



Resources for Families during Covid-19

Updated 3-26-20

Alerts (Sign Up)

- Hillsborough County Alerts – <https://www.hillsboroughcounty.org/en/residents/public-safety/emergency-management/stay-safe>
- City of Tampa text TAMPAREADY to 888-777
- City of Tampa in Spanish – text TAMPALISTA to 888-777

Centers for Disease Control (CDC)

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Travel Notices <https://wwwnc.cdc.gov/travel>

Department of Health COVID-19 Call Center Available 24/7

- Florida DOH (866) 779-6121
- Email COVID-19@flhealth.gov

Disabilities

- <https://www.tampagov.net/accessibility/covid-19>
- Autism Speaks, 1-888-AUTISM2 - Autism Response Team (ART), for families who need guidance and support with regards to disrupted routines, coping, home and online learning, etc., <https://www.autismspeaks.org/covid-19-information-and-resources>

Education/Learning Resources (Virtual)

- Hillsborough County Public Schools <https://www.sdhc.k12.fl.us/>
- <https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html>
- <https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>
- Hillsborough County Public Library <https://www.hcplc.org/books/ebooks>
- <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- Scholastic <https://classroommagazines.scholastic.com/support/learnathome.html>
- WEDU PBS At-Home Learning <https://mailchi.mp/wedu/at-home-educational-resources-from-wedu-pbs?e=66e7eafea>
- PBS Kids <https://pbskids.org/>
- myON at home <https://readonmyon.com/>
- Glazer Museum at Home <https://glazermuseum.org/gcmathome>
- [Virtual Learning Resources](#)
- Audible is offering no-cost streaming of children's stories in six different languages. This could be used for entertainment, to help with bedtime and encourage learning about new topics. <https://stories.audible.com/start-listen?linkId=84820275>
- Reading Videos Activities www.cosmickids.com

- Home School Type with a Daily Schedule by School Grade www.khanacademy.org
- Virtual Zoo Cams <https://Kids.sandiegozoo.org/videos>
- Abcmouse is offering first month free
<https://www.abcmouse.com/abt/homepage?8a08850bc2=T2913508998.1585064692.6539>
- Teaching remotely for grades K-12, free resources and strategies
<https://classroommagazines.scholastic.com/support/learnathome.html>
- Parent Lunch and Learn - Helping Your Child Cope (Virtual Webinar) March 27, 11:30am-12:30pm
Florida Diagnostic and Learning Resources System, partnered with Florida Virtual School-FLVS
Discussions with mental health professionals, coping experts, etc.
<https://impact.fdlrs.org/x/events/view/?id=347&pw=64820a5e>
- Project Gutenberg, Thousands of no-cost children's e-book downloads
https://www.gutenberg.org/wiki/Category:Children%27s_Bookshelf
- 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>
- Talk Read Sign Tampa Bay <https://talkreadsingtampabay.org/>

Elderly

- For seniors who attend dining centers or meal sites, or receive services through adult day care centers and home delivered meals should call (813) 272-5160 for information about the continuation of services.
- In Temple Terrace - If you or someone you know (an elderly or ill neighbor, friend or relative) needs help in getting groceries or other supplies including medication, the City of Temple Terrace can help. Call (813) 506-6406 between 9am and 5pm or email lhayes@templeterrace.com
- Florida Department of Elderly Affairs <http://elderaffairs.state.fl.us/>

Employment (Companies hiring)

- Publix <https://storejobapplication.publix.com/JacOnlineBI/en/Logout/Loading/>
- Shipt <https://www.shipt.com/shopper-application/>
- CVS
<https://jobs.cvshealth.com/howtoapply?prefilters=none&CloudSearchLocation=none&CloudSearchValue=none>
- Walmart <https://careers.walmart.com/>
- ALDI <https://careers.aldi.us/search-jobs/Tampa%2C%20FL/61/4/6252001-4155751-4158712-4174757/27x94752/-82x45843/50/2>
- Amazon <https://www.amazon.jobs/en/location/tampa-area-florida>
- Costco <https://www.costco.com/job-opportunities.html>
- Domino's <https://jobs.dominos.com/dominos-careers/opportunities/in-store>
- Wawa <https://wawa.wd1.myworkdayjobs.com/careers>

Families First Coronavirus Response Act

- The Families First Coronavirus Response Act, phase II, will provide paid leave, food assistance and tax credits to individuals in the U.S. affected by the novel coronavirus <https://www.cda.org/Home/News-and-Events/Newsroom/Article-Details/coronavirus-response-act-takes-effect-april-2-expands-fmla-and-paid-sick-leave-requirements#>

Financial Assistance – Rent and Basic Needs & Income Assistance

- ASO is currently operating as normal, consider using BOCC funds first for rent.

- Tampa Electric/TECO has suspended disconnections for non-payment at least through the end of March.
- Hillsborough County Sheriff's Office has discontinued all eviction executions until April 20. Please contact your landlord for clarification if needed.
- Florida residents whose employment has been affected by COVID-19 can apply for Reemployment Assistance benefits. Florida Reemployment Assistance Program can help you get monetary compensation while unemployed. For information on eligibility and the application process click <https://www.stateofflorida.com/articles/florida-unemployment/>

Entertainment

- Billboard – Free concerts <https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams>
- NPR-Virtual concerts <https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>
- 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch (Video) <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- 5 National Parks Offer Virtual Tours You Can Take From the Comfort of Home (Video) <https://www.travelandleisure.com/trip-ideas/national-parks/virtual-national-parks-tours>
- Massive List of Museums, Zoos, and Theme Parks Offering Virtual Tours <https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>

Fitness & Self-Care

- Meditation - weekday 5 min live meditation at 3pm <https://www.tenpercent.com/coronavirussanityguide>
- Parallax workouts <https://www.youtube.com/user/BodfitUFS/videos>
- Crunch Fitness offering free online workout classes for the next 45 days <https://www.prevention.com/fitness/workouts/a31911811/crunch-fitness-workouts-free/>
- 13 free online workouts to try while you're stuck at home <https://www.sbnation.com/2020/3/19/21185741/free-online-workout-classes-to-stream-youtube-app-yoga-total-body-exercise-hiit>
- 25+ Fitness Studios and Gyms Offering Live-Stream Workouts during the Coronavirus Outbreak. These free classes are available to anyone <https://www.goodhousekeeping.com/health/fitness/a31792038/coronavirus-live-stream-workout-classes/>
- Yoga for children and families
 - <https://www.cosmickids.com/>
 - Youtube: <https://www.youtube.com/user/CosmicKidsYoga>
- 15 Ways to Practice Self-Care <https://qz.com/1818622/how-to-practice-self-care-during-coronavirus/>
- 10 ways to take care of yourself during coronavirus <https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus>
- Self-care while working during Covid-19 <https://hr.uw.edu/coronavirus/self-care/>
- Therapy Assistance Online (TAO Connect) is offering its [Mindfulness Library](#) available to anyone. The library contains exercises to help enhance mindfulness practices, including:
 - Mindful walking
 - Mindful eating
 - Mindful breathing
 - Guided imagery
 - Letting go

- Meditation

Florida (from the Governor)

- Governor DeSantis directed DCF to waive work requirements for SNAP and TANF. The federal “Families First Coronavirus Response Act” allows states to suspend these work requirements.
- Governor DeSantis directed DCF to work with the USDA to submit a plan to allow families whose children are eligible for free and reduced-price school lunch to receive SNAP benefits. The federal “Families First Coronavirus Response Act” encourages utilization of this proposal which will provide additional benefits to parents of more than 2.1 million children in Florida.
- Governor DeSantis directed DCF to pursue extending food, cash and Medicaid benefits for an extra two months for those families who are scheduled to recertify to ensure that health care, food and cash assistance benefits are provided without interruption. This will provide continuity for Florida families who are currently receiving SNAP, TANF or Medicaid benefits without requiring them to interact with the department during this public health emergency.

Food/M meal Assistance (Free)

- Find a Food Pantry <http://feedingtampabay.org/find-a-pantry/>
 - Feeding Tampa Bay 813-254-1190
 - Feeding Tampa Bay Current Calendar of Drive Thru food pantries feedingtampabay.org/mobile-pantries/
- Summer Break Spot <https://summerbreakspot.freshfromflorida.com/>
- Grab and Go lunches from Hillsborough County Schools https://www.sdhc.k12.fl.us/doc/2661/superintendents-office/resources/coronavirusgrabngo/?utm_source=web&utm_medium=button&utm_campaign=coronavirus
- Metropolitan Ministries <https://www.metromin.org/what-we-do/food/> working with our #MetroBrigAIDe meal site partners to continue serving to-go meals at 25 locations daily
- ECHO Brandon distributing food during COVID-19 www.echofl.org
 - Brandon Campus: 507 Parsons St., Brandon, 813-685-0935, Monday - Friday 8:30am -12:30 pm
 - Riverview Campus: 7807 Capitano St., Riverview, 813-540-9880, Tuesday - Friday 9:am - 1 pm
- Meal Site Map: <https://bit.ly/2Uf46aI> 813-209-1000
- MLK Community Center is offering free meals to children’s and families to those affected by the closures in the area. At 11 am and 6 pm they will be handing out the food. Families do not need to present anything and just need to show up at the indicated times. MLK Community Center, 2200 N Oregon Ave, Tampa, FL 33607, (813)259-1667
- Guided Path 11am-4pm Monday-Friday, must bring photo ID and names & birthdays of all family members., (813) 405-4437 www.Guidedpathfoundation.com
- St. Vincent de Paul has a stocked food pantry that will be open on Saturdays from 9-11am to assist families in need who live in the 33617 and 33637 zip codes. 9807 N 56th St, Temple Terrace, 33617, 813-899-4603.
- United Way - if you need food assistance, paying housing bills, accessing free childcare, or other essential services to contact 2-1-1 or locate your local 211 help line <http://www.211.org/services/covid19>
- Now Faith Fellowship, 603 Elnor St, Plant City, FL 33563, 813-704-4897 providing food packages for families April 4th at 8am
- Lake Magdalene United Methodist Church- Food Pantry, 2902 W Fletcher Ave, Tampa, FL 33618, 10am to 4pm, Monday to Thursday, 813-961-1254, need ID

- Village Presbyterian Church Community Food Pantry, 13115 S Village Drive, Sunday 12pm-2pm, Wednesday: 9am-12pm, 813-963-2772, need ID
- Santa Maria Mission Food Pantry, 14004 N 15th St, Tampa, FL 33613, Tue 9:30am-1pm, 813-910-3575
- St. Anne Food Pantry, 106 11th Ave NE, Ruskin, Wed, 9am-12pm, 813- 645-1714
- Paul Food Pantry, 12708 N Dale Mabry. Mon & Thurs 9am-12pm, 813-961-3023
- Our Lady of Guadalupe Food Pantry, 16650 US Hwy 301 S, Wimauma, Sat 7:30 am-10:30am, 813-633-2384
- Grocery Delivery Service Hotline Number: 813-749-1115 Oldsmar residents over the age of 65 may call the Emergency Grocery Delivery Service Hotline, Monday-Friday 9am-5pm to request home delivery of groceries. An Oldsmar Cares volunteer will make a follow-up phone call from a 949 area code to determine needs and schedule delivery. To limit exposure, this will be a “Drop-off at the Door” service only
- Tampa Bay Harvest, 13149 N Dale Mabry Hwy, Unit #T, N Dale Mabry Hwy, Tampa, FL 33618, Wednesday 9am -1pm

Government Agencies dedicated to COVID-19

- [Centers for Disease Control \(CDC\)](#)
- [U.S. Chamber of Commerce](#)
- [U.S. Department of Health and Human Services](#)
- [U.S. Department of Education](#)
- [U.S. Department of Agriculture](#)
- [U.S. Department of Labor](#)
- [U.S. Department of Homeland Security](#)
- [U.S. Department of State](#)
- [U.S. Department of Veterans Affairs](#)
- [U.S. Environmental Protection Agency](#)
- [U.S. Food and Drug Administration Coronavirus Updates](#)
- [Centers for Medicare and Medicaid](#)
- [National Institutes of Health \(NIH\)](#)
- [World Health Organization \(WHO\)](#)

Health & Social Services

- ACCESS All storefronts and lobbies are closed, use the self-service portal at <https://www.myflorida.com/accessflorida/> Returning documents, fax to 1-866-886-4342 or mail them to ACCESS Central Mail Center, PO Box 1770, Ocala, FL 34478-1770. Customer service 851-300-4323
- EBT Cards <https://www.myflorida.com/accessflorida/> 1-888-356-3281
- Tampa <https://www.tampagov.net/emergency-management/covid-19/social-services>
- The Family Healthcare Foundation provides free and confidential application assistance for Florida KidCare, Medicaid, the Health Insurance Marketplace, and the Hillsborough County Health Care Plan. Due to COVID-19, virtual and web-based services are available for the health and well-being of all. Call our Navigators at (English) 813-995-1066 / (Español) 813-965-0207 or make an appointment online at <http://familyhealthcarefdn.org/enroll>. For questions about Florida KidCare, please call 813-362-1413.
- Tampa Family Health Centers Call Center 813-397-5300
- Florida Department of Health in Hillsborough is moving to appointments only for Immunization Services, call 813-307-8077 for an appointment
- The Spring of Tampa Bay - any victims and survivors who need support, 813-247-SAFE (7233) 24/7 Hotline or 1-800-799-7233 for the National Domestic Violence Hotline or if you're unable to speak safely, you can log onto

<http://thehotline.org/?fbclid=IwAR22sPsZx2mD9uakc2NWvEJ1UIOkN5LAGPX2nf-8BxF-x8p-n04iP3eblmU> or text "LOVEIS" to 22522

Hillsborough County

- <https://www.hillsboroughcounty.org/en/residents/public-safety/emergency-management/stay-safe>
- YouTube Channel <https://www.youtube.com/user/HillsboroughCounty>

Hillsborough County Public Schools Coronavirus Update

- https://sdhc.k12.fl.us/doc/2650/communications/resources/coronavirus/?utm_source=web&utm_medium=redirect&utm_campaign=coronavirus

Hotline City of Tampa

- City of Tampa residents and business owners can call the Tampa Recovery Hotline at 1-833-872-4636 from 8am-8pm Monday through Friday until further notice for the following resources:
 - Social Services: Residents can call this hotline to ask questions and get information on food assistance, senior services, financial resources, and more.
 - Business Relief: Business owners can also get resources through this hotline, including information on the [Small Business Bridge Loan](#), the City's TAMPABIZ text-alert system, and other local, state, and federal resources as they become available to alleviate the burden of COVID-19.
- In addition to this hotline, residents and business owners can also take advantage of the following City of Tampa Resources:
 - Visit our new COVID-19 platform at tampagov.net/COVID-19 for FAQs, coronavirus information on symptoms, prevention, and treatment, the latest executive orders, and more
 - Text TAMPAREADY or TAMPALISTA to 888-777 for real-time emergency alerts in English or Spanish
 - Text TAMPABIZ to 888-777 for updates on business resources
 - See a list of canceled City of Tampa events at tampagov.net/event-status
 - Follow the City of Tampa on social media for updates, Facebook live coverage, and more
 - facebook.com/cityoftampafil
 - twitter.com/cityoftampa
 - instagram.com/cityoftampa
 - Print resources (English and Spanish): tampagov.net/COVID-19
 - The City of Tampa is also establishing a Social Services Task Force and an Economic Development Task Force to further meet the needs of our community.
 - To reach the Tampa Recovery Hotline, please call 1 (833) TPA-INFO (1-833-872-4636). The call center will be open 8am-8pm Monday through Friday until further notice.

Internet (Free)

- Spectrum/Charter Communications is offering free internet for 60 days 1-844-488-8398 or go to www.hillsboroughschools.org/coronavirus
- COMCAST is offering free internet for 60 days the program's website says to apply by April 30. <https://www.actionnewsjax.com/more/coronavirus-comcast-program-offering-60-days-free-internet-low-income-families/SDKFIBQP6VGCZIXOCWBIJLV6CA/>

IRS

- IRS has posted answers to frequently asked questions on the filing and payment tax relief provided in response to the ongoing COVID-19 emergency

www.irs.gov/coronavirus<<http://www.irs.gov/coronavirus?fbclid=IwAR2y5-oqyufQNXtYGPDo14dy7kMNMqYtc4c-EsIMld24Q7aYzJ3AvYfJ-IM>>

Mental Health/Stress

- The following 24/7 crisis hotlines provide free, confidential emotional support:
 - Crisis Center of Tampa Bay: Dial 211 or visit crisiscenter.com
 - National Suicide Prevention Lifeline: Call 1-800-273-8255 or visit suicidepreventionlifeline.org
 - Veterans Crisis Line: Call 1-800-273-8255 and press 1 or visit veteranscrisisline.net
- National Suicide Prevention Lifeline: 1-800-273-8255
- Helping Teens Cope with the Stress of Isolation <https://possibilitiesforchange.org/how-to-help-teens-cope-with-the-stress-of-isolation/>
- CDC - Manage Anxiety & Stress <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- <https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>
- NPR – Feeling Anxious? Quick Tool to center your soul <https://tinyurl.com/vosm2pa>
- Ten Percent Happier – Coronavirus Sanity Guide www.tenpercent.com/coronavirussanityguide
- PBS-How to talk to your kids about Coronavirus : <https://tinyurl.com/sctrgrxe>
- 0 to 3 -Tips for Families: Coronavirus <https://tinyurl.com/wh4n6jp>
- Telehealth support groups to provide support without contact. Any woman who is struggling with depression/anxiety and is currently pregnant or has a child can call Beth Kuehling, LMCH, St. Joseph's Women's Hospital Perinatal Support Program (813) 872-3925

Non-Profit Businesses and Staff

- https://nlctb.org/resources/covid-19-nonprofit-resource-hub/?utm_source=newsletter&utm_medium=email&utm_content=a%20digital%20resource%20hub%20for%20nonprofits&utm_campaign=3.24.20%20email%20covid%20resource%20hub

Paid Sick Leave (Emergency)

- Many workers are being forced to choose between their paycheck, their health, and the health of the people around them. The Families First Coronavirus Response Act provides two weeks of emergency paid sick leave to as many as 87 million American workers, while reimbursing employers for the cost. To learn more about how the bill provides emergency paid sick leave to eligible workers, click [here](#).

Pets

- The [Humane Society of Tampa](#) is providing dog and cat food to the public through food assistance and their Animals program as needed. 3607 N Armenia Ave, Tampa, FL 33607, 813-876-7138
- Hillsborough County Pet Resources - households in need of short term help with dog or cat, 813-744-5660

Small Business Assistance

- Many small businesses in Tampa are impacted by the coronavirus, and the first funding package provides an estimated \$7 billion in low-interest Small Business Administration loans to affected small businesses. The Florida Small Business Emergency Bridge Loan Program is currently available to small business owners located in all Florida counties that experienced economic damage as a result of COVID-19. Visit <https://floridadisaster.biz/> to apply.

Social/Physical Distancing

- How to Care for Yourself While Practicing Physical Distancing

https://www.mentalhealthfirstaid.org/2020/03/how-to-care-for-yourself-while-practicing-physical-distancing/?mkt_tok=eyJpIjoiTm1SbU5UQm1aVEZqWkRoailsInQiOiJLZ1VXVm5EUkdmSlByVk4wUlJkZTVpSU9UUjUxcncyV3pLVzlrZGtpSDU4MURRYWFOUnAyRHl3eUIQTVkwUExcL0s4TWVFUTBYTOlVelZiRk9rRHZ1S3VyZ2hwVVB5T2xONW0xQTV6R0NaK29aam5tdnIYS3l6eStsUytBZkVaNncifQ%3D%3D

- Social Distancing <https://medium.com/@ariadnelabs/social-distancing-this-is-not-a-snow-day-ac21d7fa78b4>

Supplies

- The Pregnancy Care Center of Plant City has essential baby supplies for families in need during the COVID-19 situation. If you are in need, please call 813-759-0886 to arrange pick-up of diapers, wipes, or formula. If you have essential baby items you can donate, please call 813-759-0886.

Support

- Supporting Teenagers and Young Adults During the Coronavirus Crisis <https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>
- Supporting Families During COVID-19 <https://childmind.org/coping-during-covid-19-resources-for-parents/>

Testing for Covid-19

- Hillsborough County <https://www.hillsboroughcounty.org/en/newsroom/2020/03/13/covid-19-coronavirus-testing-procedure>
- BayCare drive-through coronavirus testing. If you have a fever or have developed a new cough or shortness of breath in the last 14 days and meet one of these additional requirements:
 - Personally have traveled internationally or on a cruise.
 - Personally traveled to or from California, Washington, Oregon or New York. These are areas of widespread community transmission.
 - Had personal close contact with someone who tested positive for COVID-19.
 - Are 65 years or older with a serious chronic health condition, such as heart disease or cancer.
 - Are immunocompromised.

BayCare drive-thru testing centers are open every day, 9 a.m. to 12 p.m., at these locations:

- 900 Carillon Parkway, Suite. 106, St. Petersburg
- 4821 U.S. Highway 19, New Port Richey
- 3351 N McMullen-Booth Road, Clearwater
- 3440 W Dr. MLK Jr. Blvd., Suite 100, Tampa
- 17512 Dona Michelle Drive, Suite 5, Tampa
- 2442 Bloomingdale Ave., Valrico
- 36245 U.S. Highway 27, Haines City, FL 33844
- The Families First Coronavirus Response Act ensures that COVID-19 testing is *free to anyone* in the U.S., including the uninsured. To learn more about how the bill provides universal no-cost COVID-19 testing, [click here.](#)
- Tampa General Hospital Urgent Care Clinics
 - 4505 Gunn Highway, Tampa
 - 799 W Lumsden Road, Brandon

Requirements: Testing is only available for patients who meet clinical guidelines. Patients can call 813-925-1903 and a customer service representative will conduct a screening interview. Those who meet the criteria will be seen and evaluated and the appropriate test will be performed.

- AdventHealth Tampa: 3100 E Fletcher Ave. Patients who meet the testing criteria may be given addresses for other testing sites.

Requirements: AdventHealth Tampa uses an actual machine to test patients with a physician's order who meet criteria established by the Centers for Disease Control and Prevention.

- Drive-through testing at Raymond James Stadium, people need to be pre-screened and pre-registered with the county <https://www.wtsp.com/mobile/article/news/health/coronavirus/raymond-james-stadium-tampa-coronavirus-testing/67-02e53c05-39bc-47d2-8c0f-607403a3b0b0>

Transportation

- The Hillsborough Area Regional Transit Authority (HART) is announcing abbreviated operating hours for the TECO Line Streetcar System beginning March 20, 2020. New temporary streetcar service hours:
 - Monday - Thursday: 7:00 a.m. - 11:00 p.m.
 - Friday: 7:00 a.m. - 11:00 p.m.
 - Saturday - Sunday: 8:30 a.m. - 11:00 p.m.
- HART Updates <https://gohart.blogspot.com/2020/03/hart-covid-19-frequently-asked.html>

Utilities

- Tampa Electric is suspending disconnections for non-payments through the end of March.
- Duke Energy will also not disconnect any customer's service for non-payment, in order to give customers experiencing financial hardship extra time to make payments.

WIC

- Women who are pregnant or moms who have an infant and/or child less than 5 years of age call 813-307-8074 for services.

Working from Home

- Working, Parenting, And Teaching From Home
<https://www.npr.org/2020/03/17/816631571/coronavirus-triple-duty-working-parenting-and-teaching-from-home>
- 9 Creative Ways to Stay Connected to Your Coworkers When You're All Working From Home
<https://www.google.com/amp/s/www.themuse.com/amp/advice/team-culture-relationships-remote-work>

MANAGING CORONA VIRUS (COVID-19) ANXIETY



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

BlessingManifesting

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



Grab-and-Go FOOD LOCATIONS

Nutritious meals at **NO COST** to children 18 and under

March 23-27 from 9 a.m. to 1 p.m.

Children can receive food one time each day, which will include both breakfast and lunch

North and West

Alonso High School
Chamberlain High School
Leto High School
Jefferson High School
Smith Middle School
Wharton High School

Central

Armwood High School
Blake High School
Brandon High School
Hillsborough High School

King High School
Madison Middle School
Middleton High School
Spoto High School

South and East

Durant High School
East Bay High School
Lennard High School
Plant City High School
Reddick Elementary School
Rodgers Middle School
Strawberry Crest High School



HOW TO CARE FOR YOURSELF WHILE PRACTICING

PHYSICAL DISTANCING

EAT HEALTHFULLY



to keep your body in top working order.

EXERCISE



Workout at home or take a solo jog around the neighborhood.

PRACTICE RELAXATION THERAPY



Voluntarily tensing and relaxing muscle groups can help you relax voluntarily when feeling overwhelmed or anxious.

LET LIGHT IN



Increased exposure to light can improve symptoms of depression. Open the shades and let more sunlight in.

BE KIND TO YOURSELF !

Treat yourself with the same compassion you would a friend.

STAY CONNECTED



Stay connected to loved ones with phone calls, text messages, video chats and social media.

MONITOR MEDIA CONSUMPTION



Balance media consumption with other activities you enjoy.

LEARN MORE AT [MHFA.ORG](https://www.mhfa.org)

*Information provided in the Mental Health First Aid curriculum.
*Mental Health First Aid is managed, operated, and disseminated by the National Council for Behavioral Health.



NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH

HILLSBOROUGH COUNTY PUBLIC SCHOOLS

FAMILY RESOURCES

FINANCIAL ASSISTANCE

The United Way – COVID-19 Community Economic Relief Fund (bills, rent & food) 1-866-211-9966 & provide zip code for list of local agencies.

Hillsborough County Social Services – Assistance with utilities and rent. Families call numbers below for screening and scheduled telephone appointment.

Lee Davis	(813) 272-5220	West Tampa	(813) 272-5074
University	(813) 975-2153	South Shore	(813) 671-7647
Plant City	(813) 757-3871		

2-1-1 or 211.org Assistance finding food, paying for housing bills, accessing free childcare other essential services.

Internal Revenue Service – Financial and tax relief benefits families.
[irs.gov/newsroom/payment-deadline-extended-to-july-15-2020](https://www.irs.gov/newsroom/payment-deadline-extended-to-july-15-2020)

DOMESTIC VIOLENCE

The Spring of Tampa Bay – thespring.org

24 hour Hotline 813-247-SAFE(7233) Domestic Violence safe emergency shelter & supportive services for victims, survivors & their children.

Florida Domestic Violence Hotline (800) 500-1119 National Domestic Violence Hotline (800) 799-7233

MENTAL HEALTH PARTNER SERVICES

The Crisis Center of Tampa Bay – crisiscenter.com

Trauma counseling, care coordination & sexual assault survivor services.

Dial 2-1-1 Suicide prevention, crisis counseling

Dial 9-1-1 Emergency & mental health ambulance services, medical van transport, paramedicine

Chrysalis chrysalishealth.com

Mental health & substance abuse services

Gracepoint gracepointwellness.org

Mental health & services for children & adults

(813) 272-2882 Immediate evaluations – 24/7

Northside Behavioral Health Center northsidebhc.org

Individual child & family counseling, group counseling, specialized counseling for children ages 0-6. Spanish-speaking therapists available.

DACCO dacco.org

Behavioral health services treatment for substance abuse and mental health issues.

Success 4 Kids and Families (S4KF) s4kf.org

Mental health, behavioral and emotional services.

Mental Health America Association

mhanational.org/covid19

US Substance Abuse & Mental Health Service Admin.

www.samhsa.gov

US Centers for Disease Control (CDC)

cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html

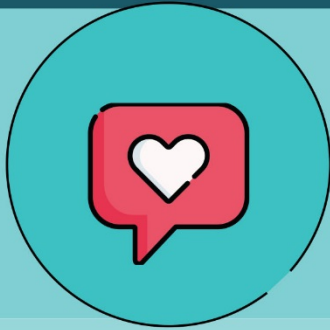
Hispanic Services Council hispanicservicescouncil.org

Corona Virus Anxiety Control virusanxiety.com



**Hillsborough County
PUBLIC SCHOOLS**
Preparing Students for Life
HillsboroughSchools.org

Helping children cope with stress during the 2019-nCoV outbreak



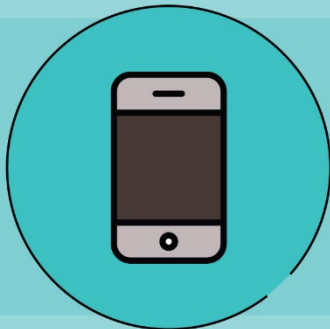
Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

Workshop Series Stepping Stones

For Parents/Caregivers Of Children ages 18 months to
18 years old, with autism, intellectual, and developmental
disabilities

Saturdays
10:00am–12:30pm
April 4th - June 30th



Includes:



**Parenting Education Using
The Triple P Curriculum**

- Help teach new behaviors
- Implement behavior change strategies in high-risk home and community situations
- Learn strategies to promote positive behavior and deal with misbehavior



Relationship Education

- Support
- Communication
- Dealing With Stress
- Problem Solving



Family Support



Financial Health

Call Today!! (813) 673-4646 x5101
Pre-Registration REQUIRED!



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Parenting
Partnership**

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The Positive Parenting Partnership (P3)
offers evidence-based parent & relationship
education interventions.

These services are available to all eligible persons, regardless of race, gender, age, disability, or religion. Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant: 90FM0088-01-00. Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the United States Department of Health and Human Services, Administration.

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Where: Virtual Classes

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www.cfctb.org/P3
P3@cfctb.org
813-673-4646 x5101

Champions for Children
3108 West Azeele Street
Tampa, FL 33609



Coronavirus: How eyes may play a role in its spread

Our eyes might play an important role in the spread and prevention of the coronavirus outbreak seen throughout the world. To cut your personal risk of contracting the coronavirus, avoid touching your eyes, nose or mouth with unwashed hands. The mucous membranes that line various cavities in the body are most susceptible to transmission of the virus. Patients who have contracted the coronavirus may have ocular symptoms including Conjunctivitis - an inflammation of the membrane covering the eyeball. This is often referred to as "pink eye" and often presents as an infected/red, "wet and weepy" eye. Conjunctivitis is very contagious, and a patient can cause the spread from one eye to the other.

Reduce your exposure:

1. Coughs and sneezes: The coronavirus could get into the eye through aerosol transfer. "That's if you're standing within six feet of someone who has the virus, they cough or sneeze, and you aren't wearing any protective eyewear," says Stephanie Marioneaux, MD, clinical spokeswoman for the American Academy of Ophthalmology. Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash.

2. Touching the eyes: The coronavirus also could be transferred from the hands to the eyes. For example, you could get coronavirus in your eye if someone with the virus touches a grocery store cart handle, then you use the same cart and touch your eyes, Marioneaux says.

Prevention is the best medicine: Four ways to reduce your chances of getting viral conjunctivitis:

1. Wash your hands the right way: Review the five steps to washing hands correctly from the U.S. Centers for Disease Control and Prevention (CDC). Wet your hands, turn off the tap, apply soap, lather and scrub for 20 seconds, then rinse. After washing your hands, air dry them or use a clean towel.

2. Don't touch your eyes: Resist the urge to dab, rub or wipe your eyes, or touch other parts of your face, whether or not you have symptoms of illness right now. Do not touch your eyes unless you use a clean tissue.

3. Avoid sharing personal items: Do not share items such as contact cases, eye drops, face makeup or makeup brushes, pillow cases, bath or hand towels, the CDC recommends. Conjunctivitis is very contagious, and a patient can cause the spread from one eye to the other.

4. Switch from contacts to glasses: Contact lens wearers may want to switch to glasses temporarily. Many contact lens patients touch their eyes without even thinking about it. So maybe wear glasses until the coronavirus scare is over.

Contact us at:
Preserve Vision Florida
(813) 874-2020
www.pvfla.org
jwhittington@pvfla.org



Get the latest public health information from the Center for Disease Control and Prevention (CDC):

<https://www.coronavirus.gov>

Get the latest research information from National Institutes of Health:

<https://www.nih.gov/coronavirus>