

## Adolescent Brain Cognitive Development

*Teen Brains. Today's Science. Brighter Future.*

### **COVID-19 Resources for Families/ COVID-19 Recursos Familiares**

#### **National Information Resources/Recursos de Información Nacionales**

- Centers for Disease Control and Prevention (CDC)/Centros para el Control y la Prevención de Enfermedades
  - Link: <https://www.cdc.gov/>
  - Enlace: <https://www.cdc.gov/Spanish/>
- World Health Organization (WHO)/ Organización Nacional de la Salud
  - Link: <https://www.who.int/>
  - Enlace: <https://www.who.int/es/home>

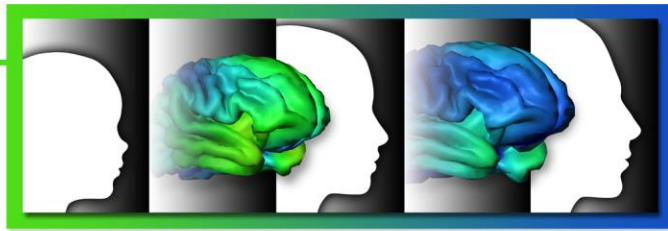
#### **Food Banks/Comedor Comunitario**

- Oregon Food Bank:
  - Oregon Food Bank has a Food Finder, enter in your zip code and to find a location near you. You can find:
    - Free Groceries
    - Free Meals
    - Free Produce
    - Other Programs (Food Markets)
  - La organización Oregon Food Bank tiene un sistema de ayuda si necesitas comida. Ponga su código postal para encontrar un banco de comida cerca de ti. También puedo encontrar
    - Víveres Gratis
    - Comidas Gratis (Desayunos, Almuerzos)
    - Productos Frescos
    - Otros Programas (Mercados de Comida)

**Link/Enlace:** <https://www.oregonfoodbank.org/find-help/find-food/>

- School Meals/ Comidas Escolars
  - Where to Find School Meals by School District in Oregon During COVID-19 Closures/ Dónde encontrar comidas escolares por distritos escolares en Oregon durante los cierres de COVID-19

**Link/Enlace:** [https://docs.google.com/spreadsheets/d/e/2PACX-1vQdNuwGk2d3GnFHMqWP5EOM4C9sTKriEoTXNlbCFjJuxHIOz8wKv89L-dtDAOf4IWcjl8QM82L-mOW3/pubhtml?gid=1537028636&%3Bsingle=true&%3Bwidget=true&%3Bheaders=false&urp=gmail\\_link](https://docs.google.com/spreadsheets/d/e/2PACX-1vQdNuwGk2d3GnFHMqWP5EOM4C9sTKriEoTXNlbCFjJuxHIOz8wKv89L-dtDAOf4IWcjl8QM82L-mOW3/pubhtml?gid=1537028636&%3Bsingle=true&%3Bwidget=true&%3Bheaders=false&urp=gmail_link)



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### Access to cellular data/ Acceso a datos celulares

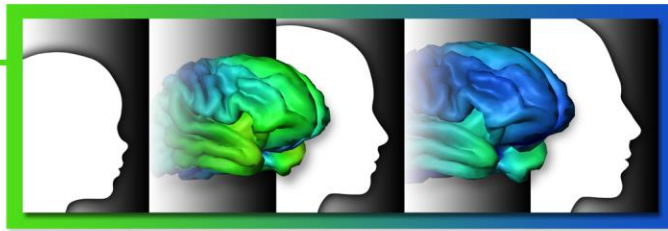
- The Keep Americans Connected Pledge reads as follows:  
Given the coronavirus pandemic and its impact on American society, [[Company Name]] pledges for the next 60 days to [starting March 13<sup>th</sup>, 2020]:
  - (1) not terminate service to any residential or small business customers because of their inability to pay their bills due to the disruptions caused by the coronavirus pandemic;
  - (2) waive any late fees that any residential or small business customers incur because of their economic circumstances related to the coronavirus pandemic; and
  - (3) open its Wi-Fi hotspots to any American who needs them.
- La promesa de “Keep Americans Connected” dice lo siguiente:

Dada la pandemia de coronavirus y su impacto en la sociedad estadounidense, [[Nombre de la empresa]] se compromete durante los próximos 60 días a [a partir del 13 de marzo de 2020]:

- (1) no terminar el servicio a ningún cliente residencial o de pequeñas empresas debido a su incapacidad para pagar sus facturas debido a las interrupciones causadas por la pandemia de coronavirus;
- (2) renunciar a cualquier cargo por atraso en el que incurran los clientes residenciales o de pequeñas empresas debido a sus circunstancias económicas relacionadas con la pandemia de coronavirus; y
- (3) abrir sus puntos de acceso Wi-Fi a cualquier estadounidense que los necesite.

### Access to internet/ Acceso al internet

- Comcast announces 60 days of free Comcast Internet for low-income households, the elderly, and veterans - continued service not required, can be cancelled at any time: [https://corporate.comcast.com/covid-19?fbclid=IwAR2rm1tIa894SkM003tdL9uphMg8wCg6Ijtx\\_9HHjbf3J9hN1oVlxEXbhEk](https://corporate.comcast.com/covid-19?fbclid=IwAR2rm1tIa894SkM003tdL9uphMg8wCg6Ijtx_9HHjbf3J9hN1oVlxEXbhEk)
- Comcast anuncia 60 días de Internet gratuito de Comcast para hogares de bajos ingresos, ancianos y veteranos; no se requiere servicio continuo, se puede cancelar en cualquier momento: <https://corporate.comcast.com/press/releases/comcast-responde-al-covid-19-norteamericanos-conectados-a-internet>



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### **Information on COVID-19/Información sobre COVID-19**

- What you need to know about COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>
- Lo que necesita saber sobre COVID=19: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet-sp.pdf>
- Symptoms of COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms.pdf>
- Síntomas de COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms-sp.pdf>
- Stop the spread of germs: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs.pdf>
- Detenga la propagación de los microbios: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs-sp.pdf>