

# **COVID 19 Resources**

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**LIVEWELLSD.ORG**

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## INTRODUCTION

This document provides families involved with Child Welfare Services with resources to help support them through the Coronavirus (COVID-19) pandemic outbreak. For additional resources, please contact 2-1-1.

## Background of the COVID-19 Pandemic

Coronavirus disease 2019 (also known as COVID-19) is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China. The virus is a respiratory illness known to spread mainly between people who are in close contact with one another through respiratory droplets produced when an infected person coughs or sneezes. Transmission can also occur if a person touches their face after contact with surfaces or objects where the virus is living. Symptoms of the illness include fever, cough, and shortness of breath.

## COVID-19 Information

- General Information: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Frequently Asked Questions COVID-19 and Children: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/children-faq.html>
- Spanish: <https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/COVID-19%20Fact%20SheetSpanish.pdf>
- Other languages: [https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community\\_epidemiology/dc/2019-nCoV/materials.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV/materials.html)

## RESOURCES

### Crisis Lines

- Crisis Text Line provides free, text-based support 24/7. Text MHA to 741741 and you will be connected to a trained Crisis Counselor. San Diego
- Access & Crisis Line or (888) 724-7240 TDD/TTY Dial 711 7 days a week/24 hours a day. Live chat available Monday-Friday 4:00 p.m. – 10:00 p.m.

### Mental Health Resources

- [Care for your Coronavirus Anxiety](#)
- [CDC Taking Care of Your Emotional Health](#)
- [Frequently Asked Questions on Mental Health, Mental Illness, and COVID-19](#)
- [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019](#)
- [Strategies for Coping](#)
- [Older Adults and Medical Conditions](#)
- [CDC Guidance for Workplace, School, and Home](#)
- [The California Surgeon General's Playbook: Stress Relief During COVID-19](#)
- [The California Surgeon General's Playbook: Stress Relief for Caregivers and Kids During COVID-19](#)

## Tools to Connect with Others

At times, people need to be able to talk to someone. The resources below provide support via telephone or virtually.

- Project Return Peer Support Network [www.prpsn.org](http://www.prpsn.org)  
Now accepting calls nationwide. Warm line hours 7 days a week 5pm-10pm PST (888) 448-9777 English (888) 448-4055 Spanish
- The Orange County Warm Line – National Alliance on Mental Illness (NAMI) Orange County (714) 991-6412 Hours: 9am to 3am Monday-Friday; 10am to 3am Saturday and Sunday Languages: English, Spanish, Vietnamese and Farsi Interpreter Services available
- Peer Warm Line Connection (707) 565-4466 Hours: Friday - Sunday evenings, 5:30pm-9:30pm
- The California Peer-Run Warm Line Toll free (855) 845-7415
- Web Chat: <https://www.mentalhealthsf.org/peer-run-warmline/>
- San Diego Warm Line for San Diego Residents (619) 295-1055 Open 3:30 PM to 11:00 PM 7 days a week

## Talking with Kids

Below are some of the many resources available to help when talking to children:

- [Centers for Disease Control and Prevention](#)
- [Child Mind: Talking to Kids About the Coronavirus](#)
- [Cómo hablar con los niños sobre el coronavirus](#)
- [Just For Kids: A Comic Exploring The New Coronavirus](#)
- [How to Avoid Passing Anxiety on to Your Kids](#)
- [National Association of Counsel for Children](#)
- [Supporting Kids During the COVID-19 Crisis](#)
- [Talking with Children about Coronavirus-19](#)
- [How to Talk to Your Kids About Coronavirus](#)
- [Helping Children Cope with Change Resulting from COVID-19](#) (Available in English, Spanish, Chinese, Korean, French, Bahasa, Urdu and Hmong.)
- [Talking to Kids About Coronavirus](#) (National Geographic)
- [Talking to Children About Coronavirus \(COVID-19\)](#)

## General Hygiene Guidelines

- **Wash Hands Regularly and Thoroughly:** Wash your hands regularly and ask the children in your house to do the same, especially after sneezing, coughing or being in a public place. To make sure the family is washing hands thoroughly, you can practice washing together and teach each other a 20-second song. Children are taught the correct length of time to wash their hands, using hard to forget songs like Baby Shark and Happy Birthday. Each generation has music that can help pass the time too, whether it's the beginning of Blue Suede Shoes or Splish Splash I Was Taking a Bath, sing together and share a smile.
- **Avoid Touching Face:** Avoid touching your own eyes, nose, or mouth with unwashed hands. Remind children of the same. For school-age children, you can make this into a game. For younger children, do your best to have them wash hands regularly after play and before and after eating.

- **Clean and Disinfect Daily:** Focus your daily cleaning and disinfecting on high-touch surfaces in common areas in your home such as tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, and sinks. For small children focus on their most popular toys. For older children, remind them to regularly wipe down their phones, devices and computer keyboards.

### Guidelines for Isolation/Quarantine

In circumstances where a child has symptoms of COVID-19, the Department recommends that caregivers contact the child's health care provider and monitor the child for worsening symptoms. Caregivers should do the following:

- Have healthcare providers' contact information on hand for all members of the household.
- If symptoms worsen, call the individual's healthcare provider. For medical emergencies, call 911 and notify the dispatch personnel that they have, or are suspected to have, COVID-19.
- Consistent with public health guidance, individuals who are sick should have a separate bedroom, and, if possible, bathroom, and should avoid sharing personal household items, like dishes, towels, and bedding.
- As a family, you can plan and make decisions now that will protect you and your family during a COVID-19 outbreak. Please see this link for more information:  
<https://www.cdc.gov/coronavirus/2019-ncov/community/home/index.html>

Some things to consider:

- Keep an adequate supply of water, food, pet food, and household supplies in the home, including connecting families with available community resources.
- Ensure access to food and medications.
- Keep a working thermometer and over-the-counter medicine to treat fevers on hand.
- Create an emergency contact list of family members, friends, neighbors, health care providers, teachers, employers, and others.
- Ask about employers' preparedness plans, including sick-leave policies and telework options.
- Learn about the preparedness plans of their children's childcare facilities, schools, and/or colleges.
- Maintain a routine with educational activities. Talk with the child's teacher to obtain grade appropriate activities. Include ideas for keeping children busy and active and for managing stress while under stay at home orders.
- Develop backup plans for childcare during temporary school closures, or in the event a primary caregiver becomes ill.
- If the primary caregiver becomes ill, who will supervise children?
  - Who can bring meals and/or provide food?
  - Who can care for the children if the caregiver is hospitalized?
  - What is the plan to keep the ill person away from others?

### Resources for Parents

- California NA Meetings-<https://www.narcotics.com/na-meetings/california/>
- Find AA Meetings in California-<https://alcoholicsanonymous.com/aa->

## [meetings/california/](#)

- Center for Parent & Teen Communication-<https://parentandteen.com/>
- Build a Teen Stress Management Plan-<https://parentandteen.com/teen-stress-management-plan/>
- Emergency Plan – Youth Law Center  
The emergency plan helps young adults think through what they might need in an emergency. [https://ylc.org/wp-content/uploads/2020/03/Emergency-Plan-with-TAY-in-Foster-Care\\_YLC.pdf](https://ylc.org/wp-content/uploads/2020/03/Emergency-Plan-with-TAY-in-Foster-Care_YLC.pdf)
- Parents Anonymous-California Parent and Youth Helpline  
The helpline provides support and resource referrals to parent and youth during the COVID-19 pandemic; 7 days a week from 8:00 A.M. to 8:00 P.M. Call or text 1-855-4PARENT (855) 427-2736 for services in English, Spanish and other languages. <https://caparentyouthhelpline.org/>

## Technology Resources

Access to the internet is important for getting current up to date information about the Coronavirus and available resources and supports. It is also important for many students who will be doing homework at home and/or distance learning projects and for older adults to stay connected. You may want to ask a trusted friend or family member with internet access to help you sign up.

- Free or Discounted Internet Access: Comcast is offering 60 days of free internet access and Spectrum offers discounted internet access. Other internet providers may be offering this as well. Check with the companies that serve your community. With any service, be sure to terminate after 60 days so you are not charged for service beyond the free period.
  - For more information on Comcast, visit <https://corporate.comcast.com/covid-19?linkId=84300755> or call 1-855-8-INTERNET (1-855-846-8376) to confirm eligibility and apply.
  - To learn if you qualify for Spectrum's discounted internet visit: <https://www.spectrum.com/browse/content/spectrum-internet-assist.html> or you can call 1-844-525-1574 to start the qualification process.
- Internet for Students: This article highlights internet options for accessing the internet for students on a low income: <https://www.reviews.com/blog/internet-options-for-students-on-low-income/>

## Activities for Children at Home

Below are some of the many free resources for activities at home:

- **Learning Links:** Activities for children grades K-12 <https://extension.wsu.edu/king/4-h/learning-links-4-h-and-more/>
- **Free Educational Subscriptions:** Provides a list of education companies offering free subscriptions due to school closings. <http://www.amazingeducationalresources.com/>
- **Caribu:** Offers 60 days free access to the online games and activities available to families <https://caribu.com/>
- **Multilingual Coloring Book for Explaining Coronavirus:** A short book available in 11 languages and offers a place for children to express their feelings about the

coronavirus and how it affects their families. It explains what the virus is and how children can help stop its spread. Download a copy at <https://www.mindheart.co/descargables>

- **Smithsonian Distance Learning:** Offers millions of digital resources from across the Smithsonian's museums, research centers, libraries, archives, and more. <https://learninglab.si.edu/distancelearning>
- **Scholastic Learn at Home:** Provides 20 days' worth of active learning journeys designed to reinforce and sustain educational opportunities for those students who are unable to attend school. <https://www.scholastic.com/teachers/teaching-tools/articles/resources/scholastic-learn-at-home--free-resources-for-school-closures.html>

### **Domestic Violence**

- National Domestic Violence Hotline at 1-800-799-7233 / TTY 1-800-787-3224. <https://www.thehotline.org/>