

# TROUP COUNTY CHILDREN'S ADVOCACY CENTER (CAC)

## PARENT & CAREGIVER RESOURCE GUIDE

Support and resources for you & your  
child during COVID-19



### **Dear Parents & Caregivers,**

Our team at Troup County Children's Advocacy Center is dedicated to the health and well-being of our clients. Due to concerns about transmission of the COVID-19 virus, and under the advisement of the National Children's Alliance, we are limiting all time spent in our physical office space.

Please know that our staff is here for you during this stressful and uncertain times and we are committed to taking all necessary health and safety precautions. During this time, if your child is having a mental health emergency or crisis, please call 911.

Our wish is that you remain healthy & safe during this time!

-Troup County Children's Advocacy Center CAC Staff





### **What is coronavirus disease 2019 (COVID-19)?**

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

### **What are the symptoms of COVID-19?**

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- Fever
- cough
- Shortness of breath

### **How can I help protect myself?**

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

### **How does COVID-19 spread?**

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at

<https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>



**To learn more, visit:** <https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>

# How to stay safe



- Stay home if you can and avoid gatherings of more than ten people.
- Practice social distancing by keeping a distance of about six feet from others if you must go out in public.
- Wash your hands often with soap and water for at least 20 seconds, especially after being in a public place, or after blowing your nose, coughing or sneezing. If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home if you are sick, except to get medical care.
- Cover your nose and mouth with a tissue when coughing or sneezing; throw used tissues in the trash. If a tissue isn't available, cough or sneeze into your elbow or sleeve, not your hands.
- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, handles, desks, computers, phones, keyboards, sinks, toilets, faucets and countertops.
- If surfaces are dirty, clean them - use detergent or soap and water prior to disinfection. Wear a facemask if you are sick. You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office.



# HOW TO TALK TO KIDS ABOUT COVID-19

1

## STAY OPEN TO QUESTIONS

There is a new virus a bit like a cold, not many kids are getting it but the Dr's are helping everyone.



2

## WASH YOUR HANDS

Sing the Happy Birthday song twice every time you wash your hands, rub them together with soap!



3

## KIDS ARE STRONG

Eat healthy foods, sneeze into your elbow, drink lots of water and try not to touch your face!



4

## IT CAN IMPACT ANYONE

It doesn't matter where you or your parents come from, be caring to everyone. It's not your job to worry.



# FOR A TOOLKIT OF RESOURCES

VISIT [BHUSD.ORG/COVID19/](https://www.bhUSD.org/COVID19/)



Beverly Hills  
Unified School District



# HOW TO TALK TO KIDS ABOUT COVID-19

## Early Childhood

Even though babies and toddlers may not know what is going on, they may pick up a parent's worry and anxiety with their "sixth sense."

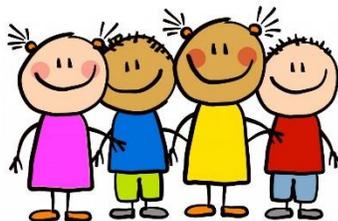
- Try to stay calm around babies and toddlers.
- Maintain normal routines as much as possible. Routines are reassuring for babies.
- Shield babies and toddlers from media coverage as much as possible.
- Look for non-verbal signs that your toddler may be anxious. This might include being scared to go outside or to daycare, extra weepy, clingy, or irritable. Provide extra reassurance and time together.
- Take the lead from your toddler. About it unless they show signs of don't talk distress or ask questions.

## Preschoolers



Preschoolers may be more tuned in to what is happening. They may have questions about germs, doctors, and even death.

- Safety is a primary concern for this age group. Reassure them that adults are in charge and working to keep people safe, healthy, and secure.
- Preschoolers are also concerned about the health of parents, relatives, and friends. Reassure them that everyone is doing what they can to stay healthy and take care of others. Remind them that they can stay healthy by washing hands and sneezing into their elbows. Use media to make hand washing fun with songs, learn about hand washing from Daniel Tiger, or learn how to sneeze with Elmo.
- Preschoolers are not always able to distinguish fantasy and reality. Limit news media exposure.
- Look for non-verbal signs that your preschooler may be anxious. This might include being scared to go to preschool, extra weepy, clingy, or irritable.
- Bedtime rituals are very important. Stories, books and tuck-ins are crucial.
- Try to maintain your children's normal routines when possible. If school, daycare or events are cancelled, try to create and stick to other routines when you can.
- Give them lots of hugs and physical reassurance. Make time to move your bodies, listen to music, read books, and play together.
- Take the lead from your preschooler. Don't insist on talking about it a lot unless they show signs of distress or ask questions.



# Elementary School

School age children will be more aware of what is going on. They have probably had discussions at school and with friends.

- Talk to your elementary age children. Explain what happened while reassuring them that you and your child's teachers will do everything to keep them healthy and safe.
- Children this age are also concerned about their own health, as well as that of family and friends. For example, they may have heard that kids aren't impacted by coronavirus but that older people are, triggering fears about grandparents. They may be worried about money if they know adults are home from work. Try to spend extra time together. This will provide extra reassurance.
- Ask them if they have any questions. If they do, stick to the facts and tell them what you know without exaggerating or overreacting. Use these resources to help them learn more about the virus:
  - Understanding Corona Virus and How Germs Spread – Brains On Podcast
  - Just for kids: A comic exploring the new coronavirus – Minnesota Public Radio
  - Don't be surprised if they are more irritable and touchy. Be extra patient.
  - Limit media coverage and don't assume that they aren't paying attention to background media.
  - Try to continue normal home routines, especially at bedtime. If routines are disrupted due to school or after school activity closures, explain that this is part of the precautions grown-ups are taking to *prevent* people from getting sick. It doesn't mean that all of their teachers and friends *are* sick.
- If fear persists, point out all the things adults are doing to help and to prevent the virus from spreading. Children like to be helpful and feel like they can do something from hand washing to writing letters to nursing homes.
- Make time to move your bodies, listen to music, play games, play with a pet, laugh, watch a movie, or find other ways to de-stress and connect.



# Middle School

Children this age will be very aware of what is going on. They have probably seen news coverage and discussed the virus at school or with friends.

- Talk to your middle school children and answer any questions. This will help you determine how much they know and may help you correct any misinformation they might have.
- Acknowledge any feelings of anxiety, worry, or panic. Normalize these feelings without fueling them.
- Help guide your child's worry into things they can do – like learning more about how to prevent the spread of the virus including washing hands and getting enough sleep. Use these resources to spark conversations:
- Understanding Corona Virus and How Germs Spread – Brains on Podcast (plus a kid-centered series on news literacy called “Prove It.”)
- Just for kids: A comic exploring the new coronavirus – Minnesota Public Radio
- Children this age will be more interested in what might happen in the future. Stick to the facts and don't burden them with your own anxiety about uncertain dystopian scenarios.
- Some children may act out scary feelings through misbehavior. Others may become more withdrawn. Pay attention to these cues, provide extra reassurance and connection, and invite them to talk to you about their feelings.
- Some children may make jokes. Humor can be a way to help them cope but discourage them from using humor as the only way to talk about the virus. Help them identify how humor might scare or overwhelm people around them, especially little kids.
- Talk to children about what they see on TV or read online and help them understand which sources are reliable and which aren't when it comes to information about the virus and arm them with tips to spot fake news.
- Talk about how events like this can surface harmful stereotypes and discrimination against certain people and populations. In this case, talk about the importance of disrupting anti-Asian sentiment and xenophobia in coverage of and response to the coronavirus.
- Seek out positive media. Watch, read, and share stories about ways people are responding to the virus in collaborative ways to keep communities safe.



# High School

High school students have probably had conversations with their peers and teachers. They might have fears about what this will mean for their own health, schooling, schedule or safety.

- Questions about health, the economy, and public policy are all legitimate issues for this age group. It is important to discuss these topics with them if they are interested.
- Acknowledge any worry, anxiety or fear they have and remind them that these feelings are a normal response to uncertainty. Help them identify and practice things that help them handle worry, like exercise, writing, and coloring, playing with a pet, or listening to music.
- Help guide your teen's worry into things they can do – like learning more about how to prevent the spread of the virus including washing hands, getting lots of sleep, or making concrete plans of what you will do if work or school schedules are disrupted.
- Some teens may want to block out the whole thing. It may appear that they do not care. This might be masking real worries. Ask questions and be ready to listen.
- Some teens may make jokes. Humor can be a way to help them cope, but discourage them from using humor as the only way to talk about the virus. Help them identify how and when humor might scare or overwhelm others, especially little kids, elders, or people who are immunocompromised.
- Stick to the facts in your conversations and talk to teens about what they have seen or read online. Point them towards reliable sources of information like the CDC website and arm them with tips to spot fake news.
- Talk through the difference between going online to stay informed versus media over-use that can fuel anxiety. Enforce a tech curfew at night and encourage them to take media breaks.
- Some teens may be very interested in discussing the political or economic implications of the pandemic. Engage them in learning and critical thinking about the coronavirus.
- Talk about how events like this can surface harmful stereotypes and discrimination against certain people and populations. In this case, talk about the importance of disrupting anti-Asian sentiment and xenophobia in coverage of and response to the coronavirus.
- Don't use your teen to process your own anxiety. Reach out to other adults to process your fears about the virus or the economic disruptions that it is causing.



# Additional Resources

**CLICK ON THE LINK BELOW:**

## [Mental Health Resources:](#)

For immediate access to routine or crisis services, please call the Georgia Crisis and Access Line (GCAL) at 1-800-715-4225. GCAL is available 24 hours a day, 7 days a week and 365 days a year to help you or someone you care for in a crisis. There is also a myGCAL app available for iPhone and android users.

[www.georgiacollaborative.com](http://www.georgiacollaborative.com)

National Suicide Prevention Hotline: 1-800-273-TALK.

## **For helpful tips on talking to your children about COVID-19:**

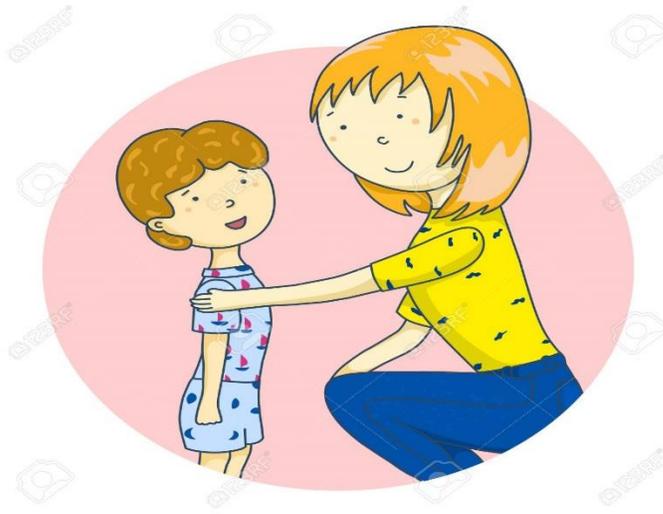
<https://www.cdc.gov/coronavirus/2019ncov/prepare/managingstress-anxiety.html>

<https://knpr.org/npr/2020-02/just-kids-comic-exploringnewcoronavirus>

<https://www.nctsn.org/resources/parent-caregiver-guidetohelping-families-cope-with-the-coronavirus-disease-2019>

## **And important resources for your home from the CDC:**

<https://www.cdc.gov/coronavirus/2019ncov/community/home/index.html>



# PARENT CAREGIVER SUPPORT

1-800-CHILDREN (1-800-244-5373) Helpline to talk too trained Professionals to connect them with supportive programs in their area.  
National Parent Helpline (1.855.4A.PARENT)

## Other helpful links:

### Family fun movies:

<https://collider.com/best-family-kids-movies-on-netflix/#hook>

### Things to do with kids:

<https://parade.com/1009774/stephanieosmanski/things-to-do-with-kidsduring-coronavirus-quarantine/>

### Fight against child abuse:

[https://www.youtube.com/channel/UCdC2\\_Ejij\\_BxbNkHhzatEAw/videos](https://www.youtube.com/channel/UCdC2_Ejij_BxbNkHhzatEAw/videos)



# Troup County School System Meal Distribution Schedule for children while schools are closed due the Coronavirus

## TCSS STUDENT MEAL DISTRIBUTION SCHEDULE



In light of the recent announcement for school closure, TCSS will provide meal distribution to these locations throughout Troup County. These are selected bus stops where school bus drivers will be delivering prepared meals.

The schools listed below will host a drive thru location.

Anyone 18 and under will be served a lunch meal.

### BERTA ES DRIVE THRU 11:00 AM - 12:00 NOON

Phoenix Landing	10:05
New Macedonia Church/Johnson St.	10:15
E. Depot St. Union St./TLC	10:45
E. Dept St. Union St./Park	11:00
Union St./100 Black Men	11:20

### CALLAWAY MS DRIVE THRU: 11:00 AM - 12:00 NOON

Whispering Pines Apts.	10:10
Rutland Cir. & Bonaventure	10:15
Sunridge Apts.	10:35
Hines Road Trailer Park	10:40
Woodglen Apts./Mailboxes	10:50
Garden Apts. Patillo Road	11:10
Cleveland Dr./Advance Auto Parts	11:25
Sivell Acres - Pebble/Clearwater	11:35
Woodland Trail Apts./Across from Poolhouse	11:50

### CLEARVIEW ES DRIVE THRU 11:00 AM - 12:00 NOON

CAFI on Brown St.	10:10
Lower Big Springs Rd./Happy Stop	10:15
Lucy Morgan Apartments	10:30
Merrywood/Kelly St.	10:55
Cross Creek Apartments (Ragland)	11:15
Dunson Baptist Church	11:45

### ETHEL KIGHT ES DRIVE THRU 11:00 AM - 12:00 NOON

Laurel Ridge Apts	10:05
Alford Street	10:10
Park Ave./Williams St.	10:30
The Crossing's Apts	10:35
1001 Callaway Ave.	10:45
Mallard Apts.	10:55

### FRANKLIN FOREST ES DRIVE THRU: 11:00 AM - 12:00 NOON

Wynnwood Apts	10:05
LaFayette Ct.	10:10
4011 Mooty Bridge Rd.	10:15
Valley Ridge Apts.	10:20
Hearth Stone Subdivision	10:25
Warescross Roads Trailer Park	10:35
Mitchell Ave. Apts.	10:50
Hill St. & Railroad St.	10:55
3485 Hammet Rd.	11:00
Camelot & Town Center	11:15
Greenville St.	11:20
5 Oaks Trailer Park/Middle of Park	11:30
Old Mill Parking Lot	11:38
Wynnwood Apts 2nd Stop	11:46
118 Daughtery St.	11:55

### HOGANSVILLE ES DRIVE THRU 11:00 AM - 12:00 NOON

Green Patch	10:05
Housing Authority Laurence St.	10:20
Stoney Ridge Apts.	10:30
Housing Authority West Boyd Rd.	10:55
Jennings Homes	11:15
147 Leonard Rd.	11:40

### LAGRANGE HS DRIVE THRU 11:00 AM - 12:00 PM

Laurel Crossing Apts.	10:05
Confidence Baptist Church	10:10
Tall Pines Apts.	10:20
Mallory Drive	10:30
Cameron Crossing Apts.	10:35
Autumn Ridge Apts.	10:50

### LONG CANE MS DRIVE THRU 11:00 AM - 12:00 NOON

Thankful Baptist	10:05
Hill Road/Clairmont Dr.	10:45

### WEST POINT ES DRIVE THRU 11:00 AM - 12:00 NOON

West Point Housing Authority	10:05
Happy Hollow Apts.	10:05
Forest Mill Apts.	10:20
Roper Heights	10:35
Water Works - 15th St/5th Ave.	10:40
West 14th St./Austin St.	11:00
605 Ave. C	11:10
Gray Hill/Recreation Center	11:20
West Point Housing Authority 2nd Stop	11:30



Troup County School System

# UNITED WAY OF WEST GEORGIA



Every day thousands of people across North America turn to 211 for information and support—whether financial, domestic, health or disaster-related. 211 is a free, confidential referral and information helpline and website that connects people of all ages and from all communities to the essential health and human services they need, 24 hours a day, seven days a week.

211 can be accessed by phone or computer. A toll-free call to 211 connects you to a community resource specialist in your area who can put you in touch with local organizations that provide critical services that can improve—and save—lives.

## You'll find information about:

- supplemental food and nutrition programs
- shelter and housing options and utilities assistance
- emergency information and disaster relief
- employment and education opportunities
- services for veterans
- health care, vaccination and health epidemic information
- addiction prevention and rehabilitation programs
- reentry help for ex-offenders
- support groups for individuals with mental illnesses or special needs
- a safe, confidential path out of physical and/or emotional domestic abuse

Whether in times of natural disaster or personal crisis, 211 is committed to being the first, most essential resource to anyone who needs help.

**Call 211** and speak with a live, highly trained service professional in your area from any cell phone or landline. All calls are private and confidential.

# 211

United Way supports 211, a free and confidential service that helps people across North America find the local resources they need 24 hours a day, 7 days a week.

[Visit 211.org](https://www.visit211.org)





## **Our Mission**

**To provide programs and services empowering children, youth and families to achieve optimum potential.**

## **Our Vision**

**To become the leading provider of quality services for children, youth, families and communities.**