



TOOLS AND RESOURCES FOR COPING WITH THE CORONAVIRUS HEALTH SITUATION



As a result of an attempt to stop the spread of Coronavirus/COVID-19, schools and many businesses have closed. While these closures are necessary, they can cause stress and uncertainty for many families. Big Brothers Big Sisters of Metro Atlanta wants our Littles, Parents and Guardians, and Bigs to know that we understand how heavy this feels and want to help you gather the information that is most helpful to your family right now. Please see below for resources and tips for sustaining a sense of normalcy during these times.

You'll notice that the resources are grouped to answer 4 major questions you might have right now:

- 1) What is COVID-19 and how do we handle it?
- 2) How do we keep kids engaged and educated while school is out?
- 3) How do I handle the stress of this for myself and my kids?
- 4) Where can I find financial and living-needs assistance?

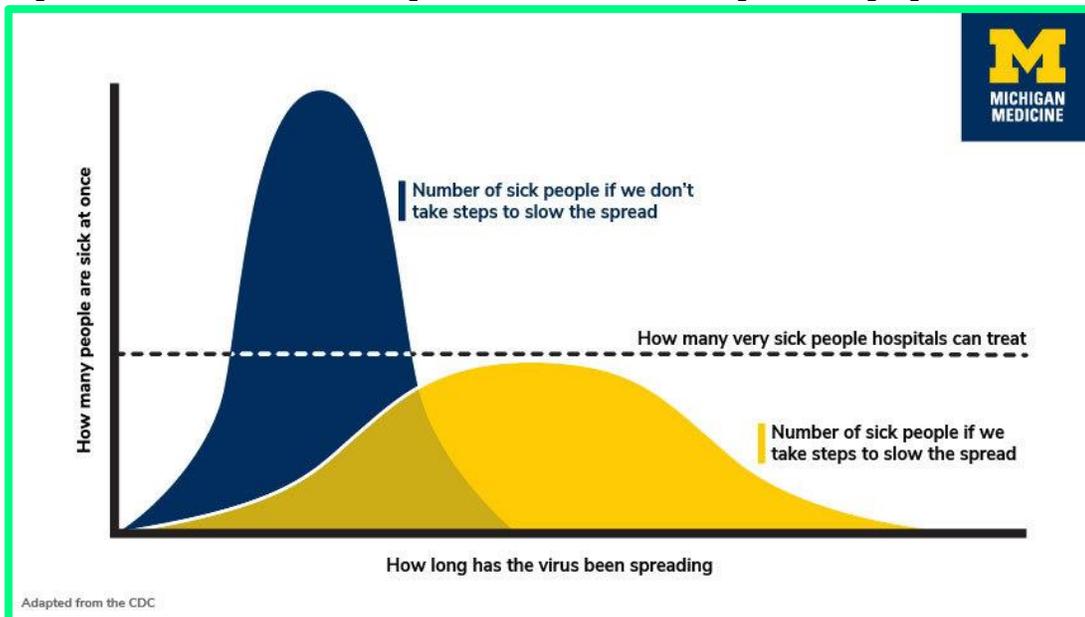
WHAT IS COVID-19 AND HOW DO WE HANDLE IT?

What is COVID-19? COVID-19 is the illness caused by a new strain of Coronavirus that was discovered in 2019 and has not been previously identified in humans. It is a respiratory disease that is mainly spread person-to-person. Currently, there is no available vaccine or curative treatment, so the best preventative strategy is to avoid exposure.

How is COVID-19 spread? It is mainly spread person-to-person, through respiratory droplets, like when a person sneezes or coughs within about 6 feet of another person. Additionally, COVID-19 can live on surfaces up to a few days.

How can I try to prevent getting or spreading COVID-19?

- ⇒ **Wash your hands often with soap and water for at least 20 seconds** especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- ⇒ If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- ⇒ **Avoid touching your eyes, nose, and mouth** with unwashed hands.
- ⇒ **Cover coughs and sneezes** with your elbow.
- ⇒ **Clean AND disinfect frequently touched surfaces daily**. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- ⇒ If surfaces are dirty, clean them: **Use detergent or soap and water** prior to disinfection.
- ⇒ **Social distancing:** The federal government currently recommends avoiding social gatherings of 10 or more people.
 - **Why should I care about social distancing?** Symptoms can appear anytime from 2 to 14 days after exposure, which means that a person could have COVID-19 without realizing it for a couple weeks. Social distancing, cuts down the number of people an infected person might expose the virus to, which helps medical staff and hospitals keep up with the demand.

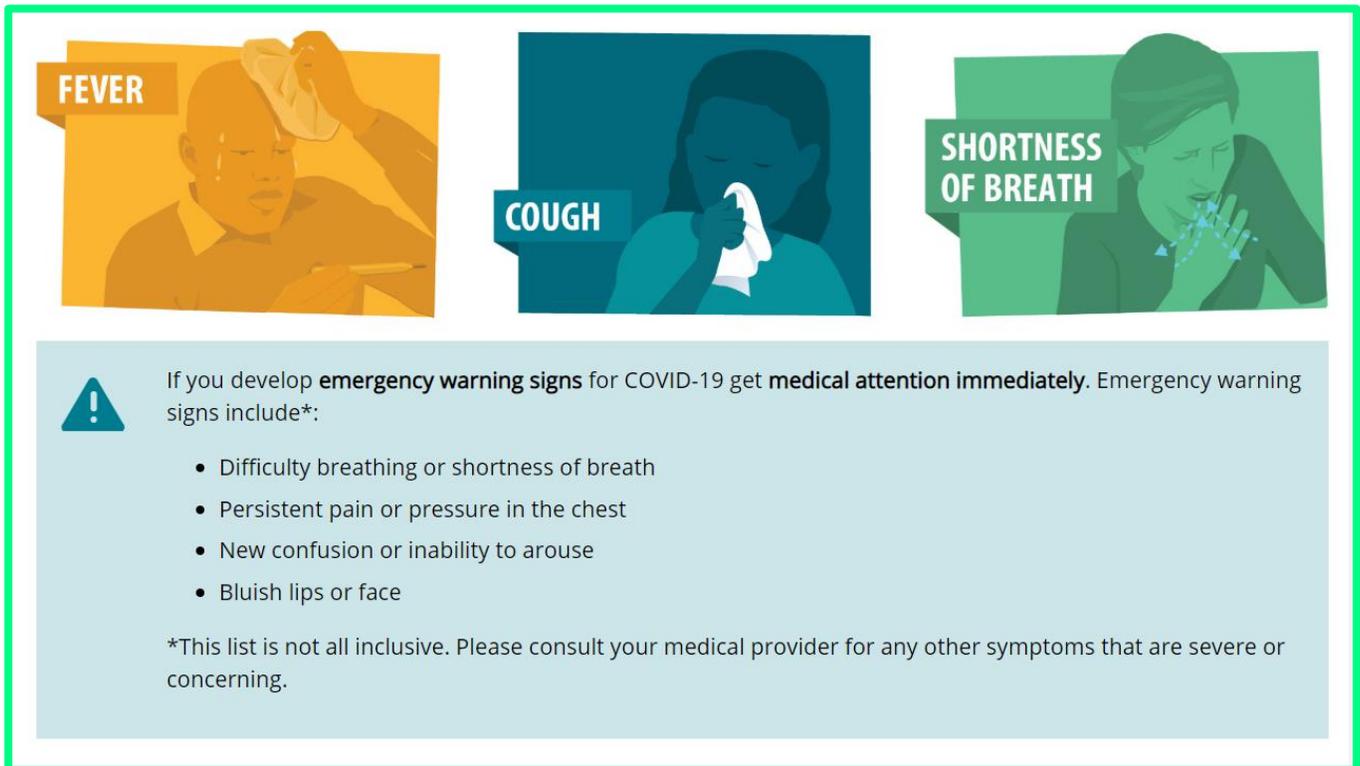


What are the symptoms of COVID-19?

- ⇒ Cough
- ⇒ Difficulty breathing
- ⇒ High fever
- ⇒ Tiredness

What do I do if I think I or someone in my family has COVID-19? If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call Georgia's COVID-19 hotline-(844) 442-2681, your primary care doctor, or an urgent care clinic.

- ⇒ Your doctor will determine if you have signs and symptoms of COVID-19 and whether you should be tested. Please do not show up unannounced at an emergency room or health care facility.
- ⇒ In the event of an emergency call 9-1-1.



The infographic is enclosed in a green border and features three panels at the top. The first panel, labeled 'FEVER', shows a person with a thermometer in their mouth. The second panel, labeled 'COUGH', shows a person coughing into a white tissue. The third panel, labeled 'SHORTNESS OF BREATH', shows a person holding their chest with blue arrows indicating difficulty breathing. Below these panels is a light blue box containing a warning icon (a triangle with an exclamation mark) and text. The text states: 'If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. Emergency warning signs include*:' followed by a bulleted list: '• Difficulty breathing or shortness of breath', '• Persistent pain or pressure in the chest', '• New confusion or inability to arouse', and '• Bluish lips or face'. At the bottom of the box, it says: '*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.'

Where can I find more information?

- ⇒ <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- ⇒ https://www.huffpost.com/entry/difference-between-coronavirus-covid-19_1_5e6be1c4c5b6dda30fc8cb30
- ⇒ https://www.huffpost.com/entry/how-long-coronavirus-disinfecting-surfaces_1_5e580e7fc5b6450a30bbd12a
- ⇒ For Georgia-specific information:
<https://www.11alive.com/article/news/health/coronavirus/georgia-coronavirus-interactive-map/85-b0516413-1815-4359-995c-9a601e9e28e2>

HOW DO WE KEEP KIDS ENGAGED AND EDUCATED WHILE SCHOOL IS OUT?

Schools have closed and parents have found themselves homeschooling. This can be very stressful, especially if you have been out of school for some time or if you do not have the tools needed, such as the internet. You may be thinking, where do I start? We have put together some tips and a list of resources to help alleviate some of these stressors.

Create Working Space | Creating a space your child knows is for their work creates consistency.

- ⇒ This can be a desk. If there is no desk the kitchen table or coffee table can be used.
- ⇒ Create a space free from distractions and noise. Noise cancelling earphones, if available, are helpful. If not available, turning off TVs, music, and phone ringers can help alleviate noise.

Create a Schedule | Below is a template you can follow to keep kids on-track to complete their work.

Before 9am	Wake up + get ready <i>Eat breakfast, make your bed, get dressed, put PJ's in laundry</i>
9am-10am	Activity/Exercise <i>Morning Walk Family walk with dog or Yoga if it's raining</i>
10am-11am	Academic time (no electronics) <i>Sudoku books, flash cards, study guide, Journal ELA, History, and social studies work</i>
11am-12pm	Creative time <i>Legos, magnetiles, drawing, crafting, play music, cook or bake</i>
Noon	Lunch
12:30pm	Chore time <i>A: wipe all kitchen table and chairs B: wipe all door handles, light switches, and desk tops. C:Wipe both bathrooms-sinks and toilets</i>
1pm-2:30pm	Quiet time <i>Reading, puzzles, nap</i>
3pm-4pm	Academic time (electronics OK) <i>Ipad games, Prodigy, Educational show Math, Science, STEM</i>
4pm-5pm	Afternoon fresh air <i>Bikes, Walk the dog, play outside</i>
5pm-6pm	Dinner
6pm-8pm	Free TV time; kid showers
8pm-9pm	Bedtime

Online Learning | In addition to the resources from your child's school and teacher, there are other websites that help promote learning and are good supplements to your child's classes. See below for a list of free learning websites. Just click the title to go to the website!

- ⇒ [Google Classroom \(available on Xbox One\)](#)
- ⇒ [Math Learning](#)
- ⇒ [Early Learning Activities for ages 2-9](#)
(use code AOFLUNICEF for free access)
- ⇒ [Educational Games and Activities](#)
- ⇒ [K-5 Reading](#)
- ⇒ [Free Math Learning](#)
- ⇒ [Storytelling and exploration](#)
- ⇒ [Literacy and Learning Activities](#)
- ⇒ [Science Discovery](#)
- ⇒ [More Educational Games and Activities](#)
- ⇒ [Hands on Learning Activities](#)
- ⇒ [Animal Games](#)
- ⇒ [Advanced Math](#)

Make Learning Fun | Kids can still learn even when they're not doing school-assigned work. See below for suggestions for ways to learn that are a little outside the box.

- ⇒ Tune in to National Geographic to learn something new in Science.
- ⇒ Watch documentaries on Netflix
- ⇒ Journal one entry per day to include:
 - One thing learned
 - How they felt during the day.
 - How they felt they behaved.
 - Highlight of the day
 - The point is to have fun with it. A safe place for their feelings. A place to vent frustrations oftentimes associated with going stir-crazy.
- ⇒ Watch the news or research the latest news on Coronavirus.
- ⇒ Write a song.
- ⇒ Draw!
- ⇒ Write and act out a play.
- ⇒ Work out! This can include walking laps around the house.
- ⇒ Look up free on-line workout videos.
- ⇒ Play a video game that gets you moving.
- ⇒ Invent a cheer or dance routine.
- ⇒ Walk up and down the stairs at home.
- ⇒ Interview parents
 - What was their childhood like?
 - What did things look like back then?
 - What are some things we have now that parents did not have growing up?
 - What did the geography look like then compared to what it looks like now?
- ⇒ Create your own flash cards. Get as creative as you want. The purpose is to help memorize each while making them.
- ⇒ Easy Science Experiments using common household supplies



Free Educational Live Streams and Tours | Just click the title to go to the website!

- ⇒ [12 Famous Museums that offer virtual tours!](#)
- ⇒ [Author and illustrator Mo Willems will offer a daily live stream doodle session at 1 p.m. every day for the next few weeks](#)
- ⇒ [At-Home Learning with Georgia Aquarium](#)
- ⇒ [Center for Puppetry Arts Virtual Shows](#)
- ⇒ [Captain Mike's Dolphin Tours on Tybee Island will stream tours at 2PM on Facebook Live](#)
- ⇒ [The Fulton County library system is streaming librarian reading children's books every weekday at 11AM](#)
- ⇒ [A Discussion with Erin Jones about equity](#)

HOW DO I HANDLE THE STRESS OF THIS FOR MYSELF AND MY KIDS?

The outbreak and rapid spread of COVID-19/Coronavirus can lead to stress, fear, and anxiety. With many new details emerging and even more questions, it is important to recognize that both children and adults can have strong emotions in reaction to this disease. **It is normal to feel anxious, nervous, or stressed because of the Coronavirus outbreak and its effects.** Fortunately, there are many resources and guides that share ideas, tools, and coping mechanisms to protect our mental and emotional health during this time.

Centers for Disease Control and Prevention (CDC) | Excellent resource for accurate facts about virus prevention and care. **Everyone reacts differently to stressful situations; here's what you can do to support yourself and your children:**

- ⇒ Take breaks from watching/reading news, including social media.
- ⇒ Talk with your child about the outbreak, reassure them that they are safe and that it is okay to feel upset.
- ⇒ Be a role model for your child to take breaks, get sleep, exercise, and eat well.
- ⇒ Connect with others and talk to people who you trust about how you are feeling.
- ⇒ **To learn more about how the CDC recommends managing stress and anxiety, visiting their webpage here: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>*

World Health Organization (WHO) | Below are two articles about coping with stress, both for yourself, and for your children. You can click the title of each to view the full article.

Tips for Coping with Stress during the COVID-19 Outbreak

- ⇒ Staying home? Maintain a healthy lifestyle including proper diet, sleep, exercise, and social contact with loved ones by phone/email.
- ⇒ Get the facts to help you accurately determine your risk and take precautions.
- ⇒ Limit worry by lessening the amount of time you and your family spend watching the news.

Tips for Helping Children Cope with Stress during the COVID-19 Outbreak

- ⇒ Children may respond to stress in different ways including being clingy, anxious, angry, agitated, withdrawing, or bedwetting. Respond to your child's reactions in a supportive way by listening to their concerns and giving extra love and attention.
- ⇒ Stick to your regular routines as much as possible.
- ⇒ Provide age-appropriate information about how to reduce their risk of being infected.
- ⇒ **To read more advice from WHO, please visit their webpage: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>*

The National Child Traumatic Stress Network (NCTSN) Self-Care Tips

1. Modify daily activities to meet the reality of the situation and focus on what you can accomplish.
2. Shift priorities to focus more on what gives you meaning, purpose, or fulfillment.
3. Give yourself breaks from the stress of the situation.
4. Remember that you are a role model for your children and how you handle this stressful situation can affect how they manage it as well.

Helping Children Cope

Age	Possible Reaction	How to Respond/Help
Pre-school	<ul style="list-style-type: none"> • Fear of being alone • Speech difficulties • Bed-wetting • Change in appetite • Increased temper-tantrums or clinging behaviors 	<ul style="list-style-type: none"> • Respond with patience and tolerance • Provide reassurance • Encouraged expression through play/story-telling • Plan calming activities before bedtime • Avoid media exposure • Maintain regular family routines
School Age (6-12)	<ul style="list-style-type: none"> • Irritability, whining, aggressive behavior • Clinging, nightmares • Change in sleep and appetite • Withdrawal from peers • Physical symptoms (head or stomach aches) • Competition for parents' attention • Forgetfulness about chores and information learned at school 	<ul style="list-style-type: none"> • Patience, tolerance, and reassurance • Play sessions and staying in touch with friends via phone • Regular exercise and stretching • Educational activities • Participating in chores • Set gentle but firm limits • Limit media exposure • Address any stigma and clarify misinformation.
Adolescent (13-18)	<ul style="list-style-type: none"> • Physical symptoms (headaches, rashes, etc.) • Changes in sleep and appetite • Agitation, decrease in energy, apathy. • Isolating from peers and loved ones • Concerns about stigma and social injustices • avoiding/cutting school 	<ul style="list-style-type: none"> • Patience, tolerance, and reassurance • Encourage continuation of routines • Encourage discussion of outbreak experience • Stay in touch with friends digitally • Participate in family routines • Limit media exposure • Discuss and address feelings

**Table adapted from NCTSN COVID-29 Fact Sheet and Parent Guide*

To view the entire parent/caregiver guide, [click here](https://www.nctsn.org/). NCTSN website: <https://www.nctsn.org/>

Ten Percent Happier Meditation App | Ten Percent Happier is a meditation app that also offers podcasts and articles to provide tools for coping with anxiety. They've created a "Coronavirus Sanity Guide" which compiles targeted free resources to 'help you build resilience and find some calm amidst the chaos'.

⇒ To watch their videos, listen to podcasts and meditations, and to learn more, visit their site: <https://www.tenpercent.com/coronavirussanityguide>

WHERE CAN I FIND FINANCIAL AND LIVING-NEEDS ASSISTANCE?



Free Internet | Many of the activities and resources for kids require internet. Xfinity/Comcast is offering free wifi for anyone by creating free hotspots around the country.

- ⇒ To find a hotspot, go to <https://wifi.xfinity.com/> and type in your zip code.
- ⇒ OR Call 1.844.488.8398 for free internet from Spectrum during the school shutdown



Rent and Utility Payment Assistance | With businesses being closed, it may be difficult to make the rent and utility payments right now. KIPP of Metro Atlanta has compiled a list of assistance agencies that could be able to help. Several are listed below,

- ⇒ *Fulton Atlanta Community Action Authority* | (404) 320-0166 | <https://facaa.org/programs>
- ⇒ *Atlanta Jewish Family Services* | 404)881-1858 | <https://jfcsatl.org/services>
- ⇒ *Community Assistance Center* | (770)552-4015 | <https://www.ourcac.org/>
- ⇒ *Hosea Helps* | (404) 755-3353 | <https://4hosea.org/>
- ⇒ For a full list of Rent and Utility Assistance Agencies and Phone Numbers, click here: https://www.kippmetroatlanta.org/wp-content/uploads/Rent-Assistance-Agencies_Flyer.pdf



Free Meals for School-aged Children | Each county/school district has its own locations for distributing food for the students, see the list below for the major Metro Atlanta Counties or click the link for a full list.

Atlanta Public Schools	DeKalb County	Cobb County	Gwinnett County	Fulton County
Monday-Friday 10am- 12pm	Monday-Friday 10am- 12pm	Monday-Friday 10am- 12pm	Monday-Friday 11am-1pm	Mon, Wed, Fri 11am-1pm
<ul style="list-style-type: none"> • Douglas HS • Cleveland ES • Bunche MS • Sylvan MS • Phoenix Academy 	<ul style="list-style-type: none"> • Cross Keys HS • Sequoyah MS • Idlewood ES • Tucker MS • Lithonia HS • Marbut ES • Clarkston HS • Jolly ES • Chapel Hill MS • Narvie J. Harris ES • Bethune MS • Canby Lane ES • McNair MS • Early Learning Center 	<p>Locations change daily, check https://www.mustministries.org/must-food-rapid-response for locations by day.</p>	<ul style="list-style-type: none"> • Duluth HS • Duluth MS • Grace Snell MS • Lilburn ES • Lilburn MS • Radloff MS • Snellville MS • Winn Hold ES <p>View all 86 Gwinnett schools at: https://publish.gwinnett.k12.ga.us/gcps/home/public/about/content/covid-19/school-meals</p>	<ul style="list-style-type: none"> • Lake Forest ES • Mimosa ES • Haynes Bridge MS • Tri Cities HS • Banneker HS • Langston Highs HS

- ⇒ View the full list here: <https://www.11alive.com/article/news/health/coronavirus/school-lunch-availability-during-coronavirus-closures-atlanta/85-7196b4a2-9727-4d0f-bd53-5eae68f57832>