COVID-19 RESOURCE GUIDE
FOR CHILDREN, FAMILIES, CAREGIVERS AND PARTNERS

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ABOUT THIS RESOURCES GUIDE:

First 5 San Joaquin and its partners throughout San Joaquin County are diligently working to keep our families and community healthy, strong and thriving in spite of COVID-19. First 5 San Joaquin has compiled a list of helpful resources for our community to obtain necessary services and supports to continue thriving, in this very unique time. This material will be updated as more information become available and published.

DISCLAIMER: This resource guide is not intended for the purpose of providing medical advice. All content and resources presented in this guide are for informational purposes only and are not intended to serve as a substitute for the consultation, diagnosis, and/or medical treatment of a qualified physician or healthcare provider.

Last updated on April 9, 2020
COVID-19 BACKGROUND AND RECOMMENDATIONS

COVID-19 is a respiratory illness caused by a novel coronavirus that has been spreading worldwide. Stay informed. This is a rapidly evolving situation. We encourage you to check the following websites and their social media accounts routinely:

- Centers for Disease Control and Prevention (CDC) webpage: www.cdc.gov
- California Department of Public Health (CDPH) webpage: www.cdph.ca.gov

Local Resources:
- San Joaquin County Public Health Services webpage: www.sjcphs.org
- Stockton Strong — a one-stop site for COVID-19 information and resources: www.StocktonStrong.org
- COVID-19 - People Experiencing Homelessness (brochure)
- COVID-19 - Keep Your Family Safe (slide deck)

WHAT YOU CAN DO HELP PREVENT SPREAD:

Practice daily preventive care. Every person has a role to play. The best way to prevent infection is to avoid being exposed to this virus. However, as a reminder, CDC always recommends taking everyday preventive actions to reduce the spread of respiratory illnesses including COVID-19. These are the same precautions you would take to avoid the flu:

- Wash your hands frequently with water and soap for at least 20 seconds; especially after going to the bathroom; before eating and after blowing your nose, coughing or sneezing. If water and soap are not readily available, use an alcohol-based sanitizer with 60%-95% alcohol.
- Avoid touching your eyes, nose and mouth.
- Cover coughs and sneezes with a tissue, then throw the tissue in the trash. If tissues are not available, cough or sneeze into the inside of your elbow.
- Avoid close contact with people who are sick.
- Stay home if you become sick with respiratory symptoms including fever and cough.
- Clean and disinfect frequently touched objects and surfaces at home, work and school.
- Practice healthy habits: get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.
- If you have not received your annual flu shot, please schedule one with your provider to help protect yourself against the flu.
- Follow CDC’s recommendations for using a facemask: CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.

FOR EMPLOYERS AND EMPLOYEES

DEPARTMENT OF LABOR GUIDANCE FOR EMPLOYERS AND WORKERS:

The California Labor & Workforce Development Agency (LWDA) and the Employment Development Department (EDD) have prepared guidelines for employers and workers to help prepare for COVID-19.

Coronavirus 2019 (COVID-19) Resources for Employers and Workers
The Employment Development Department (EDD) Resources
Article: Supporting Frontline Workers
FOR EMPLOYERS AND EMPLOYEES cont.

PROFESSIONAL DEVELOPMENT OPPORTUNITIES:

Parents as Teachers: PAT offers a variety of online learning opportunities for home visitation staff to strengthen curriculum fidelity and family engagement. [https://parentsasteachers.org/trainingcurriculagallery](https://parentsasteachers.org/trainingcurriculagallery)

Raising A Reader: Programs implementing the Raising A Reader program have access to the [RAR Online Affiliate Network](https://www.raonline.org) which offers a variety of resources for professional development, and can help programs build a library of RAR resources for parents.

Ounce of Prevention: This organization provides an online professional development resource designed specifically for home visiting professionals. See their [latest announcement](https://www.ounceofprevention.org) sharing current pricing deals.

RESOURCES/SUPPLIES/FOOD:

- California Department of Education Directive on food program [COVID-19 webpage](https://www.cde.ca.gov/ls/fo/covid19fnd.shtml)
- Free Internet
- United Way
- Food Bank
- [Food Planning During Corona Virus Epidemic](https://www.ucsf.edu/education/foodplanning)
- Affordable Internet
- [School Meal Sites Providing Free Meals for Children Throughout California](https://www.ucsf.edu/education/foodplanning)
- Health Plan of San Joaquin—Kids Corner

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<th>Agency</th>
<th>Resource</th>
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<tr>
<td>CNPP</td>
<td>Healthy Eating on a Budget – <a href="https://www.cnpp.gov/shopsmart">Shop Smart to Fill Your Cart</a></td>
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<tr>
<td>FNS</td>
<td><a href="https://www.fns.usda.gov/nutrition-and-physical-activity/eat-right-when-money-tight">Eat Right When Money’s Tight</a>  The <a href="https://snapedconnection.org">SNAP-Ed Connection</a> also contains resources that are developed by SNAP-Ed Grantees highlighting shelf stable foods and related recipes along with emergency food lists. I’ve also added FNS program nutritionists who may offer additional suggestions.</td>
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<td>FSIS</td>
<td>Food Keeper App: <a href="https://www.foodsafety.gov/keep-food-safe/foodkeeper-app">https://www.foodsafety.gov/keep-food-safe/foodkeeper-app</a></td>
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<tr>
<td>Other (FEMA/DHA)</td>
<td>Ready.gov – Food: <a href="https://www.ready.gov/food">https://www.ready.gov/food</a></td>
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RESOURCES FOR PARENTS AND CAREGIVERS

THE IMPACT OF THE CORONAVIRUS ON FAMILY CHILDCARE (FCC) IN CALIFORNIA

Child Care Law Center has gathered and prepared a special Q&A webpage for the FCC community in California
Access the Q&A webpage

**Impact on Parents:** Providing practical tips to help parents adapt, Harvard Business Review published a great step-by-step guide on how to prepare for coronavirus closures, including how to talk to your boss, your partner and how to mobilize your village. Both The New York Times and The Cut also provided tips on how to keep your kids engaged and on track if they are “stuck at home.” To support parents who may not be able to take sick time or may be financially impacted by the virus, House Democrats introduced the “Families First Coronavirus Response Act,” reports Fatherly, to be voted on March 12.

**How to Talk to Kids:** Acknowledging that panic over the coronavirus may be reaching even the youngest of children, KPCC/LAist Early Childhood Reporter Mariana Dale published, “How To Talk To Your Little Kids About Coronavirus,” which emphasizes staying calm, and understanding that little kid brains don’t work like adult brains. ABC News, Harvard Health Publishing and USA Today also produced “how to talk to kids” pieces, which include distinguishing between the virus and a cold, and how to wash hands.

**Pregnant Women and Newborns:** Several outlets are speaking to the anxiety a pregnant woman or the parent of a newborn may be feeling, in an already vulnerable time. While most of the advice is common sense and falls along the lines of what one would do to avoid catching a flu or cold, experts acknowledge that not a lot is understood about the virus, and taking precautions is wise. Outlets providing advice include: Huffington Post, Reuters, The New York Times Parenting, The Washington Post, The New York Times and ABC "Good Morning America."

**Kids and Grandparents:** One interesting component of the virus is that, while kids and babies may have it, they are not coming down with COVID-19. Last week The Los Angeles Times published the story of one family both parents came down with the illness, but the baby was seemingly unscathed. When tested however, the baby had “huge amounts” of the coronavirus in his system. Scientists believe that children’s seeming resistance may help lead to the cure, reports The Washington Post and Mic. One complicating factor is that kids being unknown carriers can pose a huge threat to the most vulnerable family members – grandparents. And with school closures, grandparents can often be the go-to caregiver, reports CALMatters.

**ADDITIONAL RESOURCES:**

- Child Care Aware America
- ACEs Connection
- EdSource’s Quick Guide for California Parents and Students
- Second Step: Social-Emotional Skills for Early Learning
- Healthy Children (COVID-19 Resources)
- Child Trends (Supporting Children’s Emotional Well-being during the Pandemic)
- Navigating Stress Management with Kids
- Sesame Street Video—Caring for Each Other
- Video Resource on Social Distancing
WHAT TO DO TO PROTECT YOURSELF

SAFETY AND SANITIZING

CDC Recommendations
Teaching Your Child About Germs
Resources for Teaching Handwashing
Henry the Hand’s Hand Washing Guide
How to Wash Your Baby’s Hands
Healthy at Home: A Toolkit for Supporting Families Impacted by COVID-19

SOCIAL DISTANCING

Social distancing is the practice of maintaining a safety zone around yourself and others in order to eliminate and/or minimize close interaction or cross contamination from interpersonal contact. One method to slow the spread of respiratory virus infections, including COVID-19, is by increasing social distancing (reducing close contact).

SELF QUARANTINE

What does it mean to “self-quarantine?”
If you are asked to self-quarantine after returning from a country listed as Level 3 on the CDC’s COVID-19 travel advisories page, you should stay home — in your room, your apartment, or your house. Do not go to work, classes, athletic events, or other social gatherings for at least 14 days.

CDC: https://www.cdc.gov/quarantine/index.html

WHAT TO STOCK, COOK IF YOU FACE A 14-DAY QUARANTINE

As the novel coronavirus continues to spread in California and residents consider the possibility of self-quarantine, one can’t help but wonder: “Am I really going to eat all the protein bars I hoarded at Costco?”

Not if you’re stuck at home for two weeks, potentially unwell or taking care of someone who is unwell. You did the right thing by stocking up on toilet paper, hand sanitizer and disinfectant wipes. But, remember: This isn’t an earthquake stash. Should there be a quarantine — government or self-issued — you will likely have refrigeration, electricity and a lot of time on your hands to nourish yourself and the ones you love. In other words, you’ll want to cook.

“From my standpoint, there’s no reason to live on snack bars and meal replacement drinks,” says Los Gatos’ Marlene Koch, a registered dietitian nutritionist and New York Times best-selling cookbook author. “With a quick stock of your freezer and pantry, you can have the ingredients it takes to not only feed someone who is not feeling well but to feed the whole family.”

But what are those ingredients, and how much do you buy? Koch, who pens the health-focused “Eat What You Love” cookbook series, says you should start with simple family favorites — say, slow-cooker Pulled Pork or Sheet Pan Chicken — keeping protein as a top priority.
WHAT TO STOCK, COOK IF YOU FACE A 14-DAY QUARANTINE CONT.

FREEZER FORTUNE
Because “protein needs vary widely between men and women, or young kids and teenagers, it’s hard to say how much to buy,” Koch says. In general, she recommends 4 ounces of protein per person per day. The USDA recommends 5½ ounces of lean meat — the equivalent of 1¼ cups cooked beans — for a 2,000-calorie daily diet.

“I would stock the freezer with a variety of 2- to 3-pound bags of lean ground beef or turkey, chicken tenders, or even shrimp,” she says. “Remember, your quarantine may be for weeks but your bounty will last for months. If they buy too much, these are ingredients that people can be grilling outside come summer.”

Also in that freezer: Tortillas, microwaveable rice or quinoa, frozen fruit for smoothies and frozen vegetables to stir into soups, grain bowls and easy pasta dishes. Not all frozen veggies are created equal — she prefers corn and peas over, say, frozen broccoli — but as long as you get some greens into your meals you’re eating well. “It may also be comforting to know that frozen veggies have the same beneficial nutrient qualities as fresh,” Koch adds.

PANDEMIC PANTRY
Canned and dry goods, too, are no-brainers when it comes to making healthful meals without access to a grocery store. Think outside the cupboard when it comes to this category. Sure, you should have on hand your favorite pasta or grain, nut butter, canned tuna or sardines, diced tomatoes, and, of course, beans. But using dried mushrooms instead of fresh mushrooms can yield a divine Instant Pot risotto.

And don’t even get Koch started on beans. Pinto, black, garbanzo, kidney or cannellini — you can make meals to last well beyond two weeks, from a hearty Black Bean Chili or this brilliant Seven-Can Chicken Taco Soup. Here’s an even easier one, courtesy of Koch: “Puree a can of black beans with salsa, chicken or vegetable broth and cumin,” she says. Cumin is among her shaker staples because it is used in many cuisines. Other spices to pep up dishes, or in lieu of the fresh version: Smoked paprika, chile flakes, garlic powder, ground ginger and dried herbs, especially thyme and oregano, which can easily substitute for the real thing when making, say, a roast chicken with the former or spaghetti sauce with the latter.

Here are a few other Koch tricks: Combine canned tuna with a low-sodium cream soup, like cream of broccoli, mushroom or celery, and add jarred artichoke hearts and sun-dried tomatoes for a new-age casserole. Leftover potato chips? Crumble on top to add a crunchy topping, she says. If a recipe calls for milk or cream, she uses oat milk. “Swirl it into coffee, oatmeal, soups,” she says. “Unlike almond milk it is actually creamy and mimics the texture of dairy milk.”

For a simple yet satisfying plant-based dish, Koch adds a can of chickpeas to fresh-cooked pasta and throws in a few handfuls of spinach or kale, garlic and broth. Craving spice and have some frozen sausage? Try spicy Chickpea and Chorizo Stew, substituting frozen diced red and yellow bell peppers if you don’t have the fresh in your fridge. But not everyone is looking for the quick and easy cook when they’re on lockdown. If you’re stuck at home and find cooking or baking therapeutic, then, by all means, stock accordingly and throw yourself into Guittard’s Best Chocolate Cake Ever, knead your worries away with an Artisan Free-Form Loaf or use that can of pumpkin left over from the fall to make America’s Test Kitchen’s ultimate Pumpkin Bread. Try Berry-Infused Water for Kids.
HOW TO TALK TO KIDS ABOUT COVID-19

Parents can do a lot to answer children’s fears. Here are the facts as we know them: although COVID-19 is certainly frightening, it is very unusual for children or otherwise healthy parents under 60 to become very sick. Therefore, you can honestly answer your children’s fears by saying that you’re not worried about them or yourselves. This is especially important because public health experts predict most of us will be infected before the pandemic is over—but the vast majority of people will have only a mild illness. Should the day come when you or your children are infected with COVID-19, they will be prepared and less frightened.

Sometimes, children may worry but don’t know how to bring up the topic. Starting the conversation with simple, open-ended questions: “What have you heard about Coronavirus?” “What are you most worried about?” will help key into your child’s thought and concerns. Resources to help answer your young child’s questions about COVID-19:

Sesame Street Care Cope Connect Guide (English) (Spanish) (Instructions)

A Hope Informed Guide to Corona Virus
How to Talk to Your Kids about the Coronavirus (and Ease their Fears)
How to Talk to Kids About Coronavirus
Just For Kids: A Comic Exploring the New Coronavirus
Child Mind Institute: Talking to Kids about the Coronavirus
Mindheart My Name is Coronavirus
Talking to Teens and Tweens about Coronavirus
Teaching Your Child About Germs
Helping Children Understand Why People are Wearing Masks?

RESOURCES FOR CHILDCARE PROGRAMS AND PROVIDERS

California Department of Public Health: The California Department of Public Health: Novel Coronavirus Guidance for Child Care and Preschool Settings

CDC: CDC: Interim Guidance for Administrators of US Childcare Programs and K-12 Schools


UCSF Childcare Health Guidance: University of California San Francisco: California Childcare Health Program COVID-19 (Coronavirus) Guidance

Young Children at Home during the COVID-19 Outbreak: The Importance of Self-Care

Article: Child Care Centers Shut by Virus Foreshadow Lasting Economic Woe

How a Preschool for At-Risk Children Is Prioritizing Mental Health During COVID-19 Closures
LEARNING/EDUCATIONAL RESOURCES

School Guidance on Novel Coronavirus or COVID-19:
View School Guidance on Novel Coronavirus
Early Learning and Care Program Guidance on the COVID-19 State of Emergency Situation
EdSource’s School Closure List for California

Tutoring Resources:
http://ssjcpl.org/learning/onlineLearning.html
www.varsitytutors.com
www.khanacademy.org

Activities:
ABC Mouse
ASQ Activities: English, Spanish
Breakout EDU
Neo K12
Little Twisters Yoga
Playing with Cardboard Boxes
Smithsonian Kids
10 Inexpensive Activities to Occupy Your Little One
Recycle Your Sand Box or Water Table to Make a Raised Garden
Easy Step by Step: How to Scan and Store Old Photos
DIY Sensory Play Activities
Scholastic
Scavenger Hunts
Outdoor Learning Activities For Kids Stuck at Home
www.gonoodle.com
www.youtube.com/user/CosmicKidsYoga
Two Ingredient Cloud Dough (sensory play)
Potter the Otter YouTube
Play Resources to help support your family and community during COVID-19

Educational Aids /Lessons Online:
CK-12
PBS Learning Media
Google Arts and Culture
Mighty Kind Kids
Scholastic Learn at Home
Reading is Fundamental: Literacy Central Videos
Why Do Zebras have Stripes
Engaging Students With Online Resources (nutrition)
K-12 Resources for Learning at Home

Math/Science Online:
CMU CS Academy
Prodigy
Bedtime Math
Star Wars Coding
Science Friday
Coolmath4kids

Literacy:
Potter the Otter E-Books
Epic! (free 30 day trial)
Libby (you need a library card from a participating library
The Secret Garden
Literacy Cloud
Peter Pan
Reading is Fundamental: Literacy Central Videos
Scholastic Home Learning
Starfall
Storyline Online
Childcare and Preschool Guidance on Novel Coronavirus
Prepared by the California Department of Public Health, this document is the most recent guidance given to childcare and preschool settings. View Childcare and Preschool Settings Guidance on Novel Coronavirus

Additional Resources:
- First 5 California
- CircleTime (use code: homefun1)
- Duck Moose
- Education.com: Preschool Worksheets and Printables
- Home Reading Helper
- Kidappolis
- PBS Kids
- Seussville
- I Let the Kids Fingerpaint the House
- Sesame Street
- Preschool Science Activities
- Preschool Language Arts Activities
- Preschool Math Activities
- Preschool Art Activities
- Indoor Activities for Toddlers
- Homeschool Preschool Life Skills Activities
- Ready4K

First 5 Resource Links
- First 5 Association
- First 5 California
- First 5 San Joaquin
- First 5 LA (COVID-19 resources for families)
- First 5 San Diego (COVID-19 resources for families)