

## **Local Information and Legal Resources:**

The Law Library of Congress has issued a Coronavirus Legal Resource Guide:  
<https://bit.ly/3bbF2Hj>

COVID19 activity in NH:  
<https://www.nh.gov/covid19/>

Questions about NH Unemployment? Call (603) 271-7700 or visit  
<https://www.nhes.nh.gov/>

SBA.gov granted NH a disaster declaration to enable more small business loans:  
<https://bit.ly/2UmBTxD>

The President's Coronavirus Guidelines for America:  
<https://bit.ly/3ddd2oG>

## **Health Resources:**

The latest information from the Centers for Disease Control:  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

The Latest from the World Health Organization:  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

## **Ways to Stay Healthy:**

8 things to do at home to help keep your sanity:  
<https://www.health.com/condition/infectious-diseases/coronavirus/social-distancing-things-to-do>

10% happier: Conversations and Meditations to help with anxiety and stress:  
<https://www.tenpercent.com/coronavirussanityguide>