

Resources to help community members stay well amid rapid changes to daily life:

- [Resources to maintain healthy lifestyle amidst COVID-19 outbreak](#)
- [Working out while staying safe during the coronavirus outbreak](#)
- [If you hunker down against coronavirus, don't stop reaching out, experts say](#)
- [Coronavirus safety tips \(video\)](#)
- [School meal to continue during-coronavirus-closures](#)
- [CPR information during COVID-19](#)

- [Coronavirus precautions for patients, others facing higher risks](#)
- [What Heart Patients should know about the coronavirus](#)
- [A look at allergies and heart health, with tips to endure pollen season amid coronavirus fears](#)
- ['Be happy' isn't so simple, especially amid coronavirus worries – but it's seriously good for health](#)

Several of AHA's general resources also provide tips for healthy living particularly relevant to current circumstances:

- [An infographic for creating a home workout system](#)
- [Staple ingredients for quick healthy meals](#)