

# Baldwin County Child Advocacy Center's



## **CORONAVIRUS PARENT TOOLKIT**



**Dear Parents and Caregivers,**

**In response to the Cononavirus (COVID-19), we have recreated this Toolkit of resources to help you during this stressful and uncertain time. Baldwin County Child Advocacy Center is dedicated to the health and well-being of our clients, and want to provide you with resources to help you as you support your child during this pandemic.**

**In the toolkit you will find:**

**-COVID-19 Overview**

**-9 Ways to Cope with the Cononavirus: Parent's Edition**

**-Information about free meals/resources available to you**

**-Hand Washing Poster**

**-Virtual School Activities you can do at home with your kids**

**-Mental Health Hotlines/Resources**





# HELP PREVENT THE SPREAD OF NOVEL CORONAVIRUS (COVID-19)



Novel Coronavirus is a new virus that causes respiratory illness in people. Symptoms include coughing, sneezing, runny nose, fever and shortness of breath. To help prevent the spread of the virus and protect yourself, follow Dr. Rita's recommendations!



Wash your hands often with soap and water



Avoid close contact with people who are sick



Cover your cough or sneeze with a tissue or sleeve



Avoid touching your face



Stay home when you are sick and get lots of rest



Eat healthy foods and drink plenty of fluids

# WHAT IS COVID-19

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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

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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.

# 9 WAYS

## TO COPE WITH CORONAVIRUS: PARENTS EDITION

### 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, play outside with the kids, or go to the grocery store. 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.

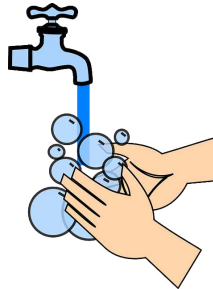


Educational Link:

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

### 3. Hand-Washing

The best way to keep the virus from spreading is to explain to children the importance of washing their hands. Hands should always be washed with soap. This should take at least 20 seconds, because the virus is said to have the ability to live on surfaces for at least a three hours up to several days.



### 4. 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.



### 5. Science Experiments

Learning can be fun as well. Let your child take a break from busy work and participate in a science experiment.

Here are a few that we would like to share:

[https://www.youtube.com/watch?v=\\_KirHm\\_sYfl](https://www.youtube.com/watch?v=_KirHm_sYfl)  
<https://www.youtube.com/watch?v=3TJNsUmdQO>  
<https://www.youtube.com/watch?v=eeY-FVialVg>



### 6. Create a Daily Schedule

Parents can create a schedule that resembles their children(s) regular school schedule. Daily schedules can include meals, assignments, and naps depending on the child's age. It will keep them on their same schedules and once the children returns back to school it will help the teachers as well.



### 7. Teacher/Parent Role

It is important to not only be your child's teacher but also a supportive parent.

For example: As a teacher it is important to ensure your child's work is completed in a timely manner, but as a parent you should also know when your child needs a mental break. Every 1-2 hours try to take a five minute break.



### 8. Know the Symptoms

Patients with COVID-19 can include fever, cough, and shortness of breath according to the CDC website. Symptoms can appear as early as 2 days and as late as 14 days after exposure. COVID-19 can easily be mistaken as a common cold.

Here is an educational tool we would like to share:

<https://www.youtube.com/watch?v=00JqHPfG7pA>



### 9. Seek Medical Care

Please seek medical advice if you or your children(s) develop symptoms, have been exposed to someone who has tested positive for Coronavirus, if you begin to experience recurring shortness of breath, or if you are in an area where there is a high exposure rate to COVID-19.



Call the Alabama COVID-19 24/7 hotline at 1-888-264-2256 for testing sites and hours of operation.

# Free Meals/Resources

- Ecumenical Ministries (Fairhope)- provides food assistance for Eastern Shore area residents by appointment only every Tuesday and Thursday; call 251-928-3430
- Ecumenical Ministries (Foley)- provides food assistance by appointment only; call 251-943-3445 and leave message
- North Baldwin Ecumenical (Bay Minette)- provides food assistance for residents North of I-10; call 251-937-8115
- 3Circle Church- 3Circle Helps Ministry is offering assistance to the elderly, sick, disabled, home-bound, and those struggling financially (email [assistance@3circlechurch.com](mailto:assistance@3circlechurch.com), or text ASSISTANCE to 97000)
- YMCA locations in Baldwin (Foley and Daphne)- offering sacked breakfast and lunch for 18 and under from 11am-1pm Monday through Friday.
- Chick & Sea Restaurant (Foley)- offering free kid's meals from 11am-3pm
- Chicken Salad Chick (Daphne)-offering meals to children 12 years of age and younger all day EVERY Monday until school is back in session
- Rock n Roll Sushi (Foley)-offering free meals to children 12 years of age and under March 19-April 3 with the purchase of any headliner roll
- Culver's (Foley)- beginning Wednesday, March 18, 100 FREE KIDS MEALS will be provided (go through the drive thru and say you want to take advantage of "For Baldwin" and pick up a kid's meal)
- It's All Greek To Me (Fairhope)- offering free food for children and young teens, up to 15-years-old, between 12pm-1pm starting Friday, March 20, and then from Monday through Friday the following weeks
- Honey Baked Ham (Fairhope AND Foley)- providing kids boxed lunch on any Wednesday during school closures
- Giano's Bakery (Daphne)-reduced prices and bulk deals on loaves of bread, cookies, muffins, cupcakes, cookies, and cinnamon rolls
- Prodisee Pantry (Spanish Fort)- drive thru food distribution on Tuesday from 9am-noon while supplies lasts; check out their Facebook page for updates



# Hand-washing technique with soap and water



1  
I've been staring at the edge of the water



2  
Long as I can remember, never really knowing why



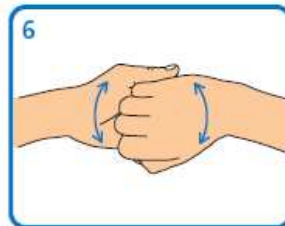
3  
I wish I could be the perfect daughter



4  
But I come back to the water, no matter how hard I try



5  
Every turn I take, every trail I track



6  
Every path I make, every road leads back



7  
To the place I know where I cannot go



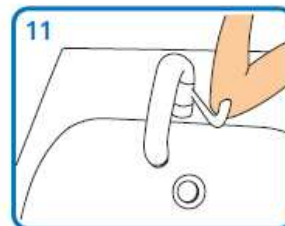
8  
Where I long to be



9  
See the line where the sky meets the sea? It calls me



10  
And no one knows, how far it goes



11  
If the wind in my sail on the sea stays behind me



12  
One day I'll know



13  
If I go there's just no telling how far I'll go

Create your own  
<https://washyourlyrics.com>

How Far I'll Go  
Walt Disney Records

Adapted from National Health Service, who adapted from the World Health Organization Guidelines on Hand Hygiene in Health Care.  
Created under the Open Government License. See <http://www.nationalarchives.gov.uk/doc/open-government-licence/version/3/> for details



## Virtual Learning Activities

The link below takes you to many virtual or web-based 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

AND MORE.....

<https://virtualschoolactivities.com>





# Mental Health Resources

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

Additional resources are listed below:

**National Suicide Prevention Hotline:**  
1-800-273-8255 (TALK)

For immediate access to crisis services, call the Alabama Suicide Hotline:  
256-547-9505.  
\*available 24/7\*

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

**Crisis Text Line:**  
Text HOME to 741741

## Other Helpful Hotlines:

**Parent Assistance Line** (get emotional support from a trained Advocate and become empowered and a stronger parent):  
1-855-247-2736

Call 211 to speak with a community resource specialist in your area who will help you find services and resources that are available to you and your family.

**South Baldwin Literacy Council** (free homeschool help and coaching beginning on 3/30/2020):  
251-943-7323



# HELP

IS ON THE WAY

## Local Inpatient Facilities:

**Baypointe Hospital**  
5800 Southland Drive Mobile, AL 36693  
(251-662-7974)

**Baptist Hospital**  
1000 West Moreno Street Pensacola, FL 32501  
(850-434-4011)

**Laurel Oaks Behavioral Health Center**  
700 East Cottonwood Road Dothan, AL 36301  
(334-794-7373)