



**Statewide Family Support Network Outreach and Awareness Program
NE Tennessee COVID 19 Resources and Information
April 2, 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

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>

Education Resources and Information

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/>

Mental Health Resources and Information

On Line 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

Healthcare Resources and Information

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>

Other

Economic impact payments: What you need to know!

<https://www.irs.gov/newsroom/economic-impact-payments-what-you-need-to-know>

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