

Community Updates/Resources

Upcoming Mobile Food Pantries

Oakwood Park– **May 21, 2020 from 1-3 PM**– 2047 East 36th St. Lorain, 44055

Ely Stadium– **May 27, 2020 from 1-3 PM**– 1915 Middle Ave. Elyria, 44035

Longfellow School– **May 28, 2020 from 3-5 PM**– 305 Louisiana Ave. Lorain, 44052

Tips for Reacting to Stressful Event...Remember, your kids are watching you.

It is very important to remember that children look to adults for guidance on how to react to stressful events. This is a tremendous opportunity for adults to model for children problem-solving skills, flexibility, and compassion as well as working through adjustments to daily life. Please refer to the following tips to help your children through evolving changes in daily life due to COVID-19:

Stay Calm, Listen, and Offer Reassurance: Be a role model, explain social distancing, and establish and maintain daily routines.

Monitor Television Viewing and Social Media: Provide alternatives and engage your child in games and activities instead.

Take Time to Talk: Let your children's questions guide you. Answer questions truthfully but don't add unnecessary details/facts.

Be Honest and Accurate: Stay up to date on the facts; go to <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Keep Explanations Age Appropriate: For early elementary school children, share brief and simple information such as examples people make every day to stop the spread of germs and to stay healthy, such as washing hands. For upper elementary and early middle school children, provide assistance separating reality from rumor and fantasy. Discuss efforts being made by community/nation to prevent germs from spreading. For upper middle to high school students, give them appropriate resources of COVID-19 facts and be honest and accurate with the information that you share with them. Engage them in family decision making and routines at home.

Stay Connected to School: Locate learning resources and find out how the school is communicating with families and students.

Know the Symptoms of COVID-19: According to the CDC, symptoms of fever, cough, and shortness of breath appear within 14 days after being exposed.

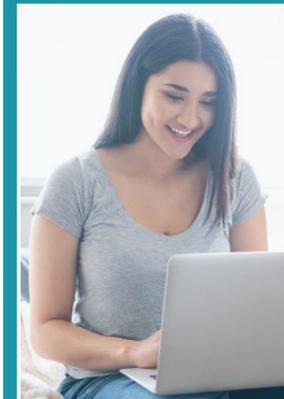
Model Basic Hygiene and Healthy Lifestyle Practices: Handwashing, using a Kleenex, practicing social distancing, eating well, getting enough sleep, and exercising regularly.

Be Aware of Your Children's Mental Health: Most children will manage well with their parents support even if showing signs of anxiety, difficulty sleeping or concentrating. If a child has risk factors for more intense reactions, parents or caregivers should contact a professional if children exhibit significant changes in behavior for more than 2 weeks. If you are in crisis, call the mental health hotline at 800.888.6161.

Did you know:

Through April 1, 2021, Transunion, Equifax, and Experian are offering free, weekly online credit reports. Visit www.annualcreditreport.com for more information.

Scammers try to use COVID-19 as a way to gain personal Medicare information. If anyone reaches out to you, trying to obtain your Medicare Number or personal information in exchange for something, it may be a scam and you should reach out to your provider directly.



It has never been easier to respond to the census on your own...



Online



By phone



Or by mail

...all without having to meet a census taker.

Respond today at
2020Census.gov
844-330-2020

Shape
your future
START HERE >

2020
Census