



Dear Fed,

These are tough times that we're all facing. Eventually we will reach the end and return to normalcy, stronger and smarter than before.

For now, everyone needs all the help they can get. To do our small part, we've gathered this list of helpful resources for you, and hope they serve you well.

Times are different, but federal employees are still doing their jobs, and so are we. Starr Wright USA remains open for business as usual, ready to serve you and your federal colleagues, should you need us.

Stay well!

Official Resources on COVID-19

[coronavirus.gov](https://www.coronavirus.gov)

[OPM guidance and resources on Coronavirus Disease 2019](#)

[Centers for Disease Control and Prevention](#)

[USA.gov](https://www.usa.gov)

[National Institutes of Health](#)

[World Health Organization](#)

[Information on disinfectants and water from the EPA](#)

[Information on your state's health department](#)

Federal news sources

[GovExec Coronavirus Resource](#)

Eating at home

[Coronavirus grocery list \(via Today\)](#)

[How to stock your kitchen for emergencies \(via Epicurious\)](#)

[The Beginners Guide to Meal Planning \(via The Kitchn\)](#)

For those with children

[Supporting kids during the crisis](#)

[Resources for schools and families](#)

[Kids activities](#)

For those who are bored

[National parks offering virtual tours](#)

[Museums across the world offering online visits](#)

[Free things that weren't free before \(via NPR\)](#)

[Free at-home services available during COVID-19 \(via Forbes\)](#)

[Free or discounted services in response to COVID-19 \(via The Wirecutter\)](#)

For those who are stressed

[Dealing with stress \(via Johns Hopkins Medicine\)](#)

[Free meditation membership from Headspace](#)

web: wrightusa.com

phone: 800-424-9801

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