

# 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](#)
- [Answers to Tough Questions Related to COVID-19 About Public Health](#)
- [Beyond the Blueprint Q&A](#)
- [Blueprint for a Safer Economy: Activity and Business Tiers](#)
- [California Department of Social Services COVID-19 Information and Resources](#)
- [Cal-OSHA Emergency Temporary Standards](#)
- [CA Notify](#)
- [CDC Holiday Celebrations Guidance](#)
- [CDC Travel during COVID-19 Recommendations](#)
- [Choosing Safer Activities \(Handout/Website\)](#)
- [Cleaning and Disinfecting your Home: Everyday and When Someone is Sick](#)
- [Coronavirus Resources and Materials](#)
- [CDC COVID-19 Webinar Recordings](#)
- [CDC Guidance for Operating Youth and Summer Camps During COVID-19](#)
- [CDPH Toolkit of Shareable Materials](#)
- [County Encourages Indoor Mask Wearing, Regardless of Vaccination Status](#)
- [COVID-19 Breakthrough Case Investigations and Reporting](#)
- [COVID-19 Case Rate by Zip Code](#)
- [COVID-19 Community Corps](#)
- [COVID-19 Pandemic: Helping Young Children and Parents Transition Back to School](#)
- [COVID-19 Prevention Emergency Temporary Standards - Fact Sheets, Model Written Program and Other Resources](#)
- [COVID-19 Resources for Health and Physical Education by SHAPE America](#)
- [COVID-19 Symptom Decision Tree \(English/Spanish\)](#)
- [COVID-19 Treatment Option Added in South Bay](#)
- [COVID-19 Updates \(Treatment, Testing Recommendations, Antigen Testing\)](#)
- [CPDH Face Coverings: Make the Most Out of Masking](#)
- [Cranky Uncle Game: Building Resilience Against Misinformation](#)
- [Delta Variant: What we Know About the Science](#)
- [Domestic Travel During COVID-19](#)
- [Face Coverings](#)
- [Face Covering Guidance \(California Department of Public Health\)](#)
- [Families and COVID-19](#)
- [FAQs on Delta and Other COVID-19 Variants](#)
- [Frequently Asked Questions on COVID-19](#)
- [General Information](#)

- [Go Viral! A 5 Minute Game that Helps Protect You Against COVID-19 Misinformation](#)
- [Graphics: Summer Travel Tips](#)
- [Guidance for Gatherings](#)
- [Guidance for Overnight Camps](#)
- [Guidance for Participating in Outdoor and Indoor Activities](#)
- [Guidance for Public Pools, Hot Tubs, and Water Playgrounds During COVID-19- CDC](#)
- [Guidance for the Prevention of COVID-19 Transmission for Gatherings](#)
- [Guidance for the Use of Masks](#)
- [Handout: When Do You Need Your Mask](#)
- [Holidays and COVID-19](#)
- [How COVID-19 Spreads](#)
- [How to Handle Your Re-Entry Anxiety as the Pandemic Recedes](#)
- [How to Spot COVID-19 Conspiracy Theories](#)
- [How to Wear Masks](#)
- [Improve How Your Mask Protects You, Type of Masks, Your Guide to Masks, New COVID-19 Variants](#)
- [Information About Masks](#)
- [Information from the County of San Diego](#)
- [Interim guidance for Ventilation, Filtration, and Air Quality in Indoor Environments](#)
- [International Travel During COVID-19](#)
- [John Hopkins University: Data in Motion](#)
- [John Hopkins University: School Reopening in the Era of COVID-19 learning Modules](#)
- [Lasting Immunity Found After Recovery from COVID-19- National Institutes of Health \(NIH\)](#)
- [Local COVID-19 Cases](#)
- [Masks Protect you and Me](#)
- [Misinformation Alerts](#)
- [Moderna started vaccine trial for children 6 months to 11 years in the US and Canada](#)
- [Monoclonal Antibody Regional Center \(MARC\) \(Fact Sheets, Flyers, Promotional Videos\)](#)
- [Multisystem Inflammatory Syndrome](#)
- [National Strategy for the COVID-19 Response and Pandemic Preparedness](#)
- [New COVID-19 Variants \(COVID-19 Variant Information\)](#)
- [New Face Coverings Guidance \(in effect on June 15, 2021\)](#)
- [Older Adult and Disability Sector \(COVID-19 Information and Resources in English and Spanish\)](#)
  - [COVID-19 Vaccine Flyer for Adults 65+](#)
  - [2-1-1 San Diego Flyer- Assistance with COVID-19 Vaccine Appointments for Adults 65+](#)
  - [COVID-19 Vaccine Flyer for Formal and Informal Caregivers](#)
  - [COVID-19 Vaccinations: Appointment Ride Options for Senior Flyers](#)
- [Outdoor and Indoor Youth and Recreational Adult Sports Guidance](#)
- [Outdoor Seated Live Events Guidance](#)
- [Outlook for the 2021-2022 School Year](#)
- [Overcoming Common Objections to COVID-19 Prevention Strategies \(by Dr. Motadel\)](#)
- [People With Certain Medical Conditions](#)
- [Pooled COVID-19 Testing Pilot Program for K-12 Schools](#)
- [Private Venues and Events Guidance](#)
- [Public Health Order](#)
- [Post-COVID Conditions](#)
- [Quarantine Guidance- Order of the Health Officer](#)
- [Recommendations for Large Gatherings](#)
- [Requirement for Face Masks on Public Transportation](#)
- [Safe Transportation Practices During COVID-19](#)
- [School Stability during and after Virtual Instruction](#)
- [Science Brief: Transmissions of SARS-COV-2 in K-12 Schools](#)

- [Scientific Brief: SARS-CoV-2 Transmission](#)
- [Social Media Posts about Pregnancy \(Spanish\)](#)
- [Statement from the Medical Board of California Regarding Mask Exemptions](#)
- [Testing in San Diego County](#)
- [Text Message Updates: To receive daily updates via text, send COSD COVID19 to 468-311](#)
- [The Delta Variant and Kids: Parents' Questions Answered](#)
- [Tips for Promoting Employee Wellness During COVID-19](#)
- [Travel Advisory for California](#)
- [Travel COVID-Safe Toolkit](#)
- [Travel Guidance and Information](#)
- [Travel Recommendations by Destination](#)
- [Updated Quarantine Order](#)
- [Variant Information](#)
  - [Variants of Interest \(currently 3\)](#)
  - [Variants of Concern \(currently 5\)](#)
  - [Variants of High Consequence \(currently 0\)](#)
- [What Will California Look Like After June 15](#)
- [What You Should Know About COVID-19 and the ADA, the Rehabilitation Act, and Other EEO Laws](#)

### 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.
- [New COVID-19 Testing Flyers](#) (English/Spanish)
- New COVID-19 Testing Requirements for All Air Passengers Arriving in the United States [on the CDC website](#)
- 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

- [3 Vaccination Sites Offer Evening Hours](#)
- [Adverse Events Reported after COVID-19 Vaccination](#)
- [Benefits of Getting the COVID-19 Vaccine](#)
- [County of San Diego COVID-19 Vaccine Webpage](#)
- [CDC COVID-19 Vaccines for Children and Teens](#)
- [CDC Data: COVID-19 Vaccination Safe for Pregnant People](#)
- [CDC Guidance for When You've Been Fully Vaccinated](#)
- [CDC Recommends Use of Johnson & Johnson's Janssen COVID-19 Vaccine Resume](#)
- [CDC Safer Travel Tips for Families with Unvaccinated Children](#)
- [CDC Vaccination Considerations for Persons with Underlying Medical Conditions](#)
- [Common Misconceptions that Cause Vaccine Hesitancy Flyer](#)
- [Common Side Effects of MODERNA and PFIZER Vaccines during COVID-19 Pandemic](#)
- [Conversation About Vaccine Hesitancy \(Spanish\)](#)
- ["Coronavirus Vaccines for Kids Are on the Way: What Parents Need to Know" by Yale Medicine](#)
- [COVID-19 Booster Shots Available for Immunocompromised](#)

- [COVID-19 Vaccination by Census Tract and Health Equity Quartile](#)
- [COVID-19 Vaccinations- Minors \(12-17 years old\) Consent Forms for Minors \(English/Spanish\)](#)
- [COVID-19 Vaccination Phases \(English/Spanish\)](#)
- [COVID-19 Vaccination Sites & Appointments](#)
- [COVID-19 Vaccine Misinformation Alerts](#)[COVID-19 Vaccine and Pregnancy: What You Need to Know](#)
- [COVID-19 Vaccine at a Glance](#)
- [COVID-19 Vaccine Dashboard](#)
- [COVID-19 Vaccine Educational Materials](#)  
Shareable resources in multiple languages from the County of San Diego including handouts, social media toolkit, and videos. Some resources from this page include:
  - [COVID-19 Vaccines: Frequently Asked Questions](#)
  - [COVID-19 mRNA Vaccines: Myth vs. Fact](#)
  - [What is inside the mRNA vaccines?](#)
  - [Know what to expect after your vaccine](#)
- [COVID-19 Vaccine FAQs \(Vaccines through the County are free\)](#)
- [COVID-19 Vaccine for Preteens and Teens: Parent Handout](#)
- [COVID-19 Vaccine Handout \(English/Spanish\)](#)
- [COVID-19 Vaccine Hesitancy: 12 Things You Need to Know](#)
- [COVID-19 Vaccine Information](#)
- [COVID-19 Vaccine Info Sheet](#)
- [COVID-19 Vaccine Myths vs Facts \(English/Spanish\)](#)
- [COVID-19 Vaccine Presentations provided by the Live Well Speaker's Bureau and local health care professionals](#)
- [COVID-19 Vaccine Resources & Links](#)
- [COVID-19 Vaccines](#)
- [Data Maps for COVID-19 Vaccinations in San Diego County](#)
  - [COVID-19 Vaccinations by Census Tract and Health Equity Quartile](#)
  - [COVID-19 Health Equity Zip Codes Summary and Vaccination Report](#)
  - [COVID-19 Vaccinations by Health Equity Zip Codes](#)
- [Digital COVID-19 Vaccine Record](#)
- [Ensuring the Safety of COVID-19 Vaccines in the United States](#)
- [Fact Sheet: J&J COVID-19 Vaccine Benefits and Risks \(English/Spanish\)](#)
- [Families with Vaccinated and Unvaccinated Members](#)
- [FDA Approves Pfizer Vaccine for People 16 Years Old and Up](#)
- [Fear of Needles is a Real Thing. Here's How to Overcome It](#)
- [Free MTS + NCTD Ride to Vaccination Appointment \(transit trip planner/MTS webpage\)](#)
  - MTS & NTC are offering free rides for everyone in the region who needs a lift to their vaccine appointment. Ride any bus, trolley, SPRINTER or COASTER for free with proof of vaccine appointment.
- [Fully Vaccinated Guidance](#)
- [Getting the COVID-19 Vaccine: What to Expect](#)
- [How to get an appointment for the Vaccine for adults age 65+ \(English/Spanish\)](#)
- [How to Navigate the COVID-19 Vaccine \(How To Videos\)](#)
  - The County has created simple how-to videos that give clear instruction on how to schedule an appointment using MyTurn, and how to find and schedule an appointment using the County vaccine website. Spanish and Arabic versions are coming soon!
- [How Can I Talk to My Friends and Family About Getting Vaccinated for COVID-19?](#)
- [How to Talk to Family and Friends about COVID-19 Vaccines](#)

- I'm fully vaccinated, now what? [\(English/Spanish\)](#)
- [Information about COVID-19 vaccines for people who are pregnant or breastfeeding](#)
  - If you would like to speak to someone about COVID-19 vaccination during pregnancy, please contact MotherToBaby. MotherToBaby experts are available to answer questions in English or Spanish by phone or chat. The free and confidential service is available Monday–Friday 8am–5pm (local time). To reach MotherToBaby: Call 1-866-626-6847 | Chat live or send an email [MotherToBabyexternal icon](#)
- [Information on Authorized and Recognized COVID-19 Vaccines](#)
- [Inside Messenger RNA COVID-19 Vaccines Flyer \(English/Additional Languages Available here\)](#)
- [Interim Public Health Recommendations for Fully Vaccinated People](#)
- [Johnson & Johnson COVID-19 Vaccine Arrives in San Diego County](#)
- Know the Facts- Vaccine ([Multiple Languages](#))
- Know what to expect after your COVID-19 vaccine ([English/Spanish](#))
- [Local Data and Reports on COVID-19 Vaccines](#)
- [mRNA COVID-19 Vaccines are Highly Effective in Preventing Infections in Real-World Conditions](#)
- [MMWR: COVID-19 Vaccine Safety in Adolescents Aged 12-17 Years](#)
- [Myths and Facts about COVID-19 Vaccines](#)
- [MyTurn Vaccination Website \(available in 12 languages\)](#)
  - Individuals who do not have access to the internet can sign up for an appointment by calling My Turn's toll-free hotline 1-833-422-4255, open weekdays 8 a.m. to 8 p.m., and weekends from 8 a.m. to 5 p.m. My Turn operators can provide on-demand assistance in English and Spanish, translators who speak more than 250 languages are also available as needed.
- [Parents of Adolescents Toolkit for COVID-19 Vaccines](#)
- [Projects SAVE \(Scheduling Assistance for Vaccine Equity\)](#)
- [Public health Order: Vaccine Verification for Workers in Schools](#)
- [Recording of "Critical Conversations About the COVID-19 Vaccine with the Black Community" discussion in partnership with RISE San Diego](#)
- [Recommendations for Fully Vaccinated People](#)
- [Research Letter: COVID-19 Vaccines and Men's Fertility](#)
- [Safety of COVID-19 Vaccines: Vaccine Safety and Monitoring with the CDC](#)
- [School Specific COVID-19 Vaccine FAQs](#)
- [Science Brief: COVID-19 Vaccines and Vaccination](#)
- [Six Ways Schools Can Promote COVID-19 Vaccination](#)
- [Social Media Toolkit to Promote Youth Vaccines](#)
- [State COVID-19 Vaccine Information](#)
- [Strategies for Building Confidence in the COVID-19 Vaccine by the National Academies of Sciences, Engineering and Medicine](#)
- [The Journey of a COVID-19 Vaccine](#)
- [Teens Ask, We Answer: What's Up with COVID Vaccines?](#)
- [Understanding How COVID-19 Vaccines Work](#)
- [Understanding mRNA COVID-19 Vaccines](#)
- [Updated COVID-19 Vaccine Allocation Guidelines](#)
- [Vaccine Adverse Event Reporting System \(VAERS\)](#)
- [Vaccine Misinformation Management Field Guide](#)
- [Vaccinate all 58 Toolkit](#)
- [Vaccination Appointment Map \(County\)](#)
- [Vaccinations for Children FAQs](#)
- [Vaccination from the Misinformation Virus](#)
- [VaxTeen Information Website](#)

- [Video “Answers to Parents’ Questions about COVID-19 Vaccines for Youth](#)
- [Video “Answering Teen Vaccine Questions” \(English/Spanish\)](#)
- [Video “COVID-19 Vaccine: An Expert Answers Your Questions- UCSD Health”](#)
- [Video “Common Questions about COVID-19 Vaccinations”, presented by the County’s Public Health Officer, Dr. Wilma Wooten \(Arabic, Chinese, English, Tagalog, Vietnamese\)](#)
- [Video “Common Questions about the COVID-19 Vaccination” \(Spanish\)](#)
- [Video “COVID-19 Vaccine and Pregnancy: What You Need to Know”](#)
- [Video “COVID-19 Vaccine Testimonials”](#)
- [Video “Do COVID-19 Vaccines Protect Against Variants? Also, What is a Variant?”](#)
- [Video “Do the COVID-19 Vaccines Affect Fertility?”](#)
- [Video “Disease Expert Explains the COVID-19 Vaccine with LEGOs”](#)
- [Video “Five \(5\) Step Peer Pressure Model and COVID-19 Vaccines”](#)
- [Video “How do mRNA Vaccines Works?”](#)
- [Video “How Soap Works Experiment”](#)
- [Video “How to Make a Vaccination Appointment” \(English/Spanish\)](#)
- [Video “I’m a Vaccine”](#)
- [Video “Let’s get to Immunity”](#)
- [Video “Teen COVID-19 Vaccinations Questions and Answers by Dr. Kelly Motadel”](#)
- [Video “Use v-safe to tell CDC how you’re feeling after COVID-19 vaccination”](#)
- [Video “Vaccine Facts” \(English/Spanish\)](#)
- [Video “What Are the Long-Term Side Effects of COVID-19 Vaccine?”](#)
- [Video “Youth Vaccine” \(Roll Up Your Sleeve\)](#)
- [V-Safe After Vaccination Health Checker](#)
- [Understanding mRNA COVID-19 Vaccines](#)
- [Understanding Viral Vector COVID-19 Vaccines](#)
- [V-safe Vaccination Health Checker](#)
- [Volunteering at a Vaccination Super Station: Sharp Healthcare- South Bay Superstation, UC San Diego Health- Petco Park Super Station.](#)
- [What to Do If You Have Received the Johnson & Johnson COVID-19 Vaccine](#)
- [What to Expect After Getting a COVID-19 Vaccine](#)
- [What to Expect During and After Your COVID-19 Vaccination Appointment](#)
- [What You Need to Know About Getting Vaccinated for COVID, From Side Effects to How Long Immunity Lasts](#)
- [When you’ve been fully vaccinated](#)
- [Why COVID-19 Vaccines Offer Better Protection Than Infection](#)

## 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/your-health/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 \(Spanish\)\(Additional Languages\)](#)

### Rental Assistance

- [California COVID-19 Rent Relief](#)
- [COVID-19- 2021 Emergency Rental Assistance Program](#) (This application will be open until all available funding has been used.)
  - Applications for the County of San Diego’s Emergency Rental Assistance Program (ERAP) 2021 serves all areas of the San Diego region except for the cities of San Diego and Chula Vista
  - [Outreach Toolkit](#) (available in 9 languages)
- [Board Expands COVID-19 Rental Assistance Program](#)

### Food Assistance

- Food Assistance Resources ([English/Spanish](#))
- [Hand Up Food Pantry and Corner Market](#)
- [Super Pantry Program](#)

### Other Financial Assistance Programs

- [Covered California](#)
- [Emergency broadband benefit](#)
- [FEMA COVID-19 Funeral Assistance](#)
- [Financial Support for Current and Former Foster Youth](#)
- [FAQ, Flyer, and Outreach Toolkit for California](#)
- [Quick Cal-Fresh Online Application](#)

### Child Care

- [YMCA Child Care Scholarships](#)

### Educational Resources

- [Antigen Testing Programs for Schools](#)
- [California Health Education](#)
- [California Safe Schools for All](#)
- [CDC Considerations for Case Investigation and Contact Tracing in K-12 Schools](#)
- [CDPH Guidance for Schools](#)
- [COVID-19 and Reopening in Person Instruction Framework and Public Health Guidance for K12 Schools in CA](#)
- [COVID-19 Graduation Planning Tool](#)
- [COVID-19 Planning Tips for Graduation Ceremonies Presentation](#)
- [Graduation Ceremony Guidance](#)
- [Grieving Students, Transitions, and COVID-19](#)
- [K-12 Schools Reopening Framework and Guidance Q&A](#)

- [K-12 Schools Sector](#) (resources that will support schools, staff, students, and families)
- [Live Well Schools Website](#)
- [Navigating Back to School Safely Infographic in English and Spanish](#)
- [No-Cost Virtual Homework Help](#)
- [Safely Distributing School Meals During COVID-19](#)
- [San Diego Futures Foundation \(SDFF\)](#)
- [San Diego Union Tribune](#) (one-year free subscription)
- [School Summit Tools and Resources Sheet](#)
- [Students for Students: Online Tutoring Program](#)
- [Updated CDPH School FAQs \(includes field trips\)](#)
- [U.S Department of Education COVID-19 Handbook, Volume 2](#)
- [Virtual Homework Help](#)

## Mental Health Resources

- [12 Mini Mindfulness Exercises for Kids](#)
- [CAIHOPE \(emotional support relating to COVID-19\)](#)
- [California Parent and Youth Helpline and Support Groups \(English/Spanish\)](#)
- [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](#)
- [Four Simple Tips to Help You Manage Anxiety Related to COVID-19](#)
- [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](#)
- [Parent Anonymous Support Group](#)
- [Power Your Mind Program Inspires Better Mental Health in Teens](#)
- [Strategies for Coping](#)
- [Trauma-Informed Strategies to Support Students Transition Back to School in the COVID ERA \(Fact Sheet\)](#)
- [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](#)
- [Confronting COVID-19 Related Harassments in Schools](#)
- [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

- [A Resource for Parents on Returning to In-Person Learning \(Checklist\)](#)
- [AA Meetings in California](#)
- [American Academy of Pediatrics Guidance on Return to Sports and Physical Activity](#)
- [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](#)
- [Catch Up on Well-Child Visits and Recommended Vaccinations](#)
- [Center for Parent & Teen Communication](#)
- [Dad's Corp](#) (SAY San Diego)
- [Emergency Plan](#) (Youth Law Center)
- Families in Motion ([English](#)/[Spanish](#))
- Get Back to School Safely Handout for Parents & Guardians ([English](#), [Spanish](#), [Arabic](#), [Chinese](#), [Korean](#), [Somali](#), [Tagalog](#), [Vietnamese](#))
- [How to Support Teen's Mental Health During COVID and Beyond](#)
- [Internet Safety - Cyber and Online Safety Tips from the Federal Communications Commission](#)
- [Learning at Home](#)
- [Local American Academy of Pediatrics Videos for Parents \(English/Spanish\)](#)

- [Learn about COVID-19's effect on children, returning to school, and related topics.](#)
- [Parents Anonymous-California Parent and Youth Helpline](#) (1-855-4PARENT)
- [Parenting in a Pandemic: Tips to Keep the Calm at Home](#)
- [Planning for School, Coping and Support, Health and Wellbeing](#)
- [Positive Solutions for Families Workshop](#)
- [Safe Schools Parent Page](#) (English & Spanish)
- [Support for Working Families](#)
- [Supporting Children While Wearing Masks](#)
- [Supporting Children with ADHD during COVID-19](#)
- [Tips for Young Parents: Coping During Coronavirus Pandemic](#)
- [Toolkit for Pregnant People and New Parents](#)
- [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)
- [Youth Sports FAQs](#)

### 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<br>Main Office (760) 753-0252     |
| Crisis House   | <a href="http://www.crisishouse.org">www.crisishouse.org</a>   | Main Office (619) 444-1194<br>24/7 DV Hotline: (888) 385-4657 |
| District Attorney Victim Advocates                                 | <a href="http://www.sdcca.org/helping/victims/victim-services.html">www.sdcca.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.leaptosuccess.o">www.leaptosuccess.o</a>   | (760) 710-9510  |

|   |  |  |
|---|--|--|
|   | <a href="#">rg</a>   |  |
| 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<br>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