

COVID-19 Related Resources for Community Based Organizations & Families

(6/2020)

Health and Welfare

<https://www.nycfoodpolicy.org/coronavirus-nyc-food-reports/>

This website provides NYC neighborhood food guides for each of the 59 NYC Department of City Planning's Community District Profiles. Each resource guide includes information related to food access, such as location and hours of food pantries, meals for students and seniors, delivery services for people with disabilities and resources for immigrants. ***Advised to call listed organizations before visiting to get the latest information, since services are changing often.***

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

Centers for Disease Control has some of the most up-to-date scientific information on the coronavirus. The website is updated regularly and is a good source of information for all things COVID-19 related. This particular communication of April 24 discusses trying to prevent getting sick or spreading the virus.

Family Support

<https://www.nysparenting.org/coronavirus-resources-parents>

This links to New York State's Parent Portal and provides a wealth of information about the virus along with tips, activities and information on how families can talk with their children about the pandemic. There are also lists of resources and basic supports, as well as information to help families with special needs.

<https://www.bgcharlem.org/post/parent-self-care-checklist>

This links to a practical checklist that families can use for understanding their physical, emotional and spiritual needs and tips for self-care. There is also a link

to frequently asked questions from parents coping with COVID-19 at

<https://www.bgcharlem.org/post/frequent-questions>

<https://docs.google.com/document/d/1e1JLqNvfyPfOqwNNObPATrSLSRAKKVQeC7viGFTAWU/edit>

This website offers tools educators (including community educators) can use to listen and learn from families on what their needs and interests are in a culturally responsive manner. It includes templates and scripts on preparing for conversations with families, questions to ask that support families and engagement and suggestions for follow-up action.

<https://www.childrensdefense.org/useful-resource-covid-19/#foundations>

This website provides a far-reaching wealth of information for families looking for resources throughout the pandemic. Some sections to look out for are – resources for families seeking assistance; resources for immigrant families and self-care and wellness resources for families.

<https://www.uhfnyc.gov/our-work/initiatives/childrens-health/covid-19-parenting-resources>

This website contains a wealth of information and links about the coronavirus for families. CBOs and families can draw from videos, discussion starters and tip sheets to help families be up-to-date on the twists and turns of the new normal. Particularly useful is the section on recognizing and managing stress.

<https://www.healthychildren.org/English/ages-stages/toddler/fitness/Pages/Caution-Children-at-Play.aspx>

This website demonstrates the power of play and gives examples of fun and games that help children thrive. The site provides age-specific ideas for playful learning.

Youth Support

<https://www.youtube.com/watch?v=VDLLfQcKmH0&feature=youtu.be>

This quick video shows how to make a simple mask with a t-shirt and scissors. There are more intricate masks, but this could be a fun afternoon project for children and families.

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

A cute comic that shares information about the new coronavirus with a young audience. It includes things a young person can do to protect themselves, family members and friends from getting sick.

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

BrainPOP is a website that was established to help explain difficult concepts to youth and has grown into a learning resource. This links you to their unit on Coronavirus which has lesson plans, videos and activities that help young people learn facts about the virus and how to prevent its spread.

<https://www.seventeen.com/health/a31749840/social-distancing-info-coronavirus/>

This is a link to an article in Seventeen Magazine that discusses COVID-19 with young adults and informs them about social distancing as a way to prevent the spread of the coronavirus and why it is important. At the end of the article there are some tips on what you can do, where to use caution and what you should avoid.

Education Support

<https://wideopenschool.org/>

Schools are closed. Minds are wide open. This is a site that aims to make learning from home an experience that inspires kids, supports teachers, relieves families and restores communities. You can enter the site as an "Educator" (community educator, group leader) or "Family." The site delivers information in English and Spanish.

<https://www.nypl.org/about/remote-resources>

A link to the vast resources contained by the New York Public Library systems. Highlights their remote services given that the physical facilities are not open.

<https://oralhistory.nypl.org>

Given the diversity and rich history of New York City, the New York Public Library seeks to document, preserve and celebrate the rich history of the city's unique communities by collecting the stories of people who have lived it and are experiencing it first hand.