A List of Tools

How to Track Where The Virus is Right Now

(Preparing You for the New Normal)

NEW Section: Your Mental Health in the Age of the Virus

Collection of Resources, Information & Tools (listed as resource links)

1. Subscribe for Updates

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2. Disclaimer

This website/file may contain information or link out to information about medical conditions and treatments. The information is not advice, and should not be treated as such. We bear no responsibility for any decisions or actions taken resulting from information found here, nor do we claim that any of it is complete, true, accurate, up-to-date, or non-misleading. Use and re-use it at your own risk!

Click the links below to see the list

TRACKING THE VIRUS (click here)

Coronavirus app

- **Johns Hopkins CSSE map**
- Baidu map
- **Health Map**

Tracking Simulator

(showing what exponential growth looks like)

Additional resources

FACT CHECKING RESOURCES (here)

125 fact-checks starting with most recent

Conspiracy Theories and Predictions

Memes and Misinformation

Origins and Treatments

U.S. Government Response

International Response

Common false claims and facts

News & Updates

Where the reporters look for resources

How to SPOT fake videos

MOST COMMON QUESTIONS (click here)

How many have died from coronavirus?

Current cases in USA?

What are the symptoms of coronavirus?

How is coronavirus spread?

Where is the coronavirus?

How did the coronavirus start?

Is there a cure for coronavirus?

How long does coronavirus last?

What is the virus like in other countries?

Facebook post with comments

GENERAL VIRUS DETAIL (new)   (click here)

What Flatten The Curve means?

What stopping the spread means?

In-depth info, includes videos, visuals, advice

Symptom Testing

Steps to help prevent the spread if you are sick

People in the high-risk category

Corona virus resource kit

Resource kit - specific geographic sections

MENTAL HEALTH (click here)

Resources for anxiety and your mental health

SANE - Mental health warning signs

Tips for maintaining your mental health

Mindfulness Guide for the Frazzled

Healthcare app, Ask-Talk-Get health checks

Community supporting the mental health of the self-employed

Combating burnout, isolation, and anxiety in the remote workplace

9 Ways to Make Working At Home Joyful

Your Mind Plan - quiz

Tracking the virus

1. Johns Hopkins CSSE map

This online dashboard from Johns Hopkins uses CDC and WHO data to track the outbreak in real time. https://gisanddata.maps.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6

2. Health Map

This map also tracks outbreaks of the virus, but it uses AI to scrape posts on news sites and social media to create a heat map of the virus, which can be useful to health officials.
https://www.healthmap.org/wuhan/

3. Coronavirus app

This app from two French expats in Taiwan has a useful breakdown of infections, deaths, and recoveries by region. https://coronavirus.app/map?mode=infected

4. Baidu map

Chinese search engine Baidu has created an epidemic map alongside its normal map, which shows real-time locations of confirmed and suspected coronavirus cases.

Check out the Baidu map here. https://play.google.com/store/apps/details?id=com.baidu.BaiduMap&hl=en_US

1-4 **originally published by [Business Insider](#).**

Additional resources for tracking the virus include

This page from the US Centers for Disease Control and Prevention
 https://www.who.int/emergencies/diseases/novel-coronavirus-2019 and another from the WHO.
These websites list up to date news on the spread of the virus as well as situation reports and maps of infected areas. https://www.worldometers.info/coronavirus/#countries

Researchers from the University of Oxford, Harvard Medical School, Boston Children's Hospital and Northeastern University have also launched a virus tracking website https://www.healthmap.org/covid-19/ with real-time updates

Microsoft's search tool Bing has launched its own web portal to track the spread of coronavirus globally. It also links to news articles. https://bing.com/covid

5 additional tools

https://www.sciencealert.com/these-5-tools-provide-up-to-date-tracking-of-the-coronavirus

TRACKING SIMULATOR "showing exponential growth"

Graphics page set up by the *Washington Post*.
 It is excellent and will help you intuitively understand what exponential "feels like."
https://www.washingtonpost.com/graphics/2020/world/corona-simulator/

Fact Checking

https://www.snopes.com/collections/new-coronavirus-collection/
Here's a compilation of claims we've fact-checked so far, separated by category:

- Conspiracy Theories and Predictions
  https://www.snopes.com/collections/coronavirus-conspiracy-theories/

- Memes and Misinformation
  https://www.snopes.com/collections/coronavirus-collection-memes/

- Origins and Treatments
  https://www.snopes.com/collections/coronavirus-origins-treatments/

- U.S. Government Response
  https://www.snopes.com/collections/coronavirus-government-role/

- International Response
  https://www.snopes.com/collections/coronavirus-international-rumors/

Common false claims and facts
https://www.factcheck.org/2020/03/viral-social-media-posts-offer-false-coronavirus-tips/

Here is a list of our 125 fact-checks in English so far, starting with the most recent https://factcheck.afp.com/busting-coronavirus-myths

Where the reporters look for resources
https://firstdraftnews.org/long-form-article/coronavirus-resources-for-reporters/

News and Updates
We have created and collected guidance to support accurate and responsible reporting on coronavirus, which will be regularly updated with new information.
- Newsgathering and verification tools
- Ethics and responsible reporting guidance
- A database of debunks of mis- and disinformation
- Data and information sources
- Links to sign up for video calls on reporting coronavirus
  https://firstdraftnews.org/long-form-article/coronavirus-resources-for-reporters/

Spot Fake Videos

This toolkit is provided in open source (under an MIT Licence) by the InVID and WeVerify european projects to help journalists to verify content on social networks.

chrome-extension://mhccpoafgdgbhnjfhkcmgknndkeenfhe/we-verify.html

M ost Common Questions

What is coronavirus?

https://www.itv.com/news/2020-03-02/coronavirus-your-most-googled-questions-answered/#:~:text=What is coronavirus

How many people have died from coronavirus?   Updated daily (USA only)

https://www.nytimes.com/interactive/2020/us/coronavirus-us-cases.html

Current cases in USA?

https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcases-in-us.html

What are the symptoms of coronavirus?

- https://www.itv.com/news/2020-03-02/coronavirus-your-most-googled-questions-answered/#:~:text=What are the symptoms of coronavirus

- https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html

How is coronavirus spread?

https://www.itv.com/news/2020-03-02/coronavirus-your-most-googled-questions-answered/#:~:text=How is coronavirus spread

Where is the coronavirus?

https://www.itv.com/news/2020-03-02/coronavirus-your-most-googled-questions-answered/#:~:text=Where is the coronavirus

How did the coronavirus start?

https://www.itv.com/news/2020-03-02/coronavirus-your-most-googled-questions-answered/#:~:text=How did the coronavirus start

Is there a cure for coronavirus?

https://www.itv.com/news/2020-03-02/coronavirus-your-most-googled-questions-answered/#:~:text=Is there a cure for coronavirus

How long does coronavirus last?

https://www.itv.com/news/2020-03-02/coronavirus-your-most-googled-questions-answered/#:~:text=How long does coronavirus last

What is the virus like in other countries?

The numbers… https://www.nytimes.com/interactive/2020/world/coronavirus-maps.html#world

FACEBOOK post with comments

I am writing to you from Bergamo, Italy, at the heart of the coronavirus crisis. The news media in the US has not captured the severity of what is happening here. I am writing this post because each of you, today, … https://www.facebook.com/cristina.higgins.7/posts/10157623212885189

General Details On The Virus

What Flatten The Curve means?

https://tenor.com/view/flattening-the-curve-covid-corona-virus-covid19-gif-16533560

What stopping the spread means?

https://thespinoff.co.nz/society/14-03-2020/after-flatten-the-curve-we-must-now-stop-the-spread-heres-what-that-means/

In-depth information, including videos, visuals, advice

World Health Organization Corona Virus- Advice for public health (English & Spanish)
https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public

Symptom Testing

https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html

Steps to help prevent the spread of COVID-19 if you are sick

https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsteps-when-sick.html

People in the high-risk category

https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fhigh-risk%2Fhigh-risk-complications.html

Corona virus resource kit

Collectivized document that will be updated as more mutual aid projects and resources appear online. This compilation features resources from disabled, queer, elderly, Asian and indigenous people https://docs.google.com/document/d/1Rcan4C_e6OBFBI5bUn7MtYK74Ab-WarxyJmDvZUI_YA/preview#

Resource kit with more specific geographic sections

https://docs.google.com/document/d/1dpMzMzsA83jbVEXS8m7QKOtK4nj6gIUk1U1t6P4wShY/preview

Mental Health

Resources for anxiety and your mental health https://www.virusanxiety.com/

SANE - Mental health warning signs
Tips to know if friends, family or colleagues are having a hard mental health time - also applies to now during CV and self isolation or fear of infection
http://www.sane.org.uk/what_we_do/send_a_text/warning_signs/

Some assurances and tips for maintaining your mental health while adjusting to this new life. https://twitter.com/alicegoldfuss

A Mindfulness Guide for the Frazzled, Ruby Wax
An easy-to-understand introduction to mindfulness, weaved together with Ruby's trademark wit and humor. Let Ruby be your guide to a healthier, happier you. You've nothing to lose but your stress.
https://www.amazon.co.uk/Mindfulness-Guide-Frazzled-Ruby-Wax-ebook/dp/B015TTT0JI/ref=sr_1_2?keywords=ruby+wax&qid=1584281996&s=digital-text&sr=1-2&swrs=BCB371FA0AFF84D6A46898CC682D8460

Healthcare app that enables patients to 'Ask, Talk or get a health checks'. The app combines the power of Ai (that's Artificial Intelligence) with human medical expertise. They have a paid and free NHS plan. Unparalleled access to healthcare https://www.babylonhealth.com/us

A community supporting the mental health of the self-employed is gathering and sharing resources on positive mental health around remote working, working under isolation, and the challenges of coronavirus for the self-employed, who may have loss of business as a result. Leapers http://leapers.co/go/coronavirus

Combating burnout, isolation, and anxiety in the remote workplace
https://about.gitlab.com/company/culture/all-remote/mental-health/

Coronavirus: 8 ways to look after your mental health   https://www.mhe-sme.org/covid-19/

9 Ways to Make Working At Home More Joyful
https://www.aestheticsofjoy.com/2020/03/9-ways-to-make-working-from-home-more-joyful/

Your Mind Plan - An online quiz to get mental health tips on how to mind your mind
https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Search&WT.mc_id=Brand&gclid=CjwKCAjwgbLzBRBsEiwAXVIygAtqQTmGAtamRxLtzc9rAnGWITq_hQsWN5pANMt1r0EmqZ5Ex3tIghoC4TsQAvD_BwE

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