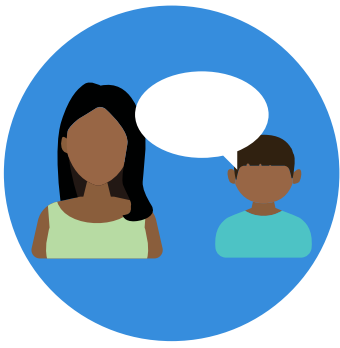




In uncertain times, it is important for children (and adults) to find a sense of normalcy. This guide is intended to help parents and care environment.

Stay safe and stay connected (from a safe social distance).



How to Talk to your Child about Coronavirus

- Find out what your child already knows
- Offer comfort and honesty
- Help your child feel in control
- Keep the conversation going

Visit the [PBS website](#) for language to use with your children

Visit the [National Child Traumatic Stress Network](#) website for more resources.

SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT
1

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT
2

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

FACT
3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT
4

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT
5

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

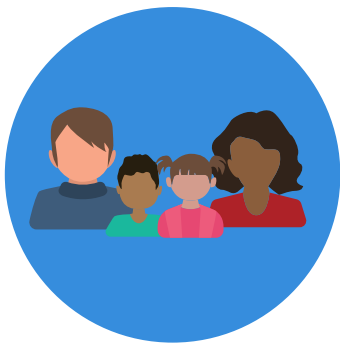
Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.





Important Information for Families:

211: Resource Call Center in Alabama

Call or text 211 for any type of resource help in your local area. The 211 staff or [website](#) will search for the type of help that you need that is closest to your address.



Health Care

Contact your health care provider in advance for non-COVID-19 issues. If a person needs to be tested for COVID-19, contact your primary health care provider by phone or call 1-888-264-2256. CALL BEFORE going to any health care provider including the emergency room. If you need emergency medical help tell the 911 operator if you have symptoms of COVID-19 or have tested positive for COVID-19.

Unemployment

You may qualify for unemployment if you have been 1) Quarantined by a medical professional or government agency, 2) Laid off or sent home without pay for an extended period due to COVID-19 concerns, 3) Those diagnosed with COVID-19, and 4) Those caring for an immediate family member who is diagnosed with COVID-19. You may have to provide proof of illness or quarantine to unemployment. Alabama unemployment may change these criteria at any time. Unemployment claims will start being accepted on March 23, 2020. You can file for unemployment online or call 1-866-234-5382.

WIC

WIC remains open and is functioning in a mostly remote capacity. WIC caseworkers will contact parents who need to renew benefits and do this over the phone if possible. They are limiting in person contact as much as possible at this time.

Parenting Assistance Line (PAL)



This is a stressful time for parents and children. PAL is a great resource for free help with child development, health and safety, discipline and guidance, talking to children, and parent support. PAL has options to talk/chat Monday through Friday from 8 a.m. – 6 p.m. You can talk on the phone or text 866-962-3030 or chat online on the website pal.ua.edu. PAL also has parenting resources available on the website when they are not available immediately.

Food Resources



Call 211 for food assistance information outside of Madison County and in addition to the options listed below.

FOOD LINE

Call 256-534-2424 to find a food bank near your home.

Manna House

2110 Memorial Pkwy SW, Huntsville | 256-503-4848

Monday, Wednesday, Thursday 4:00-7:00 p.m.

Downtown Rescue Mission

1400 Evangel Dr, Huntsville | 256-536-2441

Tuesday, Friday, Saturday 6:00 a.m. – 9:00 p.m.

Food bags are at the gate | One food bag per family is available | Picture ID may be needed

Salvation Army Soup Kitchen

305 Seminole Dr SW Huntsville | 256-536-8876

Monday - Friday: Breakfast 5:45-6:45 a.m., Lunch 12:00-1:00 p.m., Dinner 5:20-6:20 p.m.

Saturday and Sunday: Breakfast 5:45-6:45 a.m., Lunch 2:00-4p.m.

Must be present to get food | Take and go food only | No ID needed

Rose of Sharon Soup Kitchen

723 Arcadia Cir NW, Huntsville | 256-536-2970

Not serving meals | Must call to make appointment for food box

One in Christ

2131 Hwy 72 E, Huntsville | 256-417-3848

4rd Saturday of the month 10:00 a.m. until food runs out

Freedom House Church

403 Treymore Ave NW, Huntsville | 256-293-7826

1st and 3rd Saturday of the month 4:00-6:00 p.m. | No ID needed

Whitesburg Baptist Church

3911 Pulaski Pike, Huntsville

Monday - Thursday 9:00 a.m. – 12:00 p.m.

Bread available once a week | Other food available twice a year | Must have ID

Restoration Church

2021 Golf Rd, Huntsville and 5810 Wall Triana Blvd, Madison
Food Baskets Saturdays 10:00 a.m. - 12:00p.m. | NO ID needed

Wellstone CARES Pantry

4040 S. Memorial Parkway, Huntsville | 256-533-1970
Tuesday, Wednesday, Friday 1:00-4:00 p.m.

St. Vincent DePaul

St. Joseph Catholic Church, 2300 Beasley Avenue, Huntsville | 256-539-7476
Call Wednesday between 9:00-11:00 a.m.

Fellowship of Faith

3703 Memorial Parkway NW, Huntsville | 256-536-4673
Check Facebook page: <https://www.facebook.com/TFOFC/> or call for weekly details of food pantry

Victory Church of God

4901 N Memorial Pkwy, Huntsville | 256-374-2259
Thursday, Friday 10:00 a.m. -12:00 p.m. | By appointment only

Oasis Christian Church

4942 N Memorial Pkwy, Huntsville | 256-851-2200
2nd and 4th Saturday 9:00 a.m.

Fellowship Presbyterian Church

3406 Meridian St, Huntsville | 256-539-2418
3rd Wednesday 11:00a.m. – 2:00 p.m. | By appointment only

Faith Chapel

3913 Pulaski Pike NW, Huntsville | 256-852-1606
2nd Saturday of the month 10:00 a.m. – 12:00 p.m.

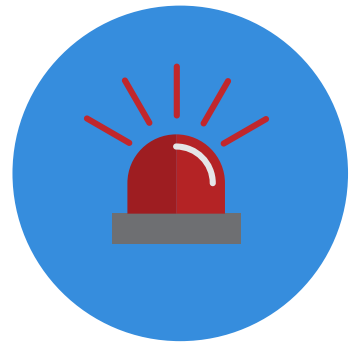
Life Church Huntsville

2300 S. Memorial Pkwy, Huntsville | 256-852-5580
3rd Saturday of the month 8:00 a.m.–11:00 a.m. | Must have ID

Aldersgate United Methodist Church

12901 Bailey Cove Rd SE Huntsville | 256-883-9062
Tuesday and Thursday 10:30 a.m. –1:00 p.m. and 5:00 p.m. – 6:30 p.m.

Emergency Options for Families



To speak to your NCAC therapist during office hours call 256-327-3853. Leave a voicemail for your therapist and calls will be returned within 48 hours.



To speak with a Helpline counselor 24/7 call Crisis Services of North Alabama at 256-716-1000 or 1-800-691-8426.



To complete a screening and be scheduled for an assessment with a mental health professional at The Nova Center for Youth and Children call 256-705-6444 or Wellstone Adult Behavioral Health 24/7 call 256-533-1970.



National Runaway hotline: 1-800-621-4000.



To report child abuse call DHR at 256-427-6200.



To report rape or domestic violence call 911.



For assistance with needs related to Sexual Assault and Domestic Violence contact Crisis Services of North Alabama at 1-256-716-1000 or 1-800-691-8426.



For assistance with needs related to Sexual Assault and Domestic Violence contact Crisis Services of North Alabama at 1-256-716-1000 or 1-800-691-8426.



To be assessed for mental health crisis/hospital admission 24/7: CALL Decatur Morgan West Decatur Campus 256 973-4015.



For immediate threat of harm to self or others call 911 or go to the Emergency Room.



To contact the Crisis Text Line text 741741 between 4 p.m. and 11:30 p.m., 7 days a week.



Set a Schedule and Try to Stick to It!

Create a daily schedule for your family that includes walks, meal times, academic time, creative time, chore time, quiet time, screen time, and bedtime.

SAMPLE DAILY SCHEDULE

MORNING

7:30-8:55: Breakfast, dress, relax (possibly walk dog)

8:55-9:00: [GoNoodle](#) or walk to move before work

9:00-9:30: Writing

9:30-10:00: Art project

10:00-10:30: Snack break

10:30-11:30: Math workbook and [Zearn](#)

11:30-12:30: Lunch/recess

AFTERNOON

12:30-1:00: Science project

1:00-2:00: GoNoodle, free Reading and jotting

2:00-2:30: Snack

2:30-3:30: Baking/art/self-driving interest project (child must also clean up)

3:30-4:30: Educational table time (kid choice)

4:30 Onward: Freeplay/screen time at will

- Set up a school/work space for your child to do their school work
- Set firm and loving limits with children
- Set clear expectations about this extended time at home



**Caregiver
Tip**

Find a Listening Partner from Hand in Hand Parenting where you can fully express your emotions during this stressful time and reduce isolation. Learn more about Listening Partnerships here: <https://www.handinhandparenting.org/article/how-to-find-a-listening-partner/>

Things to Do at Home



- Make a cardboard fort
- Set up a treasure hunt
Treasure hunts are pretty easy and depending on how many items there are, could last a while. Hide anywhere from 10 to 20 items around the house or outside to keep kids occupied for a few hours.
- Learn from home tools
[Scholastic](#)
[Very Well](#)
- Make your own play dough
[I Heart Naptime](#) - All you need are quart-sized bags, all-purpose flour, salt, cream of tartar, water, veggie or coconut oil, and food coloring.
- Break out the board games
- Watch Wildlife
[Georgia Aquarium](#)
Cincinnati Zoo Live Stream daily at 3:00 p.m. on [Facebook](#)
Monterrey Bay Aquarium [sea otter cam](#)
[African wildlife cam](#)
- Virtually visit a museum
[Louvre](#)
[Metropolitan Museum of Art](#)
[Guggenheim](#)
- Take a virtual field trip
[Yellowstone](#)
[Sequoia National Park](#)
[Badlands National Park](#)
- FaceTime family members
- Listen to an astronaut read from space
[Storytime From Space](#)
- Learn Internet Safety
[kidsmartz.org](#)
[Into The Cloud](#)
- Learn about space
[NASA at Home](#)
- Read FREE books
[FREE Audible downloads](#)

**Take care of yourselves. Be good to yourselves.
We are here to help you through this uncertain time.**

“In times of stress, the best thing we can do for each other is to listen with our ears and our hearts and to be assured that our questions are just as important as our answers.”

Fred Rogers



210 Pratt Avenue NE | Huntsville, AL, 35801 | 256-533-KIDS (5437)
nationalcac.org