

Shelter in Place Resource List

In conjunction with “Pandemic Practicals - Quarantine Safety Tips” safety briefing given by Maj Major Guiles on April 14, 2020

The links below are just a short set of valuable suggestions. You can find hundreds of similar materials by just being specific when you search, and avoiding commercial websites. As with anything on the internet, verify and corroborate anything you sense is suspect.

Family Security:

Home Security checklist example -

<https://www.ncpc.org/wp-content/uploads/2017/11/homechk2.pdf>

ARC Fire Safety -

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/fire.html>

National Sex Offender Registry -

<https://www.nsopw.gov/en/Search/Results>

ARC - online First Aid -

<https://www.redcross.org/take-a-class/first-aid/first-aid-training/first-aid-online>

Ham Radio Study -

<https://hamstudy.org/>

ARRL SEC Testing -

<http://www.arrl.org/find-an-amateur-radio-license-exam-session>

Free “Happy Life” self defense course -

<https://www.youtube.com/watch?v=ZUrr5MU4Z4Y>

Mental Health:

Psych Central bank of quizzes -

<https://psychcentral.com/quizzes/>

Mobile gaming leads to social anxiety -

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6743417/>

Nighttime computer use leads to sleep loss -

<https://www.webmd.com/sleep-disorders/news/20030620/nighttime-computer-users-may-lose-sleep>

How to survive shelter in place -

<https://www.psychologytoday.com/us/blog/life-smarts/202003/how-survive-social-distancing-and-shelter-in-place>

How to survive moody teenagers -

<https://developingminds.net.au/blog/2016/2/24/moody-grumpy-teenpreteens-7-things-i-wish-all-parents-knew>

How to survive moody spouse -

<https://www.psychologytoday.com/us/blog/happiness-in-world/201306/how-manage-your-partners-bad-moods>

CAP Chaplain Corps is always there -

<https://capchaplain.com/resources/>

Get Mental Health Safety Training -

<https://www.mentalhealthfirstaid.org/>