted when someone is symptomatic, there is evidence that it is possible for people who do not show symptoms to transmit the illness as well. There is some evidence that COVID-19 can spread through touching infected surfaces and from pets/other animals to people, but the risk is considered to be considerably lower than through respiratory transmission. Learn more about transmission here.

Q: Should I be tested?

A: UNH Health & Wellness is following the updated New Hampshire Division of Public Health guidelines for COVID-19 testing which states that healthcare providers can test any patient for COVID-19 with or without symptoms.

Anyone who is a resident of New Hampshire can be tested without a referral from a health care clinician and regardless of whether or not they are showing symptoms of COVID-19. Residents can reserve tests through the state’s website, nh.gov/covid19. Tests are available regardless of a person’s insurance status. For more information about testing, visit NH DHHS. For a list of test sites in NH, click here. For a map of sites, click here.

If you believe you are a candidate for testing living outside of NH or are a NH resident and have questions, please contact your PCP or Health & Wellness at (603) 862-9355 for further guidance.

Individuals who have mild symptoms should self-isolate until at least 10 days have passed since the onset of symptoms, and at least 72 hrs. have passed since their recovery.

Q: What is an antibody test? Can I get a COVID-19 antibody blood test?

“Antibody testing checks a sample of a person's blood to look for antibodies to SARS-CoV-2, the virus that causes COVID19. These antibodies are produced when someone has been infected, so a positive result from this test indicates that person was likely previously infected with the virus.”

According to the NH Department of Health & Human Services, “antibody-based tests are now available through commercial laboratories for the detection of antibodies against SARS-CoV-2. Antibody tests should not be used to diagnose acute COVID-19 infection because it can take about 2 weeks after infection for antibody tests to be positive. It is not yet known if a person with a positive antibody test is protected from future SARS-CoV-2 infection or has the potential to infect others. Individuals who test positive for COVID-19 antibodies will be contacted by the Division of Public Health.”

You can schedule an appointment for antibody testing through ClearChoiceMD. Most insurers cover the test, according to NH Gov. Sununu, and the state has a contract to pay for tests that are not covered and for people who are uninsured. Walk-in care centers are available at locations in Alton, Belmont, Epping, Goffstown, Hooksett, Lebanon, Portsmouth, Tilton and Lincoln.

Q: What should I do if I have close contact with a person who is diagnosed with COVID-19 infection?

A: If you come into close contact with a person who is later diagnosed with COVID-19 infection, the Centers for Disease Control (CDC) and the New Hampshire Department of Health and Human Services (DHHS) recommend:
• The contact will be advised to begin a 14-day self-quarantine with monitoring for symptoms of illness. They are to practice physical distancing (>6ft). If a significant fever (temperature >100.4), cough or shortness of breath were to develop, they should call their PCP or UNH Health & Wellness for guidance. According to NH DHHS, “household members such as family members, including children, of quarantined individuals are not required to quarantine. As long as they remain asymptomatic, they can leave the home and can go to public places like school and work. If the person being quarantined develops illness, household members must then also stay home and self-isolate.”

• Anyone who has contact with asymptomatic contacts are considered at low risk. No self-quarantine is recommended or required. Self-monitoring for symptoms is advised. If significant fever (temperature >100.4), cough or shortness of breath were to develop, they should call their PCP or UNH Health & Wellness for guidance.

• Travelers returning from countries with CDC risk category Level 3 or higher are advised to maintain 14-day self-quarantine with monitoring for symptoms of illness. They are to practice physical distancing (>6ft) and should not come to campus. If significant fever (temperature >100.4), cough or shortness of breath were to develop, they should call their PCP or UNH Health & Wellness for guidance.

Q: How do I self-quarantine?

A: Self-quarantine means that you practice caution for 14 days after having contact with someone who is sick to see if you develop symptoms. For 14 days:

• Stay at home with social restrictions. Do not go to work, classes, or other social activities. Avoid activities in public.
• If possible, use a separate bathroom from “household members”.
• If around, other people, practice physical distancing (about 6 feet or 2 meters).
• Do not take public transportation, taxis, or ride shares.
• Self-monitor for fever (>100.4F), cough, and/or shortness of breath. If you experience symptoms, call Health & Wellness at 603-862-9355, your primary care physician, or a local urgent care clinic for guidance.
• As long as you remain asymptomatic, other “household members” can leave the home and can go to public spaces like school and work. If the person in self-isolation develops symptoms, “household members” must then also stay home and self-isolate.

Q: Should I be concerned about spread of the virus through food, food containers, or handling packages?

A: “Coronaviruses are generally thought to be spread from person-to-person through respiratory droplets. Currently there is no evidence to support transmission of COVID-19 associated with food. Before preparing or eating food it is important to always wash your hands with soap and water for 20 seconds for general food safety.

In general, because of poor survivability of these coronaviruses on surfaces, there is likely very low risk of spread from food products or packaging. Learn what is known about the spread of COVID-19.” Learn more about food safety and availability here.

Q: Am I at greater risk of COVID-19 if I smoke or vape?

A: There is currently no peer-reviewed research linking smoking with higher rates of COVID-19. Some risk is associated with the act of touching one’s fingers to their lips during the act of smoking, as well as by sharing vape devices. According to the WHO, “smoking any kind of tobacco reduces lung capacity and increases the risk of many respiratory infections and can increase the severity of respiratory diseases. COVID-19 is an infectious disease that primarily attacks the lungs. Smoking impairs lung function making it harder for the body to fight off coronaviruses and other respiratory diseases. Available research suggests that smokers are at higher risk of developing severe COVID-19 outcomes and death.” Medical researchers and health providers are recommending that those who smoke or vape work to reduce or quit their consumption of nicotine and/or marijuana to lower their risks and protect their
lungs. Health & Wellness is here to support anyone who is interested in reducing or quitting their use. Learn more about options and resources for quitting by visiting our Nicotine webpage. Students may also schedule free telehealth appointments for Wellness Education/Counseling online and utilize our many virtual programs for additional support.

**Illness Prevention**

**Q: What can I do to help stop the spread of colds, flu and/or the coronavirus?**

A: Everyone can do their part to help respond to this emerging public health emergency by following the CDC recommendations for everyday preventive actions to help prevent the spread of respiratory viruses (colds, flu, Coronavirus), including:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based (at least 60% alcohol) hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home and avoid public places (i.e. physical distancing) in accordance to your State directive.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid being within 6 feet (close contact) of any person, but especially anyone who is sick.
- Do not share drinks, smoking/vaping devices, or other utensils or objects that may transmit saliva.
- Clean and disinfect frequently touched objects and surfaces. Read CDC's interim environmental cleaning and disinfection recommendations for community members and people isolated in home care.

**Q: Do I need to wear a mask?**

A: Yes, the CDC recommends wearing a mask or other nose/mouth covering in public. The reasoning is that COVID-19 may be spread from person to person whether someone is symptomatic or not. Therefore, anyone may be potentially contagious, including yourself. Correct mask use, combined with physical distancing (>6ft), may protect others from any unintentional spread of infection.

Please also note that the Town of Durham has issued an order requesting all residents, visitors, employees and passersby in town wear cloth face coverings when outside the home to help slow the spread of COVID-19.

To learn more about this recommendation and how to make your own mask, visit the CDC's website:

![Source: CDC](https://www.cdc.gov)

**Q: Should individuals with an underlying health condition isolate themselves to minimize their risk of being infected with the coronavirus?**

A: “If you are at higher risk of getting very sick from COVID-19, you should: stock up on supplies; take everyday precautions to keep space between yourself and others; when you go out in public, keep away from others who are sick; limit close contact and wash your hands often; and avoid crowds, cruise travel, and non-essential travel. If there is an outbreak in your community, stay home as much as possible. Watch for symptoms and emergency signs. More
information on how to prepare, what to do if you get sick, and how communities and caregivers can support those at higher risk is available on People at Risk for Serious Illness from COVID-19

Health & Wellness is prepared to partner with students’ medical providers to discuss specifics. If you are on the UNH Durham campus, Health & Wellness has Health Resource Nurses who serve as the contact point for concerned students, and students can contact them for information and guidance by calling (603) 862-9355. If you are on UNH Manchester or School of Law campuses, please contact your primary care physician or local Urgent Care Clinic. Employees with an underlying health condition should work with their healthcare provider for information and guidance.

Q: Should I be cleaning my house, residence hall, apartment, etc. with industrial-strength cleaning solutions?
A: Perform routine environmental cleaning. Clean and disinfect frequently touched objects and surfaces (e.g., doorknobs, light switches, countertops). Read CDC’s interim environmental cleaning and disinfection recommendations and Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes for community members and people isolated in home care. Use all cleaning products according to the directions on the label.

If you live on campus, in order to avoid the risk of a chemical reaction with disinfectants being used by UNH Facilities, Housing and Dining, please do not purchase or bring any cleaning agents for use on campus, particularly chlorine-based products, without prior approval from Environmental Health and Safety.

Q: How do I clean my cell phone?
A: The CDC recommends the following for preventing the spread of infectious diseases: “Use disinfecting wipes on electronic items that are touched often, such as phones and computers. Pay close attention to the directions for using disinfecting wipes. It may be necessary to use more than one wipe to keep the surface wet for the stated length of contact time. Make sure that the electronics can withstand the use of liquids for cleaning and disinfecting.”

Q: What do I do if someone I’m living with is sick?
A: If your roommate or someone you have frequent/close contact with is sick:
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available. Avoid touching your eyes, nose, and mouth with unwashed hands.
- Don’t share household items like towels, eating utensils, dishes, cups, etc.
- Clean common surfaces, such as doorknobs, handles, room surfaces, light switches etc. Use a standard household disinfectant. Wash your hands after cleaning the area.
- Be helpful, but protect yourself. You can still care for your roommate. You can offer to pick up some Kleenex or get them a meal, but try to avoid close contact with your sick roommate.

Remind sick roommates to self-isolate and prevent others from getting sick. The sick person should remember to cover coughs and sneezes and to wash hands frequently (especially after coughing, sneezing, or disposing of used tissue in the trash). The sick person should also wear a mask any time there is close contact (within six feet) of others or when using common areas, like a shared bathroom. If your sick roommate is not covering sneezes and coughs, you should consider wearing a mask when you are within close proximity (within six feet).

Following these precautions will decrease your risk of becoming ill, but if you are sharing space with someone who is sick, you should monitor yourself and limit contact with others. If you develop fever (>100.4F, cough, shortness of breath) after contact with the sick person,
- UNH Durham: Contact Health & Wellness, 603-862-9355 for information and care.
UNH Manchester & School of Law: Contact your PCP or local Urgent Care Center.

Q: Should I be concerned about pets/animals and COVID-19?
A: There are very few reports of animals with confirmed cases of COVID-19 worldwide. The CDC does not recommend routine testing of animals. “There is no evidence that pets play a significant role in spreading the virus in the United States. Therefore, there is no justification in taking measures against companion animals that may compromise their welfare.” For prevention recommendations and further information about caring for your pets while sick, please visit the CDC website.

Travel Information & Country-Specific Precautions

Q: What are the current global travel advisories?
A: Travel advisories from the CDC include:
- Level 3 Travel Warning: avoid all nonessential international travel due to widespread community transmission of COVID-19 illness.
- For the most recent alerts, check the U.S. State Department website and the CDC website.

Q: Should I travel within the US or change my travel plans?
“Travel increases your chances of getting and spreading COVID-19. We don’t know if one type of travel is safer than others; however, airports, bus stations, train stations, and rest stops are all places travelers can be exposed to the virus in the air and on surfaces. These are also places where it can be hard to social distance (keep 6 feet apart from other people). Read CDC’s travel considerations here.

Keep in mind that many states and cities are implementing stay-at-home orders. Check in with your local government to find out what the requirements are for your area.

Q: What if I recently traveled to a high-risk area?
A: If you spent time in high risk area during the past 14 days:
- Stay home for 14 days from the time you return from travel, monitor your health and practice physical distancing (>6ft). Physical distancing means staying out of crowded places, avoiding group gatherings, and maintaining distance (> 6 feet or 2 meters) from others when possible.
- If you get sick with fever (100.4°F/38°C or higher), cough, or have trouble breathing
  - Seek medical advice. Call ahead before you go to a doctor’s office or emergency room.
  - Tell your doctor about your recent travel and your symptoms.
  - Avoid contact with others.
- Do not travel while sick.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Soap and water should be used if hands are visibly dirty.

Q: What are the enhanced precautions recommended for travel?
A: Because older adults and those with chronic medical conditions may be at higher risk for severe disease, people in these groups should discuss travel with a healthcare provider and consider postponing nonessential travel.

If you must travel abroad, take the following steps:
- Avoid contact with sick people.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
• Clean your hands often by washing them with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer that contains at 60%–95% alcohol. Soap and water should be used if hands are visibly dirty.
• Travelers should monitor their health during travel and after travel and limit interactions at large gatherings with other for 14 days after returning to the United States.

Domestic & Local Updates

Q: How many cases of COVID-19 are there in the United States?
A: With the evolving nature of the virus in the United States, check here for updated information regarding the coronavirus in the U.S.

Q: How many cases of COVID-19 are there in New Hampshire?
A: NH Division of Public Health Services provides the number of positive, possible, and fatal cases in NH, at https://www.nh.gov/covid19.

Q: Where can I get more information on the virus and what UNH is doing to protect the community?
A: Refer to the UNH COVID-19 Updates and Resources page and/or the Health & Wellness Health Alerts page.

COVID-19: Glossary of Terms

The following is a list of terms used widely with regard to COVID-19.

Flattening the curve (Harvard): refers to the epidemic curve, a statistical chart used to visualize the number of new cases over a given period of time during a disease outbreak. Flattening the curve is shorthand for implementing mitigation strategies to slow things down, so that fewer new cases develop over a longer period of time. This increases the chances that hospitals and other healthcare facilities will be equipped to handle any influx of patients.

Isolation vs. quarantine: both help protect the public by preventing exposure to people who have or may have a contagious disease.
• Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.
• Isolation separates sick people with a contagious disease from people who are not sick.

Social distancing vs. Physical distancing: The CDC defines social distancing as "remaining out of congregate settings, avoiding mass gatherings and maintaining distance (> 6 feet) from others when possible." Examples include working from home, closing schools, canceling large gatherings.

Health & Wellness has recently begun using the term “physical distancing” rather than social distancing to acknowledge that we need social connection (virtually and safely) even as we work to keep ourselves and others healthy through physical distance.

Close contact (CDC): a) being within approximately 6 feet (2 meters), of a person with COVID-19 for a prolonged period of time (such as caring for or visiting the patient; or sitting within 6 feet of the patient in a healthcare waiting area or room); or b) having unprotected direct contact with infectious secretions or excretions of the patient (e.g., being coughed on, touching used tissues with a bare hand).
Factors for consideration include the duration of exposure (e.g., longer exposure time likely increases exposure risk), clinical symptoms of the patient (e.g., coughing likely increases exposure risk) and whether the patient was wearing a facemask (which can efficiently block respiratory secretions from contaminating others and the environment).

Data are insufficient to precisely define the duration of time that constitutes a prolonged exposure. However, until more is known about transmission risks, it is reasonable to consider an exposure greater than 15 minutes as a prolonged exposure. Brief interactions are less likely to result in transmission; however, clinical symptoms of the patient and type of interaction remain important.

**Shelter-in-Place vs. Stay-at-Home Order**

As defined by NH Governor Chris Sununu, shelter-in-place restricts people from leaving their home. Public transportation and other forms of transit shut down and state borders close.

In April, many states and cities including NH, New York City, and California, issued stay-at-home orders (NOT shelter-in-place orders). During a stay-at-home order, people should not leave their homes unless absolutely necessary; nonessential businesses must close; gatherings, play dates for kids, and travel should be avoided; physical distancing (staying more than 6 feet from others). should be practiced.

Some states are beginning to lift stay-at-home order and restrictions on certain industries and businesses. Check with your state’s Health Department for local updates. NHPR has provides an easy-to-read guide on what’s open and what’s not in New Hampshire.

**Community Spread**: Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

**Additional Resources**

- [Additional Frequently Asked Questions](https://www.cdc.gov) (CDC)
- [Official U.S. Coronavirus Website](https://www.whitehouse.gov) (FEMA, White House, CDC)
- [State of NH Public Health Guidance](https://www.nh.gov) (NH Department of Health & Human Services)
  - NH Residents can call 2-1-1 with questions
- [Latest News from NH Governor Sununu](https://www.nh.gov)
- [COVID-19 Advice for the Public](https://www.who.int) (World Health Organization)
- [FAQ: Medicines, testing, food, animals, etc.](https://www.fda.gov) (Food & Drug Administration)
- [Travel Notices Related to COVID-19](https://www.cdc.gov) (CDC)
- [Smart Travelers Enrollment Program (STEP)](https://www.state.gov) (U.S. Department of State)
- [Coronavirus Resource Center](https://coronavirus.jhu.edu) (Johns Hopkins University)
- [Suicide Prevention Lifeline]: 1-800-273-8255