**COVID-19 Resource List**

**March 2020**

 **‘Look for the helpers. You will always find people who are helping.’**

**Mr. Roger’s mom**

Right now and always, **you**are those helpers. Thank you!

The following resources have been compiled from many sources and is intended to support Early Start FRCs in their ongoing support to their families during this unprecedented COVID-19 event. Some entries may be duplicated in more than one topic area. We have made every effort to compile appropriate resources and have visited all these websites to verify at a macro level. As always, encourage you to use your own judgement when accessing and sharing resources.

Your FRCNCA staff is ready to help you as we can so please feel free to reach out and let us know what you might need and how we can support you. Questions and other resource ideas may be directed to espprogram@frcnca.org or 916-993-7781.

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**Where to go for accurate information on COVID-19:**

[**CA Coronavirus Response:**](http://r20.rs6.net/tn.jsp?f=001nnyzfQRx2IygqQuKWXFbdS8KDBEtnkuMXYyK0YTaTFxhloAcuQinzLDLmXmWXzDkeQ-L5ef_ePUMPdOV8EFL_HGznHMj6_6XqAQafkbrNtRwDVrxxV8QmJK55LUlupn3rNxHwZ89EpCX7Jyadrln6gcvnljCkDrNU1JXFFrsdEaVyDEc6iiDKKx2ObZt1co8PDewdY8oow9JQdDqYrJ1SPcgLUMKIHDFyrBNXyu-ntkDNiN4Q-nDNQ==&c=j-v0MMG6LAo6_CD2hvWlkIYVbT_wqM-ScRibpEdl8HNSRIf1RbEnQQ==&ch=BT9aegg22W5SctHAVDLmcM9_J1eQbJsHkG0GvIsP01k7cm6kyLLwBw==) Governor Gavin Newsom announced the launch of a new Novel Coronavirus (COVID-19) public awareness campaign to provide useful information to Californians and inform them of actions they can take to further prevent the spread of the virus.

* Governor’s 3-19-20 [“Stay at Home” Order](https://covid19.ca.gov/img/Executive-Order-N-33-20.pdf)
* [Guidance on “Stay at Home” Order](https://covid19.ca.gov/stay-home-except-for-essential-needs/)
* [Quedese en casa except por necesidades esenciales](https://covid19.ca.gov/quedese-en-casa-excepto-por-necesidades-esenciales/)
* [Are You At Higher Risk For Severe Illness?](https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html)  Updated information from the CDC for vulnerable groups.
* California Department of Public Health - [Guidance Documents: Coronavirus Disease 2019](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Guidance.aspx)
* Centers for Disease Control – [Coronavirus](https://www.cdc.gov/coronavirus/2019-ncov/index.html)
* World Health Organization – [Coronavirus Disease Outbreak](https://www.who.int/emergencies/diseases/novel-coronavirus-2019?utm_source=WfG%E2%80%94Employers&utm_campaign=4c517884b0-EMAIL_CAMPAIGN_2020_03_10_02_53&utm_medium=email&utm_term=0_0f2a806bc7-4c517884b0-160640657)
* CA Department of Developmental Services – [Coronavirus Information and Resources](https://www.dds.ca.gov/corona-virus-information-and-resources/)
* State Council on Developmental Disabilities offers an infographic on [COVID-19 Prevention Recommendations](https://files.constantcontact.com/eb101a2f101/96e34b7d-dfc8-4076-939d-0447867cddc1.pdf) (English) & [Spanish](https://files.constantcontact.com/eb101a2f101/3883743c-9d1b-4cea-836f-c8823e2a17c7.pdf)
* Green Mountain Self-Advocates created the more in depth COVID-19 Information By and For People with Disabilities also available in [English](http://r20.rs6.net/tn.jsp?f=001Bko4g0myfswXxnWQgIbf2rLDW8qOisfM81ArPxf6MfNPfmEg49UhgHdNsauocFOagnyklSWUnjLPMIqWRNd8AV-V2iZOpZP-R8K2YFvodZ-u9_grMC5bfzacpqzGpk95QwiCus7lywZ81GOEQvuKwcY-fadLQZqTml0izT_LyU0O8NBrElD9BhsFgfjuaI1Rv4T-LTzeEfT5hC6GmpBZAYRGdIWXeLg1ZR9ZK_7i_no=&c=VYUSQzGgpmSaiGhZlWqEY1t5Zfgpf0Yq5CXZXKvLcKsLPvuNVLVwwQ==&ch=vM1wVL8koG6fcPd2LN0lRd7N8gYf4dnDMw0CPg2vLgUMiulWqABCig==) and [Spanish](http://r20.rs6.net/tn.jsp?f=001Bko4g0myfswXxnWQgIbf2rLDW8qOisfM81ArPxf6MfNPfmEg49UhgHdNsauocFOaE-5k8VLQwBDkK50Nk9OYg4sXicLaEvJszKJw2qCKgSgK03qmz-TFuqz7dePyEn3-E1locW3N1uGLg8Mtp0-EjWIoo9dW9YyteK2mceLkgXwnI9VzTu_lliZVPLmYIzjMRpQLC7kGprBz02JrXon-3NlIxKb6vxFFw4T9ija3ERA=&c=VYUSQzGgpmSaiGhZlWqEY1t5Zfgpf0Yq5CXZXKvLcKsLPvuNVLVwwQ==&ch=vM1wVL8koG6fcPd2LN0lRd7N8gYf4dnDMw0CPg2vLgUMiulWqABCig==).
* [What You Need to Know About Coronavirus](https://www.youtube.com/watch?feature=youtu.be&v=Uu7PRKGK1_s&app=desktop) (In ASL)
* [Governor’s State of Emergency Declaration](https://www.gov.ca.gov/2020/03/04/governor-newsom-declares-state-of-emergency-to-help-state-prepare-for-broader-spread-of-covid-19/)
* [Proclamation of a State of Emergency](https://www.gov.ca.gov/wp-content/uploads/2020/03/3.4.20-Coronavirus-SOE-Proclamation.pdf)
* [Reducing Stigma](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/reducing-stigma.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Frelated-stigma.html) from the CDC
* [Governor’s Office of Emergency Services](https://www.caloes.ca.gov/)
* [What is the Coronavirus?](https://www.ppmd.org/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf)  Pictorial from The Autism Educator

**Where to go for things to do with kids:**

# [12 Virtual Disneyland Rides That You Can Enjoy At Home Without A FASTPASS](https://www.goodhousekeeping.com/life/entertainment/g31977949/virtual-disney-rides/)

# [Ranger Rick](https://rangerrick.org/) offers a free digital subscription, Educator’s Guides, Parent Guides, Activities, Crafts, Videos, Homework Help and more.

# [Learn Sign Language online](http://www.signlanguage101.com/)

* Crayola At-Home Activities for Kids - DIY videos, at-home learning opportunities, craft kits and supplies, free coloring pages and more [from Crayola](https://nationalfamilysupportnetwork.us9.list-manage.com/track/click?u=ed250daa64bb471a0a16ac92e&id=1b2463047a&e=b65f91c7f7).
* [Here’s the entire list of education companies offering free subscriptions due to school closings](https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR1RkHy9l4a1PgktyTEwrZ9DYXp8r7sHZXetcDpB_XbBtlq6tzeTmrKqo3g) from Kids Activities.com
* PBS and your local station have curated [FREE, standards-aligned videos, interactives, lesson plans, and more](https://www.pbslearningmedia.org/) for teachers. Searchable by grade.
* [Scholastic Learn at Home](https://classroommagazines.scholastic.com/support/learnathome.html) offers daily learning experiences built around a story or video. Searchable by grade level.
* [Romper.com](https://www.romper.com/) has compiled links to many resources: Daniel Tiger on fighting germs; virtual rides at Disneyworld; celebs reading books and much more!
* [Lunch Doodles with Mo Willems](https://www.kennedy-center.org/education/mo-willems/) are release daily videos that encourage learners to draw, doodle and explore new ways of writing.
* [Virtual Farm Tours While You’re Stuck at Home](https://www.americandairy.com/news-and-events/dairy-diary/dairy-farming/virtual-farm-tours-while-youre-stuck-at-home.stml) offers three different age-targeted tours.
* [California State Parks](http://www.ports.parks.ca.gov/) is offering K-12 students broadcast style home learning programs from various park locations across the state. These broadcasts require pre-registration.

**Where to go for financial resources:**

* [California Employment Development Department Unemployment Benefits COVID-19 FAQs](https://edd.ca.gov/about_edd/coronavirus-2019/faqs.htm)
* CDE’s [*CA Meals for Kids Mobile App*](https://www.cde.ca.gov/re/mo/cameals.asp) helps locate nearby CA Afterschool and Summer Meal Programs Sites.
* Prescription Free Deliveries & Discounts - [Walgreens](https://www.walgreens.com/topic/findcare/coronavirus.jsp?ban=covid_vanity)**and** [CVS](https://www.cvs.com/content/delivery) are waiving charges on delivery or prescriptions.
* [Food Resources from State of California](https://californiavolunteers.ca.gov/wp-content/uploads/sites/116/2020/03/CA-COVID-FOOD-Resources.pdf)
* Tax Day Extension - The Treasury Department and the Internal Revenue Service have announced that they are moving Tax Day from April 15, 2020 to **July 15, 2020** in response to the COVID-19 outbreak to allow individuals and businesses additional time to file federal returns and make payments without interest or penalties. California has also [extended](https://iqconnect.lmhostediq.com/iqextranet/iqClickTrk.aspx?&cid=CA12NP&crop=14643.22584788.5565985.881654&report_id=&redirect=https%3a%2f%2fwww.ftb.ca.gov%2fabout-ftb%2fnewsroom%2fcovid-19%2fextensions-to-file-pay.html&redir_log=806134821241542) the filing and payment deadline for personal and business state tax returns to July 15, 2020. For any taxpayer anticipating a refund, they should file their returns quickly in order to receive their refund checks as soon as possible.
* [Family and Medical Leave Act](https://www.dol.gov/agencies/whd/fmla) information
* Comcast offering 60 days free internet to new subscribers who meet qualifications through its [Internet Essentials program](https://www.internetessentials.com/Apply).
* Comcast has announced it will be offering free WiFi to those near a WiFi hotspot (we don’t have more information on this entry)
* [Employment Development Department (EDD)](https://www.edd.ca.gov/about_edd/coronavirus-2019.htm) provides links to employment-related support for affected workers
* Check with your school district to determine if free lunch / breakfast may be available
* Local food pantries may be offering extended hours
* Local Head Start and Early Head Start programs may be providing food resources
* Local utility companies may be placing a hold on shut-offs for outstanding bills

**Where to go for resources for your families:**

* [COVID-19 Screening Tool](https://www.apple.com/covid19)
* 211 can provide information on services and resources [online](http://211.org/services/covid19) or via phone
* *COVID-19 Fact Sheet for Grandfamilies and Multigenerational Families* - People over 60 and those with compromised immune systems are among the highest-risk populations COVID-19 is attacking.  Generations United has put together [a guide for families](https://nationalfamilysupportnetwork.us9.list-manage.com/track/click?u=ed250daa64bb471a0a16ac92e&id=b844afd4ce&e=b65f91c7f7) who may be sharing a household with these beloved at-risk individuals.
* English and Spanish Resources for Families - Abriendo Puertas/Opening Doors is maintaining [an active list of online educational resources](https://nationalfamilysupportnetwork.us9.list-manage.com/track/click?u=ed250daa64bb471a0a16ac92e&id=7e6238583f&e=b65f91c7f7) for parents and caregivers offered in both English and Spanish.
* [How Can I Calm My Child Who Won’t Stop Talking About the Coronavirus?](https://www.understood.org/en/learning-thinking-differences/understanding-childs-challenges/talking-with-your-child/child-wont-stop-talking-about-coronavirus?_ul=1*vc4pgc*domain_userid*YW1wLWZ6QVBLbjBhNWpaXzF1em05aE9memc.)
* [When Kids Won’t Talk About Coronavirus: What to Do](https://www.understood.org/en/learning-thinking-differences/understanding-childs-challenges/talking-with-your-child/child-wont-talk-about-coronavirus?_ul=1*1eqyv26*domain_userid*YW1wLWZ6QVBLbjBhNWpaXzF1em05aE9memc.)

# [*Just For Kids: A Comic Exploring The New Coronavirus*](https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus) *–* A comic book designed for children from NPR. Available in English and Chinese

# [*Coronavirus Tips & Resources for Parents, Children & Others*](https://preventchildabuse.org/coronavirus-resources/) – This webpage includes up tips and links to numerous other resources for families, communities, schools and employers from Prevent Child Abuse America.

# [*Supporting Kids During the Coronavirus Crisis: tips for nurturing and protecting children at home*](https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20) from Child Mind Institute

* [Talking to Children about COVID-19 (Coronavirus): A Parent Resource](http://r20.rs6.net/tn.jsp?f=0011MHF2iy9sELUjgGA2w9bVxxJEbf7bedl3kmoF10vyhKe1NcxmaVY4Np-Zu2HDBEuDIcXnRULSRgtfrVhlHMi9H5Zg59FPPrrqPrvVj6041-m8MFEZfJazjiTRGbA7VF0OXZBgZ12vrJ3DgZNkEGJ_R0JbuKvn-DxQL7cvzbNUWEv1BuqwimxGnbZOpIiQchs03_C4a0-1OoOz8OTas32KtJ_DWCi_9UuxVrcBxCj5v22Fx9uAPauI_5iS9NH_Nn0Fp8EbWx4us48BKexLcy-SC76WdrQRTIiZ0af-9-ure3TeftIcRStU2P0m_3-baCsR1IkNQleg0-uwWiSUgj_aYM-cp9d0BR0_tkSTQTkO5QZipJEMfe4mVmfFiFBPf4E1ux2b1GkjMY=&c=r81rYW7rfbJg1gtB8RpEttSJKI_fyM74oTDS3lziRwejziNPtxO0Qg==&ch=lJRTyHaYL7LTsTgkGW21HLlmaRxvEtwHxed28hXdYddU6pwhSkkm2Q==) (Available in English, Spanish, Amharic, Chinese, and Korean) from the National Association of School Psychologists.
* [*Family Routines and How They Work*](https://raisingchildren.net.au/grown-ups/family-life/routines-rituals-relationships/family-routines) - Daily routines help all families get through everyday tasks. Routines can also build family bonds. A good routine caters for the needs of all family members.
* **Visit** [SesameStreet.org/caring](https://www2.sesame.org/e/293712/healthemergencies/72hh6q/674674377?h=PNhT8yP9gc8CtqvlvInq3Wg0X7WqdGR1yJTsUNeMopA) for resources designed to provide comfort, manage anxiety, and foster learning at home. You’ll find activities for daily routines, videos, printables, and interactive games.
* [CDE’s guidance and resources on distance learning](https://www.cde.ca.gov/ls/he/hn/guidance.asp)
* [CDE’s Special Education Guidance for COVID-19](https://www.cde.ca.gov/ls/he/hn/specialedcovid19guidance.asp)

**Where to go for resources for your ESFRC**:

* [How to Plan a Virtual Conference Guide](https://www.memberclicks.com/how-to-plan-a-virtual-conference-at-your-association?utm_campaign=Oasis%20Prospects&utm_medium=email&_hsenc=p2ANqtz-9O1aa_fv1eG4L1wweEunSBjTC3U1kMaePSG_Mp9X8IDk37aHel8MT7Rmf6YJn1DsP0hX34JVGPS0tqT38oZFsZMiaILw&_hsmi=85121747&utm_source=hs_email&utm_content=85111081&hsCtaTracking=8deb7631-cb06-4eab-b558-2f7e42b050d9%7C5cf1003e-46f8-4afd-a751-4d65cdb679fb) available from Member Clicks
* TechSoup has created *Pivoting to Remote Work* - [a free track of courses](https://nationalfamilysupportnetwork.us9.list-manage.com/track/click?u=ed250daa64bb471a0a16ac92e&id=7b93d819cd&e=b65f91c7f7) to provide tools and information to aid in the transition to remote work.
* How to Work From Home, if You’ve Never Done It Before - If you find yourself working closer to your bedroom because of coronavirus, the New York Times has [some tips that can help](https://nationalfamilysupportnetwork.us9.list-manage.com/track/click?u=ed250daa64bb471a0a16ac92e&id=e731e5bd5e&e=b65f91c7f7).
* DDS has created a specific email address to answer questions related to services and the impact the COVID-19 situation may have on the current system. Vendors, parents, FRC staff, etc. can email this address directly to ask questions. Providers and anyone from the public that they can submit their concerns/questions to the centralized email: DDSC19@dds.ca.gov
* [COVID-19 has a serious side effect for nonprofits—total wreckage of the spring events season](https://www.networkforgood.com/nonprofitblog/coronavirus-impacting-your-nonprofit-heres-what-to-do/)  - from Network for Good
* [*Overcome social distancing with empathy in leadership*](https://www.smartbrief.com/original/2020/03/overcome-social-distance-empathy-leadership) from SmartBrief
* [*COVID-19 guidance for social service agencies*](https://multco.us/novel-coronavirus-covid-19/covid-19-guidance-social-service-agencies) from Multnomah County
* [8 x 8](https://8x8.vc/) offers free videoconferencing (this resource has not been vetted – please do your own research)
* “[8 Strategies to set up remote work during the coronavirus outbreak](https://www.fastcompany.com/90475330/8-strategies-to-set-up-remote-work-during-the-coronavirus-outbreak)” from SmartBrief
* [*8 Questions Employers Should Ask About the Coronavirus*](https://hbr.org/2020/03/8-questions-employers-should-ask-about-coronavirus) from Harvard Business Review
* Zoom offers unlimited meetings of up to 40 minutes. Sign up [here](https://zoom.us/signup).
* [Coronavirus Affecting your Nonprofit? Here’s What To Do](https://www.networkforgood.com/nonprofitblog/coronavirus-impacting-your-nonprofit-heres-what-to-do/?mkt_tok=eyJpIjoiTjJZeU1UTmlPR00wTW1FNCIsInQiOiJnZThZU0pqSXRXSVlZVGFTMDRYWTd2Vkh3WHplU3dscXk4YzFcL3NtRHNqckFzT3V2cjNueldoc1hhZW5ZKzg0WitwZWxKK2pYQzE1eWJDb2JWcU93KzI0R1wvUEtCeDlJRUpwVm1DWHNyVHVna2VSaGZQNkJiTW4xbU9oUjFGQVJoIn0%3D)
* FRCNCA staff are available to assist in holding online meetings or webinars. Contact us as espprogram@frcnca.org.

**Where to go for social emotional support:**

* [*Supporting Kids During the Coronavirus Crisis – Tips for Nurturing and Protecting Kids at Home*](https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/) from the Child Mind Institute
* [Caring For Each Other](https://www.sesamestreet.org/caring) from Sesame Street has a wide range of resources including hand washing songs
* [The Mindful Life Project](http://mindfullifeproject.org/resources/#mindful-sits) offers Mindful Sits
* [*Keep Calm and Structure On: How to manage emotions and build structure at home during COVID-19*](https://makesociallearningstick.com/keep-calm-and-structure-on-how-to-manage-emotions-and-build-structure-at-home-during-covid-19/) from Make Social and Emotional Learning Stick includes a three video series with PDFs.
* [**7** **science-based** **strategies to cope with coronavirus anxiety**](https://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207) **– from The Conversation**
* **Ideas to connect: Put up some of your Christmas lights, light up a window or go all out! Write encouraging messages in sidewalk chalk on the sidewalk, walkway or driveway! Fly the flag! Take part in a virtual scavenger hunt (accessing Next Door may put you in touch with folks in your neighborhood).**
* **Taking Care of Your Behavioral Health:** [*Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak*](https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf)from SAMHSA
* [Managing Life During COVID-19: Strategies for Parents, Caregivers, and Responders](http://d31hzlhk6di2h5.cloudfront.net/20200323/9a/4c/2c/63/55aeaea644926e573abfa2de/Strategies_for_Parents_Caregivers_and_Responders.pdf) from Bright Horizons

**On the lighter side** – mostly from Twitter (we know this is a serious situation and wanted to share some things that might brighten your day):

* We get it, Europe, you all have balconies!
* We are entering an era of unprecedented recipe substitutions
* I’ve yet to decide where to spend spring break. I’m torn between my living room and my bedroom.
* And just like that, No one ever asked a stay at home mom what she does all day ever again.
* Does anyone know how long toilet paper will last if you freeze it?
* Our homeschooling curriculum includes: Honors Laundry and AP Vacuuming
* Me: I’m not cut out for homeschooling Coronavirus: muahahahahahaha
* One family reports on Twitter that their dog has sprained his tail from all the happy wagging due to the fact that his family is home all day!