



**Statewide Family Support Network Outreach and Awareness Program  
NE Tennessee COVID 19 Resources and Information  
March 30, 2020**

**Each day there are a multitude of resources and links 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 day we will circulate some of the best resources. We hope this will help you as you and your family deal with this new era of sheltering, home schools, and health crisis.**

**Community News and Information**

Carter Co. mayor issues 'safer at home directive' and declares local state of emergency due to COVID-19 Executive Order directs all residents living within the unincorporated areas of Carter County to remain at their place of residence unless they are engaged in Essential Activities or to report for work at an Essential Business."  
<https://www.wjhl.com/local-coronavirus-coverage/carter-co-mayor-issues-safer-at-home-directive-and-declares-local-state-of-emergency-due-to-covid-19/>

Sullivan County issues Safer at Home, Kingsport declares Local and Civil Emergency: This order requires residents of Sullivan County to stay inside their homes unless they are engaged in 'essential activities.' If residents must leave their homes, it is vital to practice social distancing and stay at least six feet away from others."  
<http://wcyb.com/news/local/sullivan-county-issues-stay-at-home-kingsport-declares-local-and-civil-emergency>

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>

**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](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=IwAR1pliiAEEpA4fXYXCFLq3Y4t4XJtY-A17FjFIOUkbZdnwg1yb-AKzRmXew>

### **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>

### **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>

*Do you have something to share? Have a question? Looking for help? Contact us at: 423-957-2140. (Phone or text) or email: [cwells@tnvoices.org](mailto:cwells@tnvoices.org)*