



As always, our priority at Military OneSource is to serve you, our military personnel and families. As the Department of Defense responds to the ever-changing effects of the coronavirus disease, we are committed to providing up-to-date information, resources and answers regarding its impact on military life. Use these Military OneSource and community resources (noted by *) and services to stay active and healthy.

Military OneSource has a dedicated section on our website at <https://www.militaryonesource.mil/coronavirus> for Department of Defense-related coronavirus updates and impacts. Check frequently, for regular updates in addition to regularly updated posts on social media - [Facebook](#), [Twitter](#), [YouTube](#), [Instagram](#), and [Pinterest](#).

- Coronavirus Support Update Military OneSource Resources
- Guidance for Department of Defense Civilians
- What Do Travel Restrictions Mean for Service members
- When You Have to Travel: Preventing the Spread of COVID-19
- Checking for Coronavirus Related Closures on an Installation
- Request Emergency Financial Assistance if Impacted by COVID-19
- Scam Alert Related to Coronavirus Disease
- Links to information from the Center for Disease Control

Mental Health

- **Counseling:** If stress about any situation is getting the better of you, eligible members can call to schedule a [Non-Medical Counseling](#) appointment or live chat through our website.
- **Support articles:** Support your lifestyle with stress reducing tips and more: [Take Charge of Coronavirus Anxiety](#), [If Your Kids are Worried About the Coronavirus](#) and more.
- **Handle Life's Challenges:** [Moving Forward](#) (bottom of page) teaches problem-solving skills to help handle life's challenges.
- **Relax with Chill Drills:** drills can help slow your heart rate, lower your blood pressure and reduce the level of stress hormones in your body. Download from the Military OneSource website or order yours free.

Physical Health: Stay Active and Healthy

- **Military OneSource Health & Wellness Coaching** (additional flyer) <http://bit.ly/MilitaryOneSourceHealth> Call for support to stick to your goals and stay active and healthy at 800-342-9647!
- **Gale Health and Wellness** http://bit.ly/MilitaryOneSource_MWRDigitalLibrary
- **Workout Videos:** <https://www.fitnessblender.com/videos> (click on videos for free workouts, not programs) *
- **American College of Sports Medicine, Staying Physically Active During the COVID-19 Pandemic** <http://bit.ly/3b7sGjp> *
- **At Home Workouts and Tips to Stay Healthy**, Mueller Sports Medicine <http://bit.ly/2wZFfPk> *
- **YouTube channels:** access free videos dedicated to home exercises from targeting specific muscle development exercises, to cardio and yoga. *
- **Planet Fitness:** United We Move: offering free at home workouts for everyone live streamed from their [FaceBook](#) page. Visit site for details. *
- **Visit topics related to sleeping well, managing emotions,** http://bit.ly/MilitaryOnesource_sleepwell

Stay Busy

- **MWR Digital Libraries:** Have you checked out our [online libraries](#) for ways to stay busy for adults and kids? Interactive science, school curriculum, hobbies and interests, learn a language, read a digital newspaper or magazine, read or listen to a book, prep for a test, build a business plan, resume and so much more!
- **Learn a language:** Take a course in one of 70 different foreign languages with [MWR Digital Library – Mango Languages](#)

- **Complete Taxes with MilTax**: Free tax services that address military life. Self-paced tax software including tax prep, e-filing and personalized support.
- **Unemployment**: related to COVID-19 information <http://www.vec.virginia.gov/qa-coronavirus>.
- **Register to Vote Absentee**: request an absentee ballot at <https://www.elections.virginia.gov/casting-a-ballot/absentee-voting/>.
- **Free Online Learning at Home**: <https://funinfirst.com/free-online-learning-at-home/>.
- **Fix/Maintain an Automobile**: thousands of year, make and models to service your vehicle with [Gale Chilton Automotive Maintenance Library](#).
- **Research your ancestry**: Use the free [Ancestry Library](#) to unlock your families past or the [Fold3 Library Edition](#) for those family and friends who served from the Revolutionary War onward.
- **How parents can homeschool their kids during the COVID-19 pandemic**, NBC-2 <http://bit.ly/3d9Uupd>.
- **Cincinnati Zoo Botanical Gardens**: introduces an animal each day in their habitat *
- **Atlantic White Shark**: offers free [Shark Story Hours](#) each day at 10 am EST *
- **Virtual Tours of Museums, Exhibits and Points of Special Interest**: over 300 museums, exhibits, points of special interests and real-time journeys with [Virtual Free Sites](#). *

Education

- **Scholastic**: offering free online courses so your kids can keep learning while schools are closed; the educational company has launched a "Learn at Home" website, <http://bit.ly/2x7DFdW> that has daily courses for students from Pre-kindergarten to grades 6 and higher. *
- **Khan Academy**: remote learning during school closures; resources for teachers and parents to include a daily schedule for children to follow. <http://bit.ly/2xDHhon> *
- **ABC Mouse Early Learning Academy**: offers ages 2-8 with code 'SCHOOL7771' to more than 850 lessons across 10 levels of learning with [ABC Mouse](#). *
- **The Learning Network - Teach and Learn With The Times**: Resources for Bringing the World Into Your Classroom. <https://www.nytimes.com/section/learning> *
- **Military OneSource MWR Digital Libraries**; Here are some examples of what is available for free to Military Families. <http://bit.ly/MilitaryOneSource> [MWRDigitalLibrary](#). See attached to view the entire library for even more!
 - **Teachables** provides access to more than 15,000 teacher-created, vetted printables to support instruction. Download activities for any pre-K to 6th-8th grade subject: math, science, reading comprehension, STEM, writing and beyond. Printable lesson plans, reading passages, games and puzzles, clip art, and skills sheets.
 - **Mango Languages** is a digital language-learning program for learners of all levels, with courses in more than 70 different foreign languages, 21 English language courses and 44 specialty courses.
 - **Explora Primary** features a database of colorful and fun resources that help children in grades K – 5 learn about animals, music, health, history, people and places, science, math and sports.
 - **ScienceFlix** offers more than 50 complete units of study with over 6,500 science-related assets in a variety of media, providing students with a better understanding of science concepts and ideas through hands-on projects, videos, multiple text types, interactive features and more.
 - **Tutor.com** for military children gives kids access to online tutoring and homework help from live, expert tutors in more than 16 subjects. Tutors can help with tonight's homework or catch your child up on missed concepts and lessons, all for free.
 - **Universal Class** over 70 crafts and hobbies classes, more than 45 home school courses, and so much more!



One source connecting you to your best MilLife

Visit www.militaryonesource.mil or call: 800-342-9647

[Facebook](#) | [Twitter](#) | [YouTube](#) | [Instagram](#) | [Pinterest](#)