
COVID-19 Resources for Families

National Resources:

- CDC Website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
for the most up to date information
- For specific health-related questions, contact your healthcare provider.
- 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>
- 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 effects public housing, schools, taxes, travel and healthcare
- Call 1-844-USAGOV1 (1-844-872-4681)
- General: <https://www.usa.gov/coronavirus>

Informacion General Nacional:

- Pagina de CDC: https://espanol.cdc.gov/enes/coronavirus/2019-ncov/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Findexsp.html
- Para cuestiones de salud, contacte a su médico familiar.
- Cómo protegerse y proteger a los demás: <https://espanol.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
- Cómo hablar con los niños sobre el coronavirus: <https://childmind.org/article/como-hablar-con-los-ninos-sobre-el-coronavirus/>

Local Resources:

- Tips for nurturing and protecting children at home:
<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>
- Basic Prevention of Virus Spread: <https://covid-19.sdcoe.net/Health-Practices>
- Status of City Services: <https://www.sandiego.gov/status>

- Mental Health and COVID-19 Information and Resources: <https://covid-19.sdcoe.net/Health-Practices/Mental-Health-Resources>
- Known Food Service Sites Open During School Closures: <https://www.sdcoe.net/news/Pages/20-03-13-student-food-service-during-district-closures.aspx>
- COVID-19: YMCA Childcare Resource Service Providing Referrals to Families Seeking Childcare During School Closures: <https://www.sdcoe.net/news/Pages/YMCA-Childcare-Resource-Service-Providing-Enhanced-Child-Care-Referrals.aspx>

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
- Sitios de Distribución de Alimentos Funcionando Durante el Cierre Escolar: <https://www.sdcoe.net/news/Pages/20-03-13-student-food-service-during-district-closures.aspx>
- COVID-19: Servicio de Recursos de Cuidado Infantil del YMCA da Referencias a Familias que Buscan Ayuda Durante el Cierre Escolar: <https://www.sdcoe.net/news/Pages/COVID-19-Servicio-de-Recursos-de-Cuidado-Infantil-del-YMCA-da-Referencias-a-Familias-que-Buscan-Ayuda-Durante-el-Cierre-Es.aspx>

