



COVID-19 Resources

Taking Care of Yourself, Your Family, Your Patients/Students/Clients

TAKING CARE OF YOURSELF

Mindfulness and Meditation apps

Headspace: 2-week free trial; free membership for healthcare workers Use NPI #
<https://www.headspace.com/health-covid-19>

Calm: Free trail for calming exercise includes mediations for children
www.calm.org

Aura: 7-day free trial of mindfulness meditations, stories, and music
<https://www.aurahealth.io/>

Mindful.org: Free personal stories, new, practice and insights <https://www.mindful.org/free-mindfulness-resources-for-calm-during-covid-outbreak/>

Stop Breathe and Think: Mindfulness and meditation includes a daily stress level check-in
<https://www.stopbreathethink.com>

Ten Percent Happier: Free access to healthcare workers. Email care@tenpercent.com for instructions. <https://www.tenpercent.com/coronavirussanityguide>

Relaxation Apps

Breathe2Relax: Guided breathing exercise
Appstore: Breathe2relax, the breathing app, ibreathe

Coloring for Relaxation: online coloring books
Appstore: colorfly, Happy color, Pigment

Puzzles

Appstore: Jigsaw Puzzles-Puzzle games, Jigsaw Puzzle, Jigsaw Puzzle ++

Online Games

Appstore: Solitaire, Sudoku

Fitness Apps

DownDog: Free yoga, barre and 7 minute workouts free until April 1st.

https://www.downdogapp.com/schools/instructions/kennedykrieger_org

Daily Burn: Free 30-day trial recorded group workouts <https://dailyburn.com/landing#!home>

Planet Fitness: Free Facebook Live workouts <https://www.facebook.com/planetfitness/>

CARROT Fit: Free March 16-30 www.meetcarrot.co/fit

Peloton: 90-day free trial including yoga, meditation, strength, stretching, and bodyweight training. <https://www.onepeloton.com/app>

App store: Peloton live workout class

RGT Cycling: Free virtual cycling <https://www.rgtcycling.com>

CDC Resources

Managing Anxiety and Stress

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

TAKING CARE OF YOUR FAMILY

School and child related resources

Baltimore County School Lunch Sites

<https://www.bcps.org/system/coronavirus/>

Baltimore City and other county school Lunch Sites

<https://baltimore.cbslocal.com/coronavirus-in-maryland-where-you-can-get-a-free-meal-while-schools-are-closed/>

ABC Mouse, free trial

<https://www.abcmouse.com/abt/homepage>

BrainPop free learning resources

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

Scholastic.com "Learn at Home" website

<https://classroommagazines.scholastic.com/support/learnathome.html>

Talking to your children about COVID-19

National Autism Association

<https://nationalautismassociation.org/covid-19-resources-for-families/>

Childmind.org

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

National Association of School Psychologists

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

Center for Disease Control and Prevention

Talking with Children about Coronavirus Disease 2019: Measures for parents, school staff, and others working with children

Includes tips for general principles for talking to children, facts about COVID-19 for discussions with children.

<https://www.cdc.gov/coronavirus/2019-ncov/community/schoolschildcare/talking-with-children.html>

American Academy of Pediatrics

Critical Updates on COVID-19

<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/>

Healthychildren.org

2019 Novel Coronavirus (COVID-19)

Includes information for families, managing school/childcare closings, tips for talking to children about COVID-19.

<https://www.healthychildren.org/english/health-issues/conditions/chestlungs/pages/2019-novel-coronavirus.aspx>

Talking to Children About Tragedies & Other News Events

<https://www.healthychildren.org/English/family-life/Media/Pages/Talking-To-Children-About-Tragedies-and-Other-News-Events.aspx>

American Academy of Child and Adolescent Psychiatry

AACAP Coronavirus Resources <https://www.aacap.org/>

Talking to Children About Coronavirus

https://www.aacap.org/App_Themes/AACAP/Docs/latest_news/2020/Coronavirus_COVID19_Children.pdf

Facts for Families: News & Children

https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-The-News-067.aspx

Disaster and Trauma Resource Center

https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Disaster_Resource_Center/Home.aspx

The National Child Traumatic Stress Network (NCTSN)

Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 (COVID-19)

This resource will help parents and caregivers think about how an infectious disease outbreak might affect their family—both physically and emotionally—and what they can do to help their family cope.

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-familiescope-with-the-coronavirus-disease-2019>

Creating Effective Child-and-Family-Focused Disaster Behavioral Health Messages on Social Media

This toolkit provides guidance and shares lessons learned from previous incidents, how to you get started using social media, including guidance on developing a social media policy and plan, constructing messages for various disasters and audiences, and managing social media accounts.

<https://www.nctsn.org/resources/creating-effective-child-and-family-focuseddisaster-behavioral-health-messages-on-social-media>

Zero to Three

Tips for Families: Coronavirus

Includes age-appropriate responses to common questions, a guide to self-care, and activities for young children experiencing social distancing.

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

National Association of School Psychologists

Talking to Children about COVID-19

[https://www.nasponline.org/resources-and-publications/resources-andpodcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-tochildren-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-andpodcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-tochildren-about-covid-19-(coronavirus)-a-parent-resource)

Food Delivery Services

Pay using credit card through an app like Uber Eats, DoorDash or GrubHub to limit contact with cash. The CDC recommends limiting use of cash.

Limit direct contact. When picking up food, limit your interaction with staff.

Order using your smart phone. You can request food be left on your front step or outside of your homes.

Practice good hygiene. Wash your hands after opening the package and removing food from your containers.

Financial Resources

Dave Ramsey

<https://www.daveramsey.com/blog/what-to-do-if-you-miss-a-paycheck>

TAKING CARE OF PATIENTS/STUDENTS/ELDERS

Limit Exposure

Frequently wash hands throughout the day

Observe social distancing at work, community, and home

Pack your own food

Wipe down carry out containers when buying and supporting local businesses

Remember individually wrapped food items are safest

Limit access to multiple buildings as much as possible

STAY INFORMED

CDC COVID-19 home page

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Maryland Department of Health COVID-19

<https://coronavirus.maryland.gov/>

Johns Hopkins

<https://coronavirus.jhu.edu/>

<https://www.hopkinsmedicine.org/coronavirus>