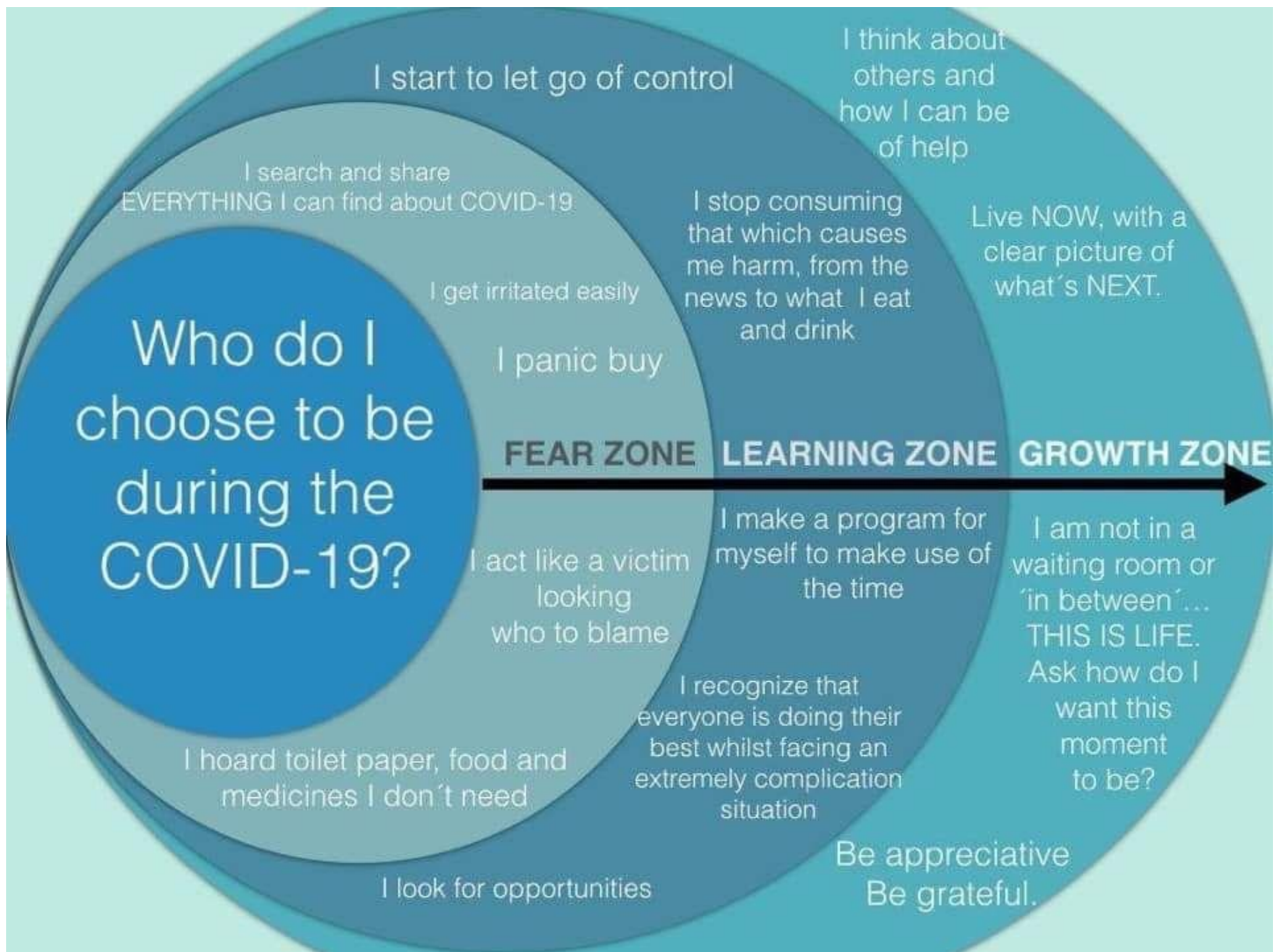




**Statewide Family Support Network Outreach and Awareness Program
NE Tennessee COVID 19 Resources and Information
April 9, 2020**

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. Twice a week (Tuesday and Thursday) 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.

We are shifting a little today to share several great graphics for families and those serving them. Please share!!!





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.



National Center for Pyramid Model Innovations | ChallengingBehavior.org

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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

SEASONAL FLU

Onset: Abrupt

Symptoms

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

Less common symptoms

- Diarrhoea
- Vomiting

COMMON COLD

Onset: Gradual

Symptoms

- Runny or stuffy nose
- Sneezing
- Sore throat

Less common symptoms

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

WHAT THIS MEANS

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

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

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

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

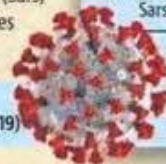
Sars-CoV2 is closely related (with 88% identity) to two bat-derived Sars-like coronaviruses (bat-SL-CoV-ZC45 and bat-SL-CoV-ZXC21) collected in 2018 in Zhoushan, eastern China

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



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