

***The Social Work & School Psychologist departments compiled simple but helpful resources for our families.***

## **Do You Need Internet Service At Home?**

If you don't have Internet at home, Spectrum is offering free WiFi access to Capital Region households that have students sent home due to the COVID-19. The 60-day offer is only available to households who aren't already Spectrum customers. Call 844-488-8395 to enroll. Installation fees are also being waived.

<https://cnycentral.com/news/local/spectrum-to-offer-free-internet-access-for-students-due-to-coronavirus>

## **General Information on Coronavirus (COVID-19)**

[Q&A on coronaviruses \(COVID-19\)](#)

This link provides information from the World Health Organization.

[What To Do if You Are Sick](#)

The Center for Disease Control and Prevention provides information on steps to take if you are not feeling well.

[Flattening the Curve for COVID-19: What Does It Mean and How Can You Help](#)

This article explains why Social Distancing is important.

## **How to Talk to Your Child about Coronavirus (COVID-19)**

[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)

This informative article from the National Association of School Psychologists provides guidelines on talking to children.

[Talking to Kids About the Coronavirus](#)

This site provides helpful information for parents on how to provide reassurance to children while discussing the coronavirus. This link includes a Spanish translation.

[How to Talk to Your Kids About Coronavirus](#)

In addition to the informative article, this PBS site includes links to cartoon videos for younger students about healthy habits and germs.

[Coronavirus Social Story by KeshetChicago](#)

This flipbook story explains Coronavirus for children with autism.

## **Coping with Stress, Anxiety & Worry**

[Mental Health and Coping During COVID-19](#)

This link provides strategies on how to manage stress and anxiety during this time.

[Strategies to cope with family stress](#)

This article provides coping strategies to guide you and your family when dealing with everyday stress and crisis situations.

### [Deep Breathing Exercises for Kids](#)

Join your children in practicing deep breathing as a way to regulate their emotions.

### [How to Cope with Stress: Stress Relief Strategies for the Whole Family](#)

Try these stress-busting activities to help your whole family – even your kids – manage the stress and anxiety of daily life.

### [Mandalas - TherapistAid.com © 2015](#)

This site provides printable mandalas to color. This activity can reduce symptoms of anxiety and stress.



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# DO THE FIVE

Help **STOP** Coronavirus

1. **HANDS** - Wash them often
2. **ELBOW** - Cough into it
3. **FACE** - Don't touch it
4. **FEET** - Stay more than 3ft apart
5. **FEEL** - Sick? Stay home

# MANAGING CORONA VIRUS (COVID-19) ANXIETY



## For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

## For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

## For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

# Coronavirus (COVID-19)

## How to protect yourself

### Public Health Services

#### COVID-19 Hotline

905-546-2424 Ext. 7970

phscovid19@hamilton.ca

[hamilton.ca/coronavirus](https://hamilton.ca/coronavirus)



Hamilton



Wash hands for at least 20 seconds with soap and water



Avoid touching eyes, nose or mouth



Cough and sneeze into your sleeve



Clean and disinfect frequently touched objects and surfaces



Stay home if you are sick



Avoid close contact with sick people