



Talking to Children About COVID-19 (Coronavirus)

PARENT RESOURCE

Dear ACC Families,

As public conversations around coronavirus disease 2019 (COVID-19) increase, children may worry about themselves, their family, and friends getting ill with COVID-19. It is very important to remember that children look to adults for guidance on how to react to stressful events. If parents seem overly worried, children's anxiety may rise. Teaching children positive preventive measures, talking with them about their fears, and giving them a sense of some control over their risk of infection can help reduce anxiety. CDC and the National Association of School Nurses (NASN) has created guidance to help adults have conversations with children about COVID-19 and ways they can avoid getting and spreading the disease.

SPECIFIC GUIDELINES

Remain calm and reassuring.

Children will react to and follow your verbal and nonverbal reactions. What you say and do about COVID-19, current prevention efforts, and related events can either increase or decrease your children's anxiety. Remind them that you and the adults at their school are there to keep them safe and healthy.

Make yourself available and take time to talk.

Children may need extra attention from you and may want to talk about their concerns, fears, and questions. It is important that they know they have someone who will listen to them; make time for them.

Monitor television viewing and social media.

Limit television viewing or access to information on the Internet and through social media. Try to avoid watching or listening to information that might be upsetting when your children are present. Talk to your child about factual information of this disease—this can help reduce anxiety. Constantly watching updates on the status of COVID-19 can increase anxiety—avoid this. Engage your child in games or other interesting activities instead.

Maintain a normal routine to the extent possible.

Keep to a regular schedule, as this can be reassuring and promotes physical health. Encourage your children to keep up with their schoolwork and extracurricular activities, but don't push them if they seem overwhelmed.

Review and model basic hygiene and healthy lifestyle practices for protection.

- Encourage your child to practice every day good hygiene—simple steps to prevent spread of illness:
- Wash hands multiple times a day for at least 20 seconds (singing Twinkle, Twinkle Little Star slowly takes about 20 seconds).
- Cover their mouths with a tissue when they sneeze or cough and throw away the tissue immediately, or sneeze or cough into the bend of their elbow.
- Do not share food or drinks.
- Practice giving fist or elbow bumps instead of handshakes. Fewer germs are spread this way.
- Encourage your child to eat a balanced diet, get enough sleep, and exercise regularly; this will help them develop a strong immune system to fight off illness.

Know the symptoms of COVID-19

COVID-19 can have different symptoms for everyone. For many people, being sick with COVID-19 would be a little bit like having the flu. People can get a fever, cough, or have a hard time taking deep breaths.

If you do get sick, it doesn't mean you have COVID-19. People can get sick from all kinds of germs. What's important to remember is that if you do get sick, the adults at home and school will help get you any help that you need. If you suspect your child may have COVID-19, call your healthcare facility to let them know before you bring your child in to see them.

RESOURCES FOR FAMILIES:

Information is rapidly changing about COVID-19—to have the most correct information stay informed by accessing <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

MDH COVID-19 Hotline: 651-201-3920, every day from 7 a.m. to 7 p.m

Many resources are offered through The United Way: Dial 2-1-1

FOOD:

Information on ACC's Meal Access Plan: Watch for ACC Robocall and Facebook page

Valley Outreach <https://valleyoutreachmn.org/> 651-430-2739

Keystone Community Services - (1916 University Ave W) 651-917-3792

Progressive Church / Loaves and Fishes - (1501 Burns Ave, St. Paul) 651-774-5503.

Merrick Community Services - (Arcade and Woodland Hills) open to all Maplewood residents.
65-287-2088

Neighborhood House, Wellstone Center - Emergency Pre-packed bags. 651-789-3630

White Bear Lake Food Shelf - Any and every household is eligible to receive pre-packed bags
651-407-5310

North St. Paul/Maplewood/Oakdale Schools - All children 18 years or younger, free bagged breakfast and lunch Mon-Fri between 9:30AM-11:30AM. Carver Elementary, Skyview Community School, and Richardson Elementary.

St. Paul Eastside Corps (1019 Payne Ave) - Mon-Thurs 9:00AM-2:00PM. Call ahead to let them know how many you need. 651-776-2653.

YMCA Eastside St. Paul (875 Arcade St) - Go to the front desk and ask for a bag of food.

WIC Program - WIC Appointments conducted over the phone. 651-266-1300.

CRISIS:

What is a crisis? This includes when your child has *ongoing* issues with:

- Having difficult relationships with peers or adults.
- Controlling anger or aggression.
- Managing worries or other troubling thoughts or feelings.
- Being able to pay attention or focus.
- Feeling sad or worthless.
- Engaging in risky or self-injurious behavior.
- Coping with significant losses, traumas or other major life events and changes.

Ramsey County Children's Mental Health Crisis: 651-266-7878, Life threatening situation call 911

Walk-In Counseling Center: Family Tree Clinic in St. Paul (1619 Dayton Ave, #205). 651-645-0478. They provide free, anonymous, confidential counseling.

UNEMPLOYMENT AND EMPLOYMENT:

MN Unemployment Benefits: Apply online at www.uimn.org 651-205-4007.

Workforce Solutions: Provides employment and training services in Ramsey County. 651-266-9890.

HOMELESS AND HOUSING SUPPORT SERVICES:

Suspending Evictions - Governor Walz signed Executive Order 20-14 to suspend eviction proceedings during the COVID-19 peacetime emergency. While this order clarifies that tenants who can continue to pay rent during the peacetime emergency should continue to do so, landlords and financial institutions cannot beg-in eviction proceedings that would remove tenants from stable housing.

Housing Advocacy: If you worry that you're not being treated fairly by your landlord. English 612-728-5767 Spanish 612-255-8870.

Neighborhood House - Focused on the homeless to get people in housing asap 651-789-2500.

St. Andrews Resource Center has rental assistance (with eligibility requirements) for areas of suburban Ramsey and Washington County 651-762-9124.

DOMESTIC VIOLENCE:

Tubman's - Emergency shelter and transitional housing. 24 hour resource line: 651-825-0000.

Women's Advocates - Crisis line: 651-227-8284.

HEALTH:

MNSure is offering a special enrollment period for qualified individuals who are currently without insurance in response to COVID-19. Special enrollment March 23 through April 21. 651-539-2099.

For help navigating the healthcare system and health insurance, contact the non-profit Portico Healthnet. Phone appointments in multiple languages 651-489-2273.

UTILITIES:

Xcel Energy and St. Paul Water have suspended shut offs for at least 30 days. Please contact either of these companies if you're unable to pay bills, especially due to COVID-19.

Internet Access: Xfinity WiFi Free for everyone using WiFi hotspots, including non-Xfinity subscribers. www.xfinity.com/wifi

Cell Phone - Century link, T-Mobile and other major cell phone providers will not be shutting off phone or internet service, or charging late fees. Check individual provider websites for details.

DIAPER RESOURCES:

Birthright - (299 Snelling Ave) Call before arriving. 651-646-7033. Serves all of St. Paul.

Wakota Life Care Center - 1140 South Robert St, West St Paul

Together For Good - (845 Summit Ave, St. Paul) 651-440-4058 www.tfgood.org

Diaper Bank - www.diaperbankmn.org