

Resources for Parents Regarding COVID 19

Strategies for Managing Your Health & Well-Being:

The uncertainty of the COVID 19 pandemic is affecting our school community and our country. We have undergone a complete disruption of our normal everyday schedules. Our lives have changed for the purpose of slowing the spread and improving the outcome. However, this has not taken place without challenges, losses, and hardships. All of us are anxious as we adjust to this new reality. We need to face the unknown with assurance that we can work through these challenges together. So, let us take the opportunity to stay informed and stay connected.

With the amount of information being provided to us on a daily basis on the television, social media, and internet regarding COVID 19 (coronavirus), let us key in on following tips for managing your health & well-being.

***Start with yourself.** Self-care is necessary all the times, but self-care is especially necessary now. Remember **YOU ARE IMPORTANT**, and make it a daily priority to get enough sleep, eat nutritional meals, keep hydrated, practice good hygiene, exercise, and participate in an activity of your interest that makes you happy.

***Wash your hands frequently.** Protect yourself and others by washing your hands with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. You should always wash your hands before eating or preparing food, after using the restroom, and after coughing, sneezing, and/or blowing your nose.

CDC Handwashing Videos

<https://www.cdc.gov/handwashing/videos.html>

***Be informed.** Stay up-to-date with accurate information on the coronavirus, prevention strategies, and myths.

Coronavirus

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>

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

<https://www.pinnaclehealth.org/coronavirus-information/>

Prevention strategies

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>

https://www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html

Facts vs. Myths

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

***Follow Recommended Guidelines.** Be a role model. Follow recommended guidelines for how to prevent the spread of COVID-19. Children are watching our actions, and actions speak louder than words.

Social Distancing

<https://www.washingtonpost.com/graphics/2020/world/corona-simulator/>

Help Stop the Spread

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Stop-the-Spread.aspx>

Stay at Home Order

<https://www.pa.gov/guides/responding-to-covid-19/#StayatHomeOrder>

Safety Tips for Groceries and Takeout During COVID-19

<https://www.pinnaclehealth.org/wellness-library/blog-and-healthwise/blog-home/post/safety-tips-for-groceries-and-takeout-during-covid-19>

***Safely Stay Connected.** While we miss the face-to-face contact, do not lose the sense of belonging and the knowledge that people do care about you. Stay connected with family and friends via phone, mailing letters, face-time, social media, zoom meetings, and email. School connectedness is also very important during this time. There are many people at school that care about you and your family.

***Parents:** Reach out to teachers and your school nurse. Not only are the teachers available by email Monday, Wednesday, and Friday 10-12 am and 1-3 pm so are the school nurses. Encourage your students to engage in their online education.

***Students:** Reach out to teachers and your school nurse. Not only are the teachers available by email Monday, Wednesday, and Friday 10-12 am and 1-3 pm so are the school nurses. Participate and complete your online schoolwork remembering that it does not have to be perfect just work at it with the goal to learn. Completing your schoolwork keeps you connected with your teachers, who do care about you and want you to succeed.

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COVID 19 Resources for Parents

Breakfasts and Lunches available FREE to all children (18 and under)

Marysville Lions Club – 102 Park Drive, Marysville PA 17053

Meal distribution occurs weekly on Tuesdays and Wednesdays from 11-12:30pm.

Delivery will also be available upon request

Contact Persons: Maryellen Brown 717-514-0756

Brandy Erdossy 717-364-6277

Duncannon Fire Company - 101 Cumberland Street, Duncannon PA 17020

Meal Distribution occurs weekly on Thursdays and Fridays from 11-12:30pm.

Delivery will also be available upon request.

Contact Person: Heidi Sands 717-903-1463.

Perry County Food Bank – 3000A South Carlisle Street, New Bloomfield, PA 17068

Phone: 717-582-9978

<http://www.perrycountyfoodbank.org/>

Bread of Life Outreach (BOLO) - 35 North Front Street, Newport, PA 17074

Phone-717-567-9181

<https://www.breadoflifeoutreach.org/>

*A ministry with three main objectives: to serve the struggling, help the helpers and encourage entrepreneurs. BOLO serves individuals and families with incomes below the poverty line and the working poor. In addition to providing products from our warehouse to those in need, BOLO networks with and combines their resources with groups like the Salvation Army, Join Hands, The Wings of Kindness Foundation, and local churches to provide funds for rent, heat, utilities, etc.

Join Hands Ministry – 51 S. Church Street, New Bloomfield, PA 17068

Phone-717-582-7844

<https://joinhands.help/>

*A contact and support center for Perry County residents, who are seeking assistance with daily living concerns.

Women Infants Children (WIC) – 1-800-WIC-WINS

<https://pawic.com>

*WIC improves the nutrition and health of families by providing nutrition services, breastfeeding support, health care and social service referrals, and healthy foods. Through WIC, pregnant women, mothers, and caregivers of infants and young children learn about good nutrition to keep themselves and their families healthy.

*Some WIC clinics are closed or have limited hours due to the COVID 19 pandemic. Please call your clinic for the most up-to-date information on clinic hours. Leave a message with your current phone number, and be patient, as it may take longer to return your call. WIC has added some items to their food list temporarily due to shortages at the stores.

Perry County Human Services – 8391 Spring Road

PO Box 436
New Bloomfield, PA 17068
Phone 717-582-8703

<https://perryhumanservices.org/>

*Provides counseling, information, and education as well as drug-free alternative activities to area young people

*Provides drug and alcohol services, adult social services, and educational programs in the schools and in the community

Crisis Intervention for Perry County – provides psychiatric or mental health emergency assistance 24 hours a day, 7 days a week.

<https://www.ccpa.net/2493/Crisis-Intervention>

***Walk-In Emergency Service Location:** Geisinger Holy Spirit Hospital: Emergency Room
503 N. 2nd Street
Camp Hill, PA 17011

***Telephone Crisis Service** is available 24 hours a day, 7 days a week, to people in crisis or callers asking for assistance with mental health problems. **717-763-2222 or 1-866-350-HELP**

Geisinger Holy Spirit Hospital Teen line – Geisinger Holy Spirit Behavioral Health Services Camp Hill
Geisinger Holy Spirit
503 N. 2nd Street
Camp Hill, PA 17011
Phone 717-763-2345 or 1-800-722-5385

*Helping teens facing serious issues at school or home

Childline-Keep Kids Safe - Part of a mandated statewide child protective services program designed to accept child abuse referrals and general child well-being concerns, and transmit the information quickly to the appropriate investigating agency. ChildLine is responsible for receiving verbal and electronic referrals 24 hours a day, seven days a week.

Toll-free hotline: 1-800-932-0313

*available 24 hours a day, 7 days a week to receive reports of suspected child abuse.

<http://www.keepkidssafe.pa.gov/resources/childline/index.htm>

Children's Health Insurance Program (CHIP) – Health insurance for kids and teens.

Phone 1-800-986-KIDS (5437)

<https://www.chipcoverspakids.com/Pages/default.aspx>

Tri County Community Action – 1514 Derry Street, Harrisburg, PA 17104

Phone: 717-232-9757 or 717-567-6515 for Perry County

<https://cactricounty.org/our-programs/ontrack.html>

*Helping people, changing lives, and making a difference in Cumberland, Dauphin, and Perry County

*Are you struggling to pay your energy bill? Operation HELP might be able to ease your financial burden. Because of the impact from COVID-19, Operation HELP is now available to all counties. Contact pplontrack@cactricounty.org for more information.

*Provides a wide variety of services which include early childhood programs, drug and alcohol prevention services, medical assistance transportation, and fuel and housing services.