COVID-19 Resources for Families

National Resources:

  for the most up to date information
  - For specific health-related questions, contact your healthcare provider.


➢ Talking to Kids About the Coronavirus: [https://childmind.org/article/talking-to-kids-about-the-coronavirus/](https://childmind.org/article/talking-to-kids-about-the-coronavirus/)

➢ United States Government:
  Get updated information on the government’s response to the Coronavirus and how it affects public housing, schools, taxes, travel and healthcare
  - Call 1-844-USAGOV1 (1-844-872-4681)
  - General: [https://www.usa.gov/coronavirus](https://www.usa.gov/coronavirus)

Informacion General Nacional:

  - Para cuestiones de salud, contacte a su médico familiar.


➢ Cómo hablar con los niños sobre el coronavirus: [https://childmind.org/article/como-hablar-con-los-ninos-sobre-el-coronavirus/](https://childmind.org/article/como-hablar-con-los-ninos-sobre-el-coronavirus/)

Local Resources:


➢ Status of City Services: [https://www.sandiego.gov/status](https://www.sandiego.gov/status)
- Mental Health and COVID-19 Information and Resources: [https://covid-19.sdcoe.net/Health-Practices/Mental-Health-Resources](https://covid-19.sdcoe.net/Health-Practices/Mental-Health-Resources)


**Recursos Locales:**

- Para cuestiones generales acerca de COVID-19, información en su comunidad, o si no tienen cobertura visitar 211sandiego.org o marcar 2-1-1

- Mensaje de texto: COSD COVID19 a 468-311 para recibir mensajes de texto con información local


Hey! Our team at ABCD is checking in to see how you are doing!

Hope you are healthy! Be sure to:

1. Wash your hands frequently for at least 20 seconds.
2. Practice social distancing (remain 6 feet away from people around you).
3. Stay at home or wear a face mask if you are sick.
4. Stay in touch with friends (talk to them on the phone or by video chat).
5. Get plenty of sleep, eat well, and do creative workouts at home!

Want to learn more? Visit abcdstudy.org for important COVID-19 updates to ABCD Study protocol and more!

Brain Fact:
Many neuroscientists think that sleep is important for our memory to become stable, as they observed signal patterns from our brain cells that appear to be a revisit to what happened to us during the day while we are asleep.