

ABCD Study at Yale: COVID- 19 resources

Thank you for your participation in the ABCD study! We appreciate your time, interest, and commitment to our research. Below, we've listed some resources regarding the recent outbreak.

National Coronavirus Links and Numbers

Center for Disease Control and Prevention

- Provides information regarding the virus and helpful tips for families
- Protecting yourself:
 - <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>
- Tips to keep your children healthy:
 - <https://www.cdc.gov/coronavirus/2019-ncov/prepare/children.html>
- Preparing your family:
 - <https://www.cdc.gov/coronavirus/2019-ncov/prepare/index.html>
- Managing anxiety & stress:
 - <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- 800-232-4636
- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

United States Government

- Get updated information on the government's response to the Coronavirus and how it effects public housing, schools, taxes, travel and healthcare
- Call 1-844-USAGOV1 (1-844-872-4681)
- General:
 - <https://www.usa.gov/coronavirus>
- Government's 15 -day Plan:
 - https://www.whitehouse.gov/wp-content/uploads/2020/03/03.16.20_coronavirus-guidance_8.5x11_315PM.pdf

Disaster Distress Helpline

- Helpline that assists individuals who are showing signs of stress, anxiety, depression, or substance abuse during the Coronavirus outbreak
- Call 1-800-985-5990
- Text TalkWithUs to 66746

Local Coronavirus Links and Numbers

Connecticut State

- Provides information regarding Connecticut's announcements regarding the state's approach and policies during the coronavirus pandemic
- General:
 - <https://portal.ct.gov/Coronavirus>
- Family Resources (local childcare, income, food, and housing links)
 - <https://portal.ct.gov/DCF/1-DCF/COVID-19>
- Unemployment
 - <http://www.ctdol.state.ct.us/UI-online/index.htm>

New Haven

- Get updated information on the city of New Haven's response to the Coronavirus.
- General:
 - <https://covid19.newhavenct.gov/>
- Food Resources
 - <https://www.getconnectednewhaven.com/services/food/>

New York State

- Provides information regarding New York State's announcements regarding the state's approach and policies during the coronavirus pandemic
- General
 - <https://www1.nyc.gov/site/doh/covid/covid-19-main.page>
- Helpful Information
 - <https://coronavirus.health.ny.gov/home>

New York City

- Get updated information on the city of New York City's response to the Coronavirus.
- General:
 - <https://www1.nyc.gov/site/doh/covid/covid-19-main.page>



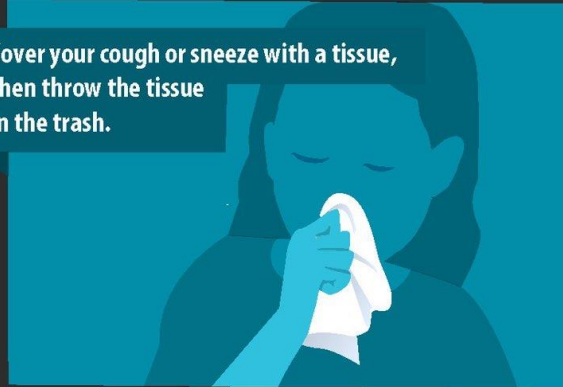
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



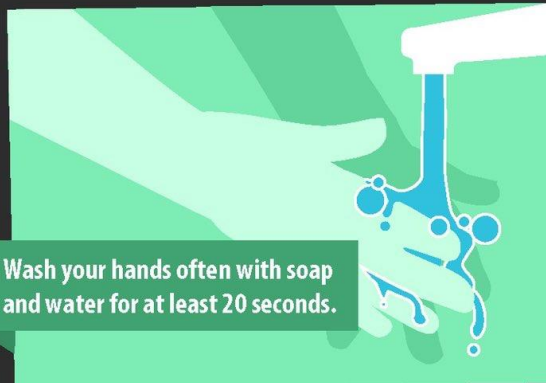
Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/COVID19