

# **COVID 19 Resources**

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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

- [211 San Diego](#)
- [California Department of Social Services COVID-19 Information and Resources](#)
- [CA Notify](#)
- [CDC Holiday Celebrations Guidance](#)
- [Coronavirus Resources and Materials](#)
- [CDC COVID-19 Webinar Recordings](#)
- [COVID-19 Case Rate by Zip Code](#)[Frequently Asked Questions on COVID-19](#)
- [General Information](#)
- [Guidance for Participating in Outdoor and Indoor Activities](#)
- [Guidance for the Prevention of COVID-19 Transmission for Gatherings](#)
- [Holidays and COVID-19](#)
- [Information from the County of San Diego](#)
- [Local COVID-19 Cases](#)
- [Public Health Order](#)
- [School Stability during and after Virtual Instruction](#)
- [SDCOE Fever/COVID-19 Symptom Decision Tree](#)
- [Testing in San Diego County](#)
- [Travel Advisory for California](#)

### Testing Information

- It is always recommended that parents first contact their child's pediatrician for testing advice.
- Call 2-1-1 to find and schedule a test.
- Most youth and their caregivers can receive testing through the [COVID-19 Collaborative for Children](#) in partnership with Rady Children's Hospital. Contact your Rady pediatrician or e-mail [covidcollaborative@rchsd.org](mailto:covidcollaborative@rchsd.org) for more information.
- Youth and caregivers covered by Kaiser Permanente should consult with their pediatrician or physician provider directly, or through [www.kp.org](http://www.kp.org).

### Testing for Students

Testing for students is available as an option for children from Kindergarten to 18 at [any county and state testing sites](#).

### Vaccine Information

- [County of San Diego COVID-19 Vaccine Webpage](#)
- [CDC Vaccination Considerations for Persons with Underlying Medical Conditions](#)
- [COVID-19 Vaccine at a Glance](#)

- [State COVID-19 Vaccine Information](#)
- [Video "I'm a Vaccine"](#)
- [What to Expect After Getting a COVID-19 Vaccine](#)

### 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 Center for Disease Control 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 your 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 back-up 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

### Emergency Preparedness

- Download the [SDEmergency App](#)  
Get the latest emergency updates and interactive information to help you prepare and respond to an emergency.
- Sign up for [AlertSanDiego](#)  
Receive notifications about emergencies. Especially important to sign up if your home does not have a landline.

### 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.

### Temporary Lodging

- [Hotels for Healthcare Workers](#)
- [Temporary Lodging Program](#)

### Rental Assistance

- [COVID-19 Emergency Rental Assistance Program](#) (Applications can be submitted from September 24, 2020-October 8, 2020.)

### Food Assistance

- Food Assistance Resources ([English](#)/[Spanish](#))
- [Free meals for Kids Extended Through December 31, 2020](#)
- [Hand Up Food Pantry and Corner Market](#)
- [Super Pantry Program](#)

### Child Care

- [YMCA Child Care Scholarships](#)

### Educational Resources

- [California Health Education](#)
- [California Safe Schools for All](#)
- [Education Sector Feedback Form](#) (open until Wednesday, January 27<sup>th</sup>)
- [K-12 Schools Sector](#) (resources that will support schools, staff, students, and families)
- [No-Cost Virtual Homework Help](#)
- [San Diego Futures Foundation \(SDFF\)](#)
- [Students for Students: Online Tutoring Program](#)
- [Virtual Homework Help](#)
- [San Diego Union Tribune](#) (one year free subscription)

### Mental Health Resources

- [12 Mini Mindfulness Exercises for Kids](#)

- [Care For Your Mental Health](#) (English/Spanish)
- [Care for your Coronavirus Anxiety](#)
- [CDC Taking Care of Your Emotional Health](#)
- [Center for Child and Youth Psychiatry](#)
- [Frequently Asked Questions on Mental Health, Mental Illness, and COVID-19](#)
- [How to Manage your Mental Health and Cope During COVID-19 \(Multiple Languages\)](#)
- [Maintaining mental health and wellness during the COVID-19 outbreak](#)
- [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](#)
- [Coping with Stress During COVID-19 Pandemic](#)
- [Live Well @ Home](#)
- [San Diego Access and Crisis Line](#) (888)724-7240
- [Tele-Psychiatry for Youth in Need](#)
- [Tips for Managing Stress During the COVID-19 Pandemic](#)
- [UCLA Mindful App](#)

### 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](#)
- [Helping Children Cope with Change Resulting from COVID-19](#) (Available in English, Spanish, Chinese, Korean, French, Bahasa, Urdu and Hmong)
- [How to Avoid Passing Anxiety on to Your Kids](#)
- [How to Talk to Your Kids About Coronavirus](#)
- [Just For Kids: A Comic Exploring The New Coronavirus](#)

- [National Association of Counsel for Children](#)
- [Sesame Street: Caring for Each Other](#)
- [Supporting Kids During the COVID-19 Crisis](#)
- [Talking to Children About Coronavirus \(COVID-19\)](#)
- [Talking to Kids About Coronavirus](#) (National Geographic)
- [Talking with Children about Coronavirus-19](#)

#### Resources for Parents

- [AA Meetings in California](#)
- [Birthing People's Bill of Rights: COVID-19 Edition](#)
- [Build a Teen Stress Management Plan](#)
- [California NA Meetings](#)
- [Caring for Children during the COVID-19 Public Health Emergency](#)
- [Center for Parent & Teen Communication](#)
- [Dad's Corp](#) (SAY San Diego)
- [Emergency Plan](#) (Youth Law Center)
- Families in Motion ([English](#)/[Spanish](#))
- [Internet Safety - Cyber and Online Safety Tips from the Federal Communications Commission](#)
- [Learning at Home](#)
- [Parents Anonymous-California Parent and Youth Helpline](#) (1-855-4PARENT)
- [Positive Solutions for Families Workshop](#)
- [Supporting Children While Wearing Masks](#)
- [Supporting Children with ADHD during COVID-19](#)
- [Tips for Young Parents: Coping During Coronavirus Pandemic](#)
- [Visual Support: We Are Kind at Home](#) (English, Spanish and Arabic)
- [Visual Support: We Are Learners at Home](#) (English, Spanish and Arabic)
- [Visual Support: We are Safe at Home](#) (English, Spanish and Arabic) (Scripted Story Video, Spanish)

#### 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:

- [Caribu](#): Offers 60 days free access to the online games and activities available to families
- [Free Educational Subscriptions](#): Provides a list of education companies offering free subscriptions due to

school closing

- [Haskins Global Literacy Library: Resources to Build a Reading Brain!](#)
- [Learning Links](#): Activities for children grades K-12
- [Free Storytelling Online](#): Online books available for children
- [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.
- [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.
- [Smithsonian Distance Learning](#): Offers millions of digital resources from across the Smithsonian's museums, research centers, libraries, archives, and more.

Stay Play Grow was developed by the Early Learning Lab, a team of early childhood experts, women, and working moms. We designed the app to ensure parents and caregivers of children ages 0-5 have quality and easy-to-access re-sources when they need them most. The app offers content for families in English and Spanish.

- [The Early Learning Lab, Stay Play and Grow App](#)

This resource library is designed to help parents and educators easily navigate through the overwhelming amount of information available online on promoting literacy development in children of all ages.

### Domestic Violence

National Domestic Violence Hotline at 1-800-799-7233 / TTY 1-800-787-3224

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

The San Diego Domestic Violence Council provided the below resource list for individuals experiencing interpersonal violence.

Agency	Website	Phone Number
Alliance For Hope International	<a href="http://www.allianceforhope.com">www.allianceforhope.com</a>	(888) 511-3522
California Indian Legal Services	<a href="http://www.calindian.org">www.calindian.org</a>	(760) 746-8941
Community Resource Center	<a href="http://www.crcncc.org">www.crcncc.org</a>	24/7 Hotline (877) 633-1112 Main Office (760) 753-0252
Crisis House	<a href="http://www.crisishouse.org">www.crisishouse.org</a>	Main Office (619) 444-1194 24/7 DV Hotline: (888) 385-4657
District Attorney Victim Advocates	<a href="http://www.sdcda.org/helping/victims/victim-services.html">www.sdcda.org/helping/victims/victim-services.html</a>	(619) 531-4041
Family Justice Center	<a href="http://www.sandiego.gov/familyjusticecenter">www.sandiego.gov/familyjusticecenter</a>	(619) 533-6000
Health and Human Services Agency (HHS), Behavioral Health Services	<a href="http://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/covid19_resources.html">www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/covid19_resources.html</a>	(888) 724-7240
HHS, Office of Violence Prevention/ Public Health Nursing	<a href="https://www.sandiegocounty.gov/coronavirus/">https://www.sandiegocounty.gov/coronavirus/</a>	
Interfaith Shelter Network		(619) 563-9878



Jewish Family Services		(858) 637-3210
Leap To Success	<a href="http://www.leptosuccess.org">www.leptosuccess.org</a>	(760) 710-9510
License to Freedom	<a href="http://www.licensetofreedom.org">www.licensetofreedom.org</a>	(619) 813-7415
No Silence No Violence	<a href="mailto:Jennifer.tarzia@gmail.com">Jennifer.tarzia@gmail.com</a>	
North County Lifeline	<a href="http://www.nclifeline.org">www.nclifeline.org</a>	(760) 726-4900
Operation For HOPE Foundation	<a href="http://www.operationforhope.org">www.operationforhope.org</a>	
Rady's Children's Hospital	<a href="http://www.rchsd.org">www.rchsd.org</a>	(858) 966-5809
San Diego LGBT Community Center	<a href="http://www.thecentersd.org">www.thecentersd.org</a>	(619) 692-2077 ext. 208
San Diego Volunteer Lawyers	<a href="http://www.sdvlp.org">www.sdvlp.org</a>	English (619) 235-5656 ext. 118 Spanish (619) 235-5656 ext. 102
South Bay Community Services	<a href="http://www.southbaycommunityservices.org">www.southbaycommunityservices.org</a>	(619) 420-3620
Southern Caregiver Resource Center	<a href="http://www.caregivercenter.org">www.caregivercenter.org</a>	(858) 268-7816
Strong Hearted Native Women's Coalition	<a href="http://www.strongheartednativewomen.org">www.strongheartednativewomen.org</a>	(760) 650-6849
Vista Community Clinic Dad's Club	<a href="http://www.vcc.org">www.vcc.org</a>	(760) 631-5000 ext. 7181
Women's Resource Center	<a href="http://www.wrcsd.org">www.wrcsd.org</a>	Hotline (760) 757-3500
2-1-1 San Diego	<a href="http://www.211sandiego.org">www.211sandiego.org</a>	2-1-1

#### San Diego Latino Coalition

[English Info Sheet](#) | [Spanish Info Sheet](#)

San Diego Advocates for Youth (SAY San Diego) is working with the Chicano Federation and other agencies as part of the newly named San Diego Latino Health Coalition. The coalition is promoting a Community Education Session to educate San Diegans about COVID-19 and ways to stop the spread. These sessions will be held monthly through the end of the calendar year to offer up-to-date information about COVID.

This initiative addresses the disproportionate impact COVID-19 has had on the Latino community and the long-term effects associated with the pandemic. Their mission is to increase access to vital COVID-19 information and tools and the organization has established **Resource Centers throughout the County:**

- Chicano Federation
- SY Health Resource COVID-19 Center Chula Vista
- SY Health Resource COVID-19 Center Oceanview
- South Bay Community Services
- MAAC, Vista