



**Statewide Family Support Network Outreach and Awareness Program
NE Tennessee COVID 19 Resources and Information
March 31, 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

ETSU Health to offer outpatient coronavirus testing for community: In an effort to increase testing for coronavirus disease 2019 (COVID-19) in the Appalachian Highlands, ETSU Health has established a community testing site open to pre-screened and pre-registered patients. Patients required to call ETSU Health coronavirus hotline to pre-register <https://www.etsu.edu/etsu-news/2020/03-march/covid-19-testing.php>

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/>

Education Resources and Information

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>

Mental Health Resources and Information

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/>

Healthcare Resources and Information

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>

Other

This calculator tells you exactly how big your coronavirus stimulus check could be

<https://www.cnbc.com/2020/03/27/the-stimulus-payment-calculator-tells-you-how-much-money-you-could-get.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