



North Eastern Tennessee

2020 COVID Resources for Families

May 4, 2020

Each day a lot of resources and links are shared on social media and through various organizations. We will make every attempt to pull together the most relevant and share them, so you do not need to search. Each week we will update this sheet with some of the newest resources. New weekly additions will be in Red. We hope this will help you as you and your family deal with this new era of sheltering, home schools, and health crisis.

For more information from Tennessee Voices, questions, support, or to add information please contact
Conni wells

cwells@tnvoices.org

423-957-2140

Community Resources and Information

Open for Business in the Tri-Cities: Many local businesses remain "open for business" in the Tri-Cities area amid the COVID-19 pandemic. A list of these can be found at the link below. Make sure you call first as the local orders may change at any time.

<http://wcyb.com/news/local/open-for-business-in-the-tri-cities>

Appalachian Highlands Economic Aid Directory: This site was created to give small businesses and the community a place to connect and learn how to support one another during this time of uncertainty with a list of small businesses that can use your support and that can serve you during this period of "safer at home".

<https://regionahead.com/>

Tennessee Health Department Regional: Call Centers have been established across the state of Tennessee to answer your questions about COVID-19. The TDH Public Information Lines are open until 10 p.m. daily. The hours of operation for metro and regional health departments vary. **#COVID19**. For NE TN call: 423-979-4689 and Sullivan County: 423-279-2777.

The Kingsport YMCA is providing childcare services to first responders, government officials, medical professionals, mission critical workers and to the parents who need to work in order to provide for their families.

<https://wcyb.com/news/local/ymca-providing-emergency-child-care-for-families>

JOHNSON CITY'S COVID-19 UPDATES PAGE: Information on this page is updated regularly to ensure citizens have access to the latest information regarding changes in city operations and messaging from city leaders.

<https://www.johnsoncitytn.org/covid-19/index.php>

Tennessee 'Stay-At-Home' Order continues through April 30 with look to open economy in May

<https://wcyb.com/news/local/tennessee-stay-at-home-order-continues-through-april-30-with-look-to-open-economy-in-may-04-13-2020-204119892>

COVID-19 Medical Professional and Non-Medical Responders: For furloughed workers looking for employment or volunteer positions, click here for more information and to register with the State of Tennessee Medical Reserve Corps Program. Medical and non-medical support is needed!

<https://www.tn.gov/health/cedep/cedep-emergency-preparedness/volunteer-mobilizer.html>

Ballad Health officials on Monday announced the consolidation of pediatric, labor and delivery services in the Kingsport area to Indian Path Community Hospital, while focusing high-acuity and COVID-19 treatment at Holston Valley Medical Center.

<https://wcyb.com/news/local/ballad-health-announces-consolidation-of-services-in-kingsport>

Washington County Sheriff warns residents of new phone scam

<https://wcyb.com/news/local/washington-county-sheriff-warns-residents-of-new-phone-scam>

WCYB: Finding jobs through social media

<https://wcyb.com/news/local/there-are-jobs-out-there-in-all-sectors-in-greene-county-facebook-can-help-find-them>

School Meal Finder- Select your state and/or provide your address below to find meal sites while schools are closed. https://schoolmealfinder.hoonuit.com/?fbclid=IwAR3_bfBX3GrNB3XH32JXpgeQm7Lr00QYTjCXJmg7trvI5ER_YJ2CDChG6o

Strong-Ballad Health Local, regional, and national resources <https://www.strongacc.org/resources/>

Tennessee State Parks-Most Tennessee State Parks Reopened for Day Users. <https://tnstateparks.com/about/keeping-visitors-healthy>

Education Resources and Information

Feds Clarify Special Ed Guidance for School Closures: Schools must provide a free and appropriate public education, or FAPE, to those with disabilities, but the way that's achieved during a coronavirus-related closure might be different. This article clarifies and discusses the law and serving students during the closure of schools.

<https://www.disabilityscoop.com/2020/03/24/feds-clarify-special-ed-guidance-for-school-closures/28033/>

Whale experts launch free, virtual marine biology camp to entertain and inform kids: Upcoming broadcasts include a conversation with an Oceans Initiative scientist who's studying orca poop to see if it contains parasites that could sicken the region's struggling orcas. They've scheduled a shark expert to join them next week.

https://www.geekwire.com/2020/whale-experts-launch-free-virtual-marine-biology-camp-entertain-inform-kids/?fbclid=IwAR1ojNLXcBkiUP_2ghcyf4L58qg1RqJ_nLkzSqmcNBFvw6EMBeN4A5TGdzo

Virtual Field Trips: Virtual field trips allow children to visit places around the world without ever leaving their homes. Through virtual field trips, they can visit other states, countries across the globe, and even other planets. This allows children to experience places they wouldn't get to see otherwise.

<https://freedomhomeschooling.com/virtual-field-trips/?fbclid=IwAR1pliaEEpA4fXYXCFLq3Y4t4XJtY-A17FjFIUkbZdnwg1yb-AKzRmXew>

Free Worksheets and Printables for Kids: Keep them busy with fun and educational activities.

<https://www.education.com/worksheets/>

Educational Activities for Kids

At JumpStart, you can find many educational activities to keep kids engaged. See their list of various activities and pick the ones you enjoy the most!

<https://www.jumpstart.com/parents/activities>

LaVar Burton has been focused on putting together a live stream version of his podcast, “LeVar Burton Reads,” to help ease the anxiety of those confined by shelter-in-place orders (and to give parents of young children a much-needed break.) <http://www.levarburtonpodcast.com/>

Free games for kids to keep them learning while having fun <https://www.funbrain.com/>

Homeschooling Through COVID-19: The Coalition for Responsible Home Education is offering resources to help families navigate their children’s education through this pandemic.

<https://responsiblehomeschooling.org/covid/>

Education Companies Offering Free Subscriptions due to School Closings (Updated) : Amazing Educational Resources
<http://www.amazingeducationalresources.com/>

12 Museum Virtual Tours: Free virtual tours of 12 famous museums

https://www.google.com/url?q=https://www.msn.com/en-us/travel/travel-trivia/stuck-at-home-these-12-famousmuseums-offer-virtual-tours-you-can-take-on-your-couch-video/ar-BB119nm6?li%3DBBnbfcL%26fbclid%3DIwAR0_OBJH7ISyTN3ug_MsOeFnNgB1orTa9OBgilKJ7dhnwIVvHEsptuKkj1c&sa=D&ust=1586284466530000&usg=AFQjCNGTc1_I4HX06Dk07VpZN2eeDf3nZA

30 Creative Activities for Kids

<https://education-static.apple.com/creativity-for-kids/activities.pdf>

Mommy Gearest: Free homeschooling resources & a kid-friendly schedule during COVID-19

<https://www.mommygearest.com/free-homeschooling-resources-covid-19/>

CK-12: CK-12 is run by a nonprofit organization and provides totally FREE learning for in 1st grade and up with a handful of college courses. The courses offered include Math, Science, English, and Social Studies.

<https://www.ck12.org/student/>

Rescue Ranch Virtual Classroom: Here at Rescue Ranch we have created a virtual classroom where your children can learn about animals and participate in fun STEM projects with materials found right inside your home!

https://www.rescueranch.com/programs/virtual-classroom/?fbclid=IwAR2oZQQsTorCiy405le74HXsYUBtWJOHA7qPan_qcJJoB0O1wg5233cWMeI

Disney Magic Moments lets you experience the magic of Disney wherever you may be. Enjoy Disney, Pixar, Star Wars, Marvel, and National Geographic with stories, videos, and activities to inspire imagination and discovery among kids, fans, and families alike.

<https://news.disney.com/magicmoments>

13 Virtual Train Rides From Around the World- Virtual train rides offer viewers the chance to zone out and calm the mind, while seeing new landscapes, some of which many people will never experience in real life, quarantine or not.

https://www.travelandleisure.com/trip-ideas/bus-train/virtual-train-rides?utm_source=facebook.com&utm_campaign=travelandleisure_travelandleisure&utm_medium=social&utm_term=3F8CBEDC-7E60-11EA-A0FB-59C9923C408C&utm_content=link&fbclid=IwAR3zH61Qu7AeDr9vRtOzzJhMlv5zn5dZT-JnVyB1sxwTlc2RLPwyJcJ_o

National School Choice-Free Resources, FAQ for Families Educating at Home During Coronavirus Pandemic.

<https://schoolchoiceweek.com/parent-resources-during-coronavirus/>

Coalition for Responsible Home Education-Homeschooling Through COVID-19.

<https://responsiblehomeschooling.org/covid/#>

Family Equality- Special Education Rights During COVID-19 Pandemic.

<https://www.familyequality.org/2020/03/30/special-education-rights-during-covid-19-pandemic/>

Mental Health Resources and Information

COVID 19 outbreak Stress and Coping: The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger. This website offers some ideas on coping with the stress.

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

Mental Health And COVID-19 – Information And Resources: Mental Health America information and resources.

<https://mhanational.org/covid19>

Supporting Teenagers and Young Adults During the Coronavirus Crisis: Tips for parents with older children at home on how to survive during the “safe in”.

<https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>

How to Help Children Manage Fears-Fears are an inescapable part of being a kid: Hiding behind the couch during a thunderstorm. Being sure there’s something in the closet — a monster! Performing those endless nighttime gymnastics —Five more minutes! One more glass of water! — to avoid going to bed by themselves. This article gives you some tips to assist kids during this crisis.

<https://childmind.org/article/help-children-manage-fears/>

Yale's Massively Popular 'Happiness' Course Is Available Free Online

In an effort to help the public find joy in the midst of the Coronavirus pandemic, Yale is making one of their most popular classes available for free online.

[https://www.coursera.org/learn/the-science-of-well-](https://www.coursera.org/learn/the-science-of-well-being?ranMID=40328&ranEAID=je6NUbpObpQ&ranSiteID=je6NUbpObpQz0NLPrDDq0jsWmPiivMtVQ&siteID=je6NUbpObpQ-)

[being?ranMID=40328&ranEAID=je6NUbpObpQ&ranSiteID=je6NUbpObpQz0NLPrDDq0jsWmPiivMtVQ&siteID=je6NUbpObpQ-](https://www.coursera.org/learn/the-science-of-well-being?ranMID=40328&ranEAID=je6NUbpObpQ&ranSiteID=je6NUbpObpQz0NLPrDDq0jsWmPiivMtVQ&siteID=je6NUbpObpQ-)
[z0NLPrDDq0jsWmPiivMtVQ&utm_content=10&utm_medium=partners&utm_source=linkshare&utm_campaign=je6NUbpObpQ](https://www.coursera.org/learn/the-science-of-well-being?ranMID=40328&ranEAID=je6NUbpObpQ&ranSiteID=je6NUbpObpQz0NLPrDDq0jsWmPiivMtVQ&siteID=je6NUbpObpQ-)

Psychology Today: How Parents Can Help Their Children During the Pandemic

<https://www.psychologytoday.com/us/blog/beyond-freud/202003/how-parents-can-help-their-children-during-the-pandemic>

Live AA groups <https://beta.aa-intergroup.org>

Disaster Distress Helpline provides around the clock crisis counseling and support to people experiencing emotional distress related to the COVID 19 Pandemic.

1-800-985-5990

How does COVID-19 anxiety impact children? Strategies for parents, teachers and caregivers to manage hidden stress affecting kids during coronavirus lockdown

<https://www.wftv.com/living/family/how-does-covid-19-anxiety-impact-children/BJPFJVK4FHARLAIGZMEEPG3JI/>

Think Ninja: a mental health and emotional wellbeing app for children and young people that aims to equip them with self-management skills and interactive content that is easy to translate into their daily lives. ThinkNinja **can be downloaded from the [App Store](#) or [Google Play](#).**

One in Five Minds: How to Talk to Your Child About COVID 19-Helpful and meaningful ways you can talk with your children about almost any difficult subject, including COVID-19.

<https://info.1in5minds.org/blog/how-to-talk-with-children-about-covid-19>

One in Five Minds: Template for developing a schedule

<https://www.1in5minds.org/files/documents/schedule%20template.pdf>

Psych Central: Join us on Facebook LIVE on Friday, April 17th, for another Zoom panel discussion about Coping with Coronavirus Anxiety & Social Distancing with Gabe Howard, Dr. John Grohol, and invited guests!

<https://www.facebook.com/photo?fbid=10157936074118046&set=a.10151121488643046>

Cherished Moms: Webinar series on parenting during COVID

http://www.cherishedmom.org/survivalmode/?fbclid=IwAROpV4_FaZ3aVdhwNRVDIfVxfhgijvVCyQo5Z2dW9GcYFtcTllrzngvHJIA

30 Hidden Signs of Anxiety in Children That You Need to Know- Worried your child may have anxiety? Use this anxiety in children symptoms checklist. https://happyyouhappyfamily.com/child-anxiety-checklist/?fbclid=IwAR0squxP2oFAY_TH1XsrtMAhknFgYm4vL7ATPjv_wQTIwEegfl3r8LnI8Eg

Child Mind Institute-Supporting Families During COVID-19. <https://childmind.org/coping-during-covid-19-resources-for-parents/>

Healthcare Resources and Information

KID TIPS FOR THE CORONAVIRUS | CHIP FEELS ANXIETY AND FEAR | KIDS LEARN SAFETY MEASURES FOR COVID19: Informational videos for kids about the virus and safety.

<https://youtu.be/Dyhg0GRRY4c>

Coronavirus Disease (COVID-19): Information from the TN Department of Health about the current corona virus.

<https://www.tn.gov/health/cedep/ncov.html>

Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children-As public conversations around coronavirus disease 2019 (COVID-19) increase, children may worry about themselves, their family, and friends getting ill with COVID-19. CDC has created guidance to help adults have conversations with children about COVID-19 and ways they can avoid getting and spreading the disease.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>

COVID-19 and the new coronavirus: Fact versus fiction

Social media is awash with myths about how people might stop the new coronavirus or treat infection with COVID-19, the disease it causes. Here are some facts to address the fiction: Marzio Toniolo/via REUTERS

<https://www.msn.com/en-us/health/medical/covid-19-and-the-new-coronavirus-fact-versus-fiction/ssBB11keEw?ocid=spartandhp#image=2>

If you have been exposed to someone with COVID-19, follow the steps included to monitor your health and avoid spreading the disease to others. <https://www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/CloseContactGuidance.pdf>

Frequently Asked Questions about Takeout and Food Safety

<https://www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/COVID19-guidance-for-take-out.pdf>

How COVID-19 Spreads <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>

How to Make a Facemask

<https://www.bing.com/videos/search?q=how+to+make+a+face+mask&docid=608056103284772070&mid=01FACDBA570EFCE1769A01FACDBA570EFCE1769A&view=detail&FORM=VIRE>

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

New York Times: Children May Be Afraid of Masks. Here's How to Help.

https://www.nytimes.com/2020/04/13/well/family/coronavirus-children-masks-fear.html?fbclid=IwAR05Trg-e48rREjfTsMhGMIYxcZz_NuUrvngTCmSRVxIRhHu_5AmGGiPpLo

Humana: virtual classes—2 per day, for more than just physical health. You don't have to be a Humana member because everyone is welcome.

https://humanahealth.webex.com/webappng/sites/humanahealth/meeting/home?fbclid=IwAR3tg3_JGu_gh93FMp-ajeC3d5qKS5J9F8prCG3KcA0ChLXQcX4zJ93D2XI

COVID-19-Latest News On The Coronavirus Outbreak <https://khn.org/news/tag/coronavirus/>

Johns Hopkins Coronavirus Resource Center- This website is a resource to help advance the understanding of the virus, inform the public, and brief policymakers in order to guide a response, improve care, and save lives.

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

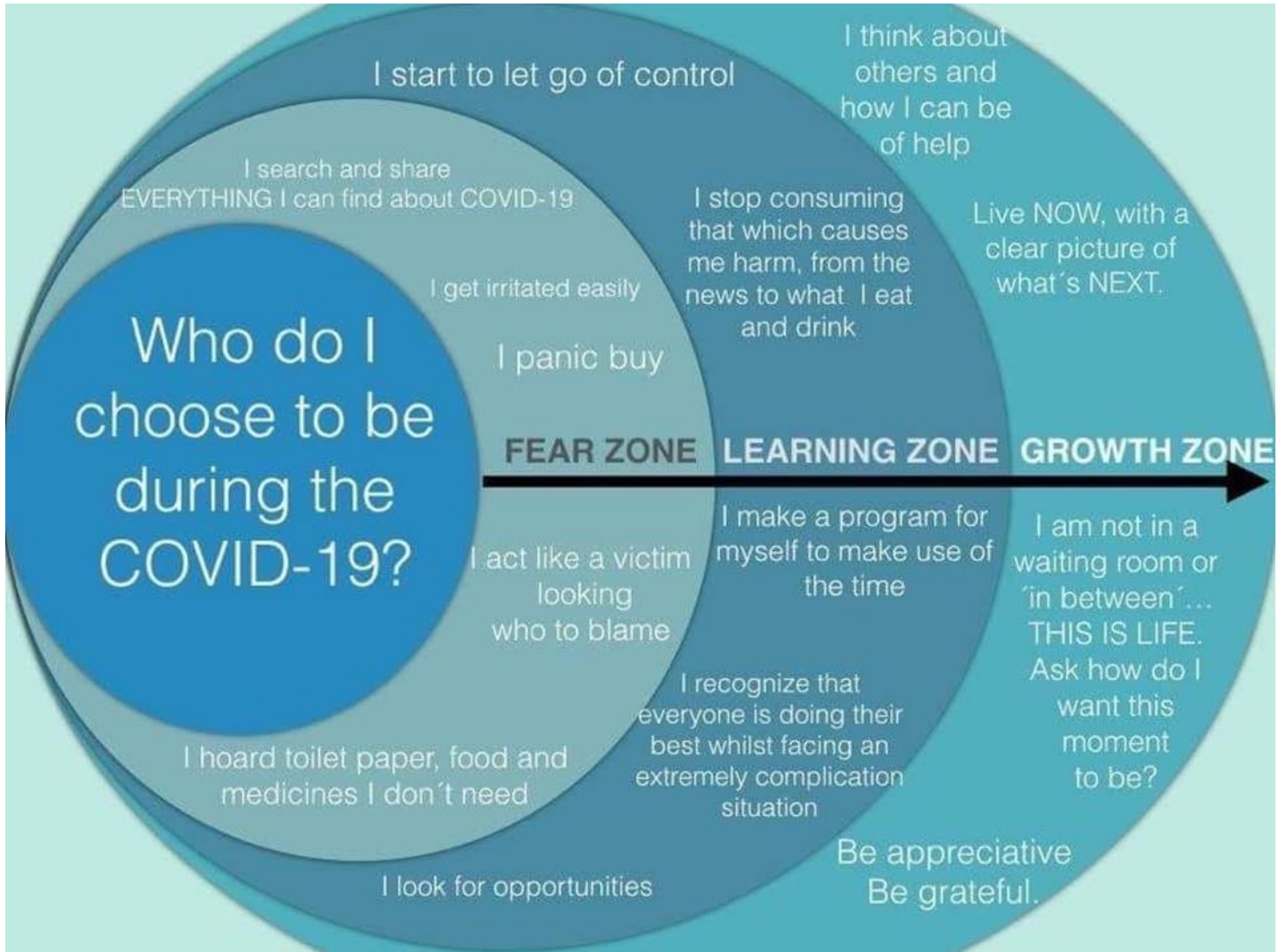
Center for Disease Control (CDC)-Stop the Spread of Rumors <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/share-facts.html>

Center for Disease Control- Household Checklist. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/checklist-household-ready.html>

COVID-19 Dashboard by the Center for Systems Science and Engineering (CSSE) at Johns Hopkins University. <https://coronavirus.jhu.edu/map.html>

Autism Speaks, COVID-19 (coronavirus) information and resources. <https://www.autismspeaks.org/covid-19-information-and-resources>

Infographics





Helping Your Child During the Pandemic

With the increasing prevalence of Coronavirus, you might be feeling challenged by the change in your routines, the need for social distancing, or the fear and anxiety around the virus and its effects on your family. Your child might also be feeling this way in response to changes in your mood, changes in the daily routine, or changes in your environment. The following tips offer some guidance for supporting your children at this time.



Remain calm and reassure children

- “The leaders in our community have made a plan for us to stay safe. I am going to help you be safe.”
- “We cannot go to grandma’s house right now, but we can Face Time her. She loves you so much, and that would make her so happy!”



Provide positive attention

- If nobody in the household is showing symptoms of illness, use hugs and high fives OR be creative and use “elbow fives” or “feet fives.”
- Use positive facial expressions such as smiles or funny faces.
- Use descriptive praise: “You cleaned up breakfast all by yourself” or “Your brother looked so happy when you read the book to him.”



Teach safety habits

- “We are going to wash our hands for 20 seconds. This will get the germs that could make us sick off of our hands. What song do you want to sing?”
- Show your child how to cover their cough.



Be available by

- Being responsive to your child’s needs: “I see your body has some extra energy today. Do you want to go for a walk or have a dance party?”
- Listening to your child and talking about their feelings: “I know you feel disappointed that you can’t go to school to see your friends.”
- Answering questions: “She is wearing a mask because she is sick and she is keeping us safe by covering her mouth.”



Plan your day

- Communicate the daily schedule using words and visuals about when work time, play time, and family time will happen.
- Involve your child in planning the day: “Do you want to play with blocks or watch a show while I work?” “Do you want to take a walk before or after my phone call?”
- Maintain consistent routines related to sleeping, eating, and physical activity.
- Plan fun family activities for your child to look forward to such as watching a video, going on a scavenger hunt, calling a friend or family member, or family games.
- Create an activity bin of things your child can do safely on their own. Have your child help you choose things to put in the bin.
- Most of all, make a plan but be flexible and prepared that things might happen that disrupt your plans.



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1 COVID-19 PARENTING One-on-One Time

Can't go to work? Schools closed? Worried about money? It is normal to feel stressed and overwhelmed.

School shutdown is also a chance to make better relationships with our children and teenagers.
One-on-One time is free and fun. It makes children feel loved and secure, and shows them that they are important.

Set aside time to spend with each child

It can be for just 20 minutes, or longer – it's up to us. It can be at the same time each day so children or teenagers can look forward to it.



Ask your child what they would like to do

Choosing builds their self confidence. If they want to do something that isn't OK with physical distancing, then this is a chance to talk with them about this. (see next leaflet)

Ideas with your baby/toddler

- Copy their facial expression and sounds
- Sing songs, make music with pots and spoons
- Stack cups or blocks
- Tell a story, read a book, or share pictures

Switch off the TV and phone. This is virus-free time

Ideas with your teenager

- Talk about something they like: sports, music, celebrities, friends
- Cook a favorite meal together
- Exercise together to their favorite music

Ideas with your young child

- Read a book or look at pictures
- Make drawings with crayons or pencils
- Dance to music or sing songs
- Do a chore together – make cleaning and cooking a game
- Help with school work

**Listen to them, look at them.
Give them your full attention.
Have fun!**

For more information click below links:

Parenting tips
from WHO

Parenting tips
from UNICEF

In worldwide
languages

EVIDENCE-BASE



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CORONAVIRUS, FLU, COLD?

As the number of coronavirus cases rise, some key differences set coronavirus apart from the seasonal flu and the common cold — mainly the intensity of the symptoms and the recovery period. A guide at identifying the differences in the three conditions
All three, however, are spread by air-borne respiratory droplets and contaminated surfaces

CORONAVIRUS

Onset: Sudden

Symptoms

- Fever
- Dry cough
- Muscle ache
- Fatigue

Less common symptoms

- Headache
- Coughing up blood (haemoptysis)
- Diarrhoea

Incubation:

1-14 days,
may go up to 24 days

Complications:

5% cases

(acute pneumonia, respiratory failure, septic shock, multiple organ failure)

Recovery:

2 weeks

(mild cases); 2-6 weeks (severe cases)

Treatment or vaccine

No vaccines or anti-viral drugs available; only symptoms can be treated

SEASONAL FLU

Onset: Abrupt

Symptoms

- Fever
- Dry cough
- Muscle ache
- Headache
- Sore throat
- Runny or stuffy nose

Less common symptoms

- Diarrhoea
- Vomiting

WHAT THIS MEANS

If you have a stuffy/runny nose or are sneezing, you likely **DO NOT** to have coronavirus

Incubation:

1-4 days

Complications:

1% cases

(including pneumonia)

Recovery:

1 week

(mild cases); 2 weeks (severe cases)

Treatment/vaccine

An annual seasonal flu vaccine is available

COMMON COLD

Onset: Gradual

Symptoms

- Runny or stuffy nose
- Sneezing
- Sore throat

Less common symptoms

- Low grade fever
- Muscle or body ache
- Headache
- Fatigue

Incubation:

2-3 days

Complications:

Extremely rare

Recovery:

1 week

for most cases; may last as long as 10 days

Treatment/vaccine

No treatment, but doctors advise treating symptoms

SEVEN KINDS OF CORONA

Seven strains of coronavirus (CoV) that infect humans have been identified. These cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV)

Harmless

- Serotype 229E
- Serotype OC43
- Serotype NL63
- Serotype HKU1

These cause symptoms of the common cold, and rarely cause severe pneumonia

Dangerous

These are known to cause more severe disease. These are:

1. **Sars-CoV** which causes severe acute respiratory syndrome (Sars)
2. **Mers-CoV** was that causes Middle East respiratory syndrome (Mers)
3. **Sars-CoV2** that causes coronavirus disease (Covid-19)

The unknowns of Sars-CoV2

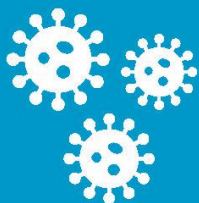
Sars-CoV2 is closely related (with 88% identity) to two bat-derived Sars-like coronaviruses (bat-SL-CoV-ZC45 and bat-SL-CoV-ZXC21) collected in 2018 in Zhoushan, eastern China

It has 79% genetic affinity with Sars-CoV; 50% with Mers-CoV

The Sars-CoV2 receptor-binding domain structure, which allows a virus to latch on to and enter a cell, is similar to Sars-CoV, despite amino acid variation at some key residues.

Little is known about Sars-CoV2, studies on Sars-CoV provide clues to its behaviour and ability to infect

On smooth surfaces such as tables, phones etc, Sars-CoV retains its viability for 5 days at 22-25°C and relative humidity of 40-50%, which is typical for air-conditioned rooms. Though this may vary for Sars-CoV2, experts say this is a good indicator for its behaviour



Diabetes and COVID-19

What you need to know



What is COVID-19?

Coronavirus (COVID-19) is a virus that causes respiratory illness. It can spread from person to person. Common symptoms include:



Fever



Coughing



Shortness of breath

Are you at risk because you have diabetes?

People with diabetes, particularly if not well controlled, may be at increased risk of developing severe illness from COVID-19. If you have other conditions, like heart disease, as well as diabetes you may have more risk of getting seriously sick from COVID-19.



How can you protect yourself?

To protect yourself and stop the spread of infection:



Wash hands often with soap and water for at least 20 seconds



Wash hands before and after checking blood sugar



Avoid touching eyes, nose, and mouth



Clean and disinfect frequently touched surfaces regularly



Stay home as much as possible and avoid crowds



Keep a 6-foot distance from others



Wear a cloth face cover when around others

The CDC recommends people with diabetes closely follow their diabetes care plan for better blood sugar control

How can you prepare for if you get sick?

Gather supplies needed to manage your diabetes:

- Blood sugar testing supplies
- Ketone testing supplies
- Fast acting carbs to treat low blood sugar (glucose tabs, juice, hard candies)
- Severe low blood sugar emergency kit (glucagon)
- Continuous glucose monitor (CGM) sensors if you use a CGM
 - Have a back-up blood glucose meter and testing supplies



- Extra medicine—during a state of emergency you may be able refill a prescription before it's due (30- or 90-day supply)
 - If you can't get to a pharmacy, try mail-order or home delivery
 - If you are having trouble paying for insulin, visit [NovoCare.com](https://www.novocare.com)
 - If you use an insulin pump, talk to your health care provider about a back-up plan, which may include having long-acting insulin and keeping a record of your pump settings

