

# COVID-19 PARENT TOOLKIT





# WHAT IS COVID-19?

According to the World Health Organization, coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to a more severe respiratory syndrome. The Coronavirus (COVID-19) is a new strain that was discovered in 2019 in China. This strain has never been seen in humans. Because it has never been seen before in humans there is currently no vaccine or treatment for it.

Common signs of infection include respiratory symptoms, fever, cough, shortness of breath, and breathing difficulties. According to the Center for Disease Control, COVID-19 spreads easily between humans. The virus is thought to spread between people who are in close contact with one another (within 6 feet). It is spread through respiratory droplets produced when an infected person coughs or sneezes.

## HOW TO STAY SAFE

1. Clean your hands often. Wash your hands with soap and water for at least 20 seconds.
2. Avoid close contact. The CDC recommends being at least 6 feet away from others. Do not be in groups larger than 10 people.
3. Practice Social Distancing.
4. Clean and disinfect frequently!
5. Stay home if you are sick or suspect that you have been around someone who is sick.

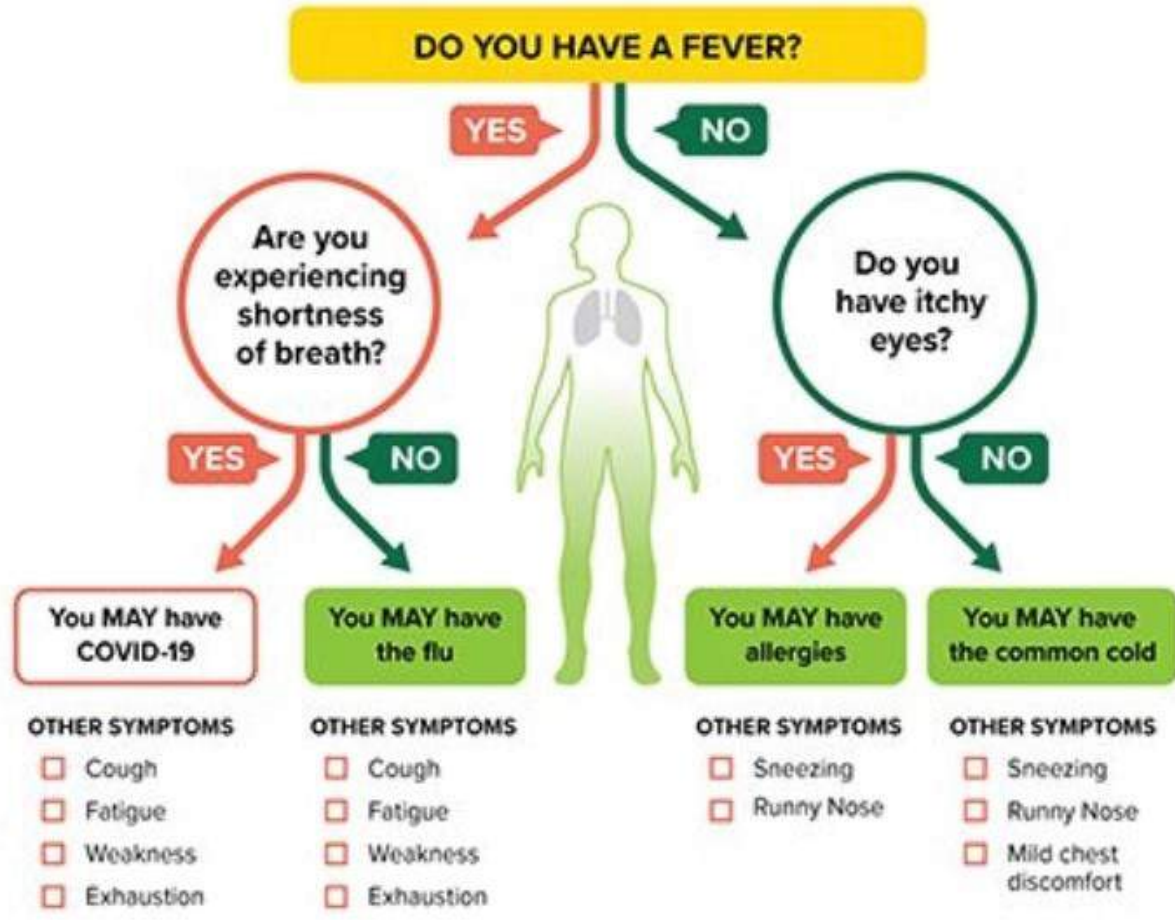
### HOW TO GET TESTED/INFO:

- ADPH has created a new testing hotline to provide information about available testing sites and hours of operation. Callers will be asked for their zip code to help locate the site nearest them. The number is 888-264-2256.
- ADPH has also created a separate hotline for questions about COVID-19. The toll-free hotline is 800-270-7268. Telephone calls are answered from 7 a.m. until 9 p.m. daily. The COVID-19 general information email address is [covid19info@adph.state.al.us](mailto:covid19info@adph.state.al.us).





# Flu vs. Allergies vs. COVID-19



**These are COMMON SYMPTOMS, which may vary from person to person. Only a doctor can give you a diagnosis.**

[uab.edu/coronavirus](http://uab.edu/coronavirus)





# 10 ways to manage respiratory symptoms at home

**If you have fever, cough, or shortness of breath, call your healthcare provider. They may tell you to manage your care from home. Follow these tips:**

**1. Stay home** from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



**6. Cover your cough and sneezes.**



**2. Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



**7. Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



**3. Get rest and stay hydrated.**



**8.** As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



**4.** If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



**9. Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



**5.** For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



**10. Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



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For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)





# Keep Your Distance & Stay Connected



COVID - 19  
OVERVIEW

## GO

Hike on a trail away from others  
Garden  
Video chat with friends and family  
Ask your partner out on an online dinner date  
Call anyone who can't video chat  
Make your book club virtual  
Practice physical activity at home  
Take up a new hobby at home  
Explore museums and parks online



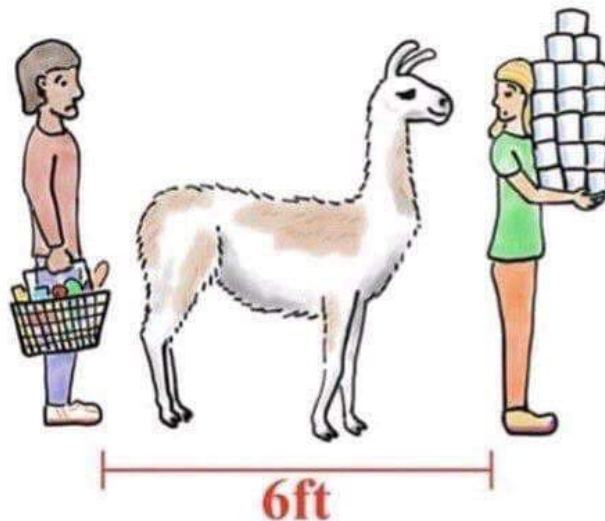
## STOP

Having playdates  
Going to neighborhood hangouts  
Hosting dinner parties  
Going to the grocery store at peak hours  
Entering a busy pharmacy  
Going to crowded places  
Hanging out at bars and other gathering places



[cdc.gov/COVID19](https://cdc.gov/COVID19)

## Social Distance Saves Lives



**Keep 6 feet away from other people when you go out to reduce virus spread.**

**This is enough space to comfortably\* fit an adult llama.**

*\*let's say snugly*

## #SaveYourLlamaSpace

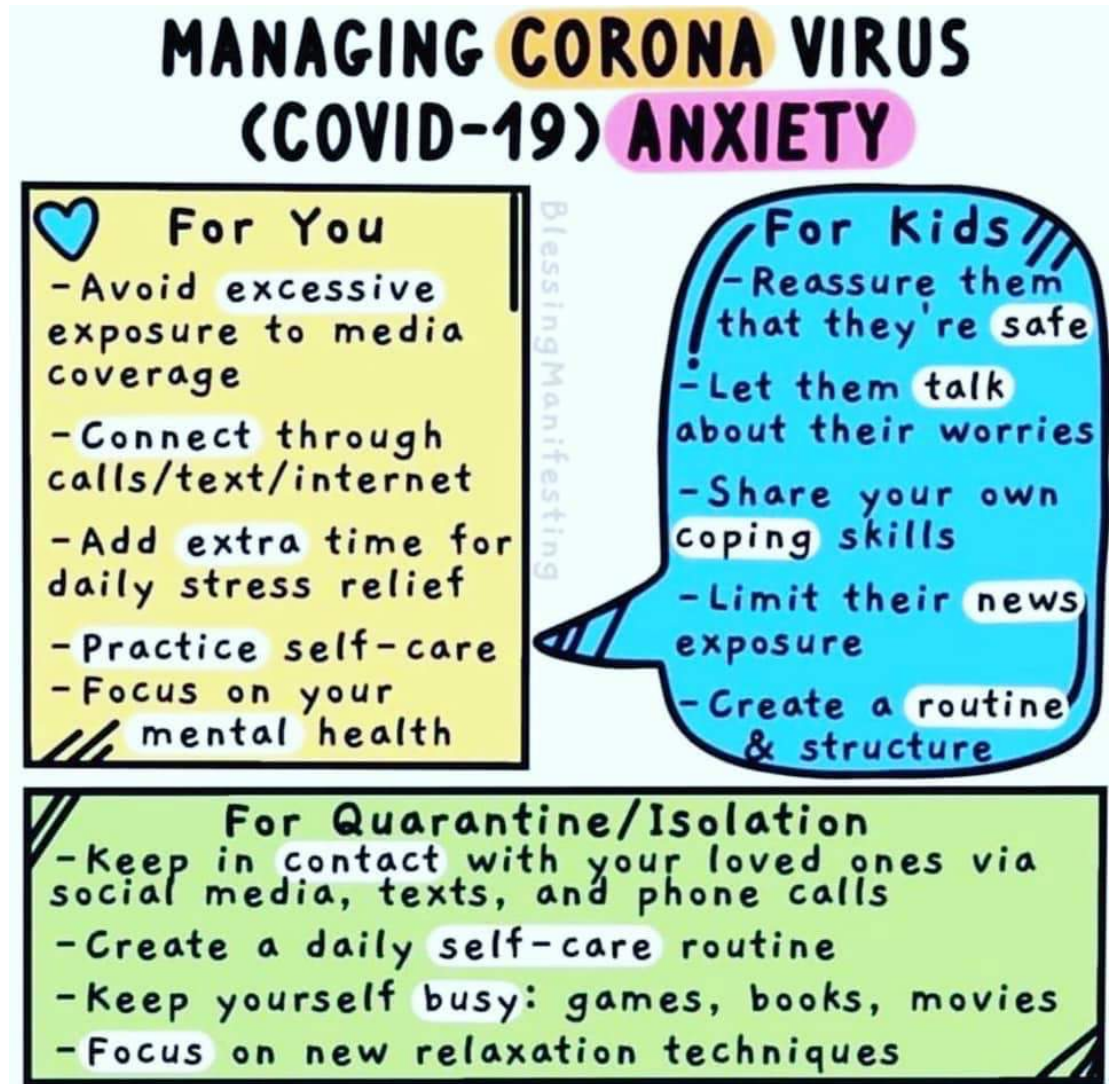


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- Remain calm and reassuring.
- Make yourself available.
- Avoid excessive blaming.
- Monitor television viewing and social media.
- Maintain a normal routine to the extent possible.
- Be honest and accurate.
- Discuss new rules or practices.

LEARN MORE AT :

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>



## MANAGING CORONA VIRUS (COVID-19) ANXIETY

*BlessingManifesting*

**For You**

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

**For Kids**

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

**For Quarantine/Isolation**

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques



# HOW TO COPE WITH COVID-19: PARENT EDITION



MENTAL HEALTH:  
MANAGING STRESS &  
ANXIETY

## 1. Educate Children

One of the best ways to prevent the spread of the Coronavirus (COVID-19) is for adults and children to be educated on the sickness. Here are a few educational tools that can be used:

For Pre-School:

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

For School-Aged:

<https://www.youtube.com/watch?v=PkUICIFE45M>

## 2. Practice Social Distancing

You can take a walk outside OR play outside with the kids. It is important to keep a 6 feet distance between other individuals and to limit extra curricular activities as much as possible. This is called social distancing. Social distancing is not social disengagement.

Educational Link:

<https://www.youtube.com/watch?v=Ypm34dEGa2o>

## 3. Take a Mental Break

The Coronavirus Outbreak has caused many parents to be forced to take on the role of a teacher for the children. It is okay to take a mental break. Have a small snack, or take a few minutes to meditate. You can give your child a crossword puzzle, coloring sheet, or book to read while you take a small break

## MENTAL HEALTH RESOURCES

During this time, if your child is having a mental health emergency or crisis, please call 911.

National Suicide Prevention Hotline: 1-800-273-TALK.

For immediate access to routine or crisis services, please call the Alabama Suicide Hotline at 256-547-9505. The Suicide Hotline is available 24 hours a day, 7 days a week and 365 days a year to help you or someone you care for in a crisis.

Also, you can call the National Crisis Hotline at 1-800-273-8255 (TALK).

SAMHSA's Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

National Parent Helpline (1.855.4A.PARENT)

Crisis Text Line: Text HOME to 741741

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>



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# WEB BASED LEARNING!

The link below takes you to many virtual or webbased learning activities.

Click below to:

Tour the Anne Frank House

Watch the Atlanta Zoo Panda Cam

Tour Buckingham Palace

Go under the Sea with the Atlanta Aquarium

View the Great Wall of China

Learn about the Great Pyramids

Check on the Animals at the Houston Zoo

Visit the NASA Mission Operations Room

View the National Gallery of Art

Take a tour of the National Parks

Tour the Spy Museum

<https://virtualschoolactivities.com>



**DON'T FORGET TO SAFELY GO OUTSIDE WHEN POSSIBLE.  
GO FOR A SCAVENGER HUNT OR A WALK AND GET SOME FRESH AIR!**







# FREE EDUCATIONAL WEBSITES FOR KIDS

For Links Visit [FromABCsToACTs.com](http://FromABCsToACTs.com)

PBS Kids

Make Me Genius

Starfall

The Magic School Bus

Cool Math

Highlights Kids

ABCya

National Geographic Kids

The KIDZ Page

Funbrain

NGAkids Art Zone

BBC History for Kids

Storyline Online

Steve Spangler Science

Mission US

The Happy Scientist

Khan Academy

Cells Alive

KidsReads

Google Earth

Youngzine

Fuel the Brain

Mr. Nussbaum

Exploratorium

Turtle Diary

e-Learning for Kids

Sesame Street

Fun Fonix

Seussville

Tvokids

The Story Starter

NASA Kids' Club

Crypto Club

Earthquakes for Kids

Smithsonian Learning Lab

Study Jams

Grid Club

Magic Tree House

DOGO News

Science Bob



# Helpful Information and Resources

## **Safe places (Victims of Domestic Violence):**

- **Birmingham – One Place (205) 453-7261**
- **Montgomery – One Place (334) 262-7378**
- **Selma – SABRA Sanctuary 1 (800) 650-6522**
- **Tuscaloosa – Turning Point (251) 602-0909**

**\*SafeHouse Shelby provides domestic and sexual abuse response services in central Alabama. Call the Crisis Hotline at (205) 669-7233 or visit [www.safehouse.org](http://www.safehouse.org)**

**\*Family Sunshine Center urges anyone who needs immediate help to contact them. They still have Crisis Intervention Services open and shelter. Help is available 24/7. If you need help, call (334)263-0218 or 1 (800) 650-6522.**

## **HOMEWORK HELP:**

**Homework Alabama is offering extended hours for those seeking tutoring assistance. The online program offers free tutoring and academic resources. You can get help from a live tutor in math, science, English, writing or social studies. You can access Homework Alabama at <http://homeworkalabama.org/>.**

## **Electric Bill Assistance:**

- **Alabama Power announced it would suspend late payment fees and disconnections of service due to non-payment amid the coronavirus pandemic. If you need more information of if you have difficulty paying your bill call 1-800-245-2244.**
- **Central Alabama Electric Cooperative says customers having difficulty budgeting for their electric bill can contact Customer Service at 1-800-545-5735. CAEC has implemented new procedures, which will allow them to assist and support members with flexible payment options.**
- **Dixie Electric is also asking customers having trouble paying for their bill to contact their office at 1-888-349-4322 to speak with a service representative. They can guide you to community resources for assistance and will discuss options available to you as a member.**



# Helpful Information and Resources



HELPFUL INFORMATION  
& RESOURCES

## Utility Bill Assistance:

- ACTS located at 308 Main Street, Tallahassee, AL serves the Tallahassee Area with utility assistance. They are open Monday, Tuesday and Thursday from 9:00 a.m. until 12:00 p.m. Call (334) 283-6750 for more information.
- People that Care located at 210 Old Montgomery Highway, Wetumpka, AL serves Wetumpka and Titus area with utility assistance. If eligible, the program pays the last \$50 of a water, power, gas, or electric bill. They are open Monday, Wednesday, and Friday from 9:00 a.m. until 12:00 p.m. Call (334) 567-5389 for more information.
- Elmore/Autauga Community Action Committee serves people in Elmore and Autauga County. Clients can apply for Energy bill assistance (LIHEAP/Project Share) and Gas Bill Payment Assistance. If you need help call (334) 567-4745.
- Cains Chapel Ministry located at 96 Lightwood Road, Deatsville, AL provides utility assistance. They are open on Wednesday from 9:00 a.m. until 12:00 p.m. Assistance only available to Holtville School District residents. Must bring ID, social security card, and original bill. Call (334) 569-2375 for more information.
- Autauga Interfaith Care Center located at 163 West Third Street, Prattville, AL provides limited financial assistance due to employment or illness. They are open Tuesday – Thursday from 9:30 a.m. until 2:30 p.m. Call (334) 365-4080 for more information.

## UNEMPLOYMENT ASSISTANCE:

If you are unable to work due to COVID-19, you will be eligible to file for unemployment benefits. The Alabama Department of Labor says if you are affected in the following way by COVID-19, you can seek unemployment benefits:

- Those who are quarantined by a medical professional or governmental agency
- Those who are laid off or sent home without pay for an extended period by their employer due to COVID-19 concerns
- Those who are diagnosed with COVID-19
- Those who are caring for an immediate family member who is diagnosed with COVID-19 Workers can file for benefits online or by calling 1-866-234-5382. Online filing is encouraged.

## FOOD STAMPS/SNAP:

SNAP benefits may be available for those who have been laid off or out of work due to COVID-19. You can apply online for assistance at <https://mydhr.alabama.gov>



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# FOOD ASSISTANCE



FREE MEALS FOR KIDS  
& OTHER FOOD ASSISTANCE  
RESOURCES

## Autauga County

Prattville Church of Christ

344 E. Main Street

Prattville 36067

(334) 365-4201

Emergency Food Pantry: Please call for assistance. Supplemental Food Pantry: Available on Tuesdays from 10:00 a.m. to 11:45 a.m.

Petra Ministries, Inc.

122 Tichnor Ave.

Prattville 36067

(334) 361-3097

Emergency Food Pantry: Please call for assistance.

Autauga Interfaith Care Center

163 W. Third St.

Prattville 36067

(334) 365-4080

Emergency Food Pantry: Please call for assistance; Supplemental Food Pantry: Available on Tuesday, Wednesday, and Thursday from 9:30 a.m. to 2:30 p.m. Autauga County residents only.

Spring Hill A.M.E. Zion Church

303 County Rd. 4 East

Prattville 36067

(334) 361-6655

Emergency Food Pantry: Please call for assistance.

For More Info visit :

<http://www.211connectsalabama.org/>

First Missionary Baptist Church

192 7th St.

Prattville 36068

(334) 365-3628

Emergency Food Pantry: Please call for assistance.

Life Brand Cowboy Church

116 Rd. 40 E.

Prattville 36066

(205) 245-4318 or (334) 313-7103

Emergency Food Pantry available Monday through Friday 9 am- 1 pm. Assistance restricted to Autauga County Residents. Delivery can be arranged if needed.

## Chilton County

Chilton County Emergency Assistance Center

502 Enterprise Rd,

Clanton, AL 35045

(205) 755-9467

Son Light Center

food pantry available M-F 8AM-5PM

205-287-1703

151 Bibb Street

Jemison, AL 35085

No documentation required, must complete eligibility request form

MANNA Ministries

7:30AM-11:30AM Saturdays --Drive thru service

Weekly Saturday Food Outreach. Free Distribution of groceries including pantry bag, pizza, breads, produce, and sweets. Monthly distribution of eggs, milk, and meats.

205-663-0509

Located in Alabaster but is available to Chilton County Residents

333 Smokey Road, Alabaster, AL 35007



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# FOOD ASSISTANCE



## Elmore County

Elmore County Food Pantry  
515 W. Boundary St.  
Wetumpka 36092  
(334) 567-3232

Emergency Food Pantry, Supplemental Food Pantry:  
Must have an appointment. New applications received  
Tuesdays, Wednesdays, and Fridays from 9 am to 1 pm.  
Please call office for information on becoming a client.

Mt. Zion Missionary Baptist Church  
371 Alabama Highway 14  
Elmore 36025  
(334) 567-2613

Emergency Food Pantry: Please call for  
assistance.

Courts of Praise  
4717 Coosada Parkway  
Elmore 36025  
(334) 290-2969

Emergency Food Pantry: Please call for  
assistance.

Mt. Zion Chapel A.M.E. Zion  
2493 Crenshaw Road  
Wetumpka 36092  
(334) 567-4413

Supplemental Food Pantry: Available on  
Saturdays from 9:00 a.m. to 12:00 p.m.

First Baptist Church: Eclectic Kindness Ministry  
203 Claud Rd.  
Eclectic 36024  
(334) 541-4444

Emergency Food Pantry and Supplemental Food Pantry:  
Available Tuesdays and Thursdays from 9 a.m. to 12  
p.m. Please call to confirm availability.

Chapel United Methodist Church  
1132 East Cotton Road  
Eclectic 36024  
(334) 398-3085

Emergency Food Pantry available of the fourth  
Saturday of every month from 8 to 12 p.m. Assistance  
limited to Elmore County residents. Photo ID required.

### ACTS

308 Main Street  
Tallahassee 36078  
(334) 283-6750

Emergency Food Pantry available Monday, Tuesday, and  
Thursday from 9 a.m. to 12 p.m. Assistance limited to Tallahassee  
residents. Photo ID required and Social Security Card for each  
person in the household.

W.E.L.C.O.M.E.  
3253 Main Street  
Millbrook 36054  
334 285 0150

Emergency Food Pantry: Please call for assistance. Supplemental  
Food Pantry: Available on Thursdays from 8:00 a.m. to 9:00  
p.m. and the third Saturday of each month from 9:00 a.m. to  
1:00 p.m. Walk-ins are welcome.

Trinity United Methodist Church  
ADDRESS 135 Little Weoka Creek Rd.  
CITY Wetumpka ZIP 36026  
TELEPHONE (334) 567-9997

PROGRAMS Emergency Food Pantry: Please call for assistance.  
Availability is limited.

Cains Chapel Ministry  
ADDRESS 96 Lightwood Road  
CITY Deatsville ZIP 36022  
TELEPHONE (334) 569-2375

PROGRAMS Food Pantry available Wednesday from 9 a.m. to  
12 p.m. Assistance available to residents in the Holtville School  
District.

People That Care  
ADDRESS 210 Old Montgomery Highway  
CITY Wetumpka ZIP 36092  
TELEPHONE (334) 567-5389

PROGRAMS Emergency Food Pantry available Monday,  
Wednesday, and Friday from 9 a.m. to 12 p.m. Assistance  
available to residents in Wetumpka and Titus area. Photo ID  
required.



For More Info visit : <http://www.211connectsalabama.org/>



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