



Resources for Families during COVID-19 Updated 1/4/21

Hillsborough County requiring that facial coverings be worn inside businesses that are open to the public.
Effective June 24, 2020 at 5:00pm, [see more info here](#) (still in effect)

Facial coverings are required in the City of Tampa.
Effective June 19, 2020 at 5:00pm, [see Executive Order 2020-27](#) (still in effect)

Phase 3 of Safe. Smart. Step-by-Step COVID-19 recovery plan is in effect as of September 26, 2020. Details at
<https://floridahealthcovid19.gov/plan-for-floridas-recovery/>
<https://www.hillsboroughcounty.org/en/residents/public-safety/emergency-management/safer-at-home>

Agencies Dedicated to COVID-19

- [Centers for Disease Control \(CDC\)](#)
- [U.S. Chamber of Commerce](#)
- [U.S. Department of Health and Human Services](#)
- [U.S. Department of Education](#)
- [U.S. Department of Agriculture](#)
- [U.S. Department of Labor](#)
- [U.S. Department of Homeland Security](#) announced the new deadline for REAL ID enforcement 10/1/21
- [U.S. Department of State](#)
- [U.S. Department of Veterans Affairs](#)
- [U.S. Environmental Protection Agency](#)
- [U.S. Food and Drug Administration Coronavirus Updates](#)
- [Centers for Medicare and Medicaid](#)
- [National Institutes of Health \(NIH\)](#)
- [World Health Organization \(WHO\)](#)

Alerts (Sign Up)

- Hillsborough County Alerts – <https://www.hillsboroughcounty.org/en/residents/public-safety/emergency-management/stay-safe>
- City of Tampa text TAMPAREADY to 888-777
- City of Tampa in Spanish – text TAMPALISTA to 888-777

Centers for Disease Control (CDC)

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

Child Abuse Prevention

- Child Abuse Hotline 1-800-96-ABUSE (22873)
- Prevent Child Abuse America <https://preventchildabuse.org/>
- Prevent Child Abuse Florida <http://www.preventchildabusefl.org/>
- The Ounce of Prevention Fund <https://www.ounce.org/index.asp>

- Healthy Families Florida <http://www.healthyfamiliesfla.org/index.asp>
- Healthy Families Hillsborough <http://healthystartcoalition.org/the-programs/386-2/>
- Child Welfare Information Gateway <https://www.childwelfare.gov/topics/preventing/preventionmonth/>
- Prevention Strategies <https://www.cdc.gov/violenceprevention/childabuseandneglect/prevention.html>
- Help Guide <https://www.helpguide.org/articles/abuse/child-abuse-and-neglect.htm>
- Florida Department of Children and Families <https://www.myflfamilies.com/service-programs/child-welfare/child-abuse-prevention-month.shtml>
- Mary Lee's House <https://maryleeshouse.org/>
- Champions For Children <https://cfctb.org/>
- Children's Home Network <https://www.childrenshomenetwork.org/child-abuse-prevention>
- Eckerd Connects <https://eckerd.org/family-children-services/foster-and-adoption/eckerd-connects-community-alternatives-hillsborough/>
- Crisis Center <https://www.crisiscenter.com/about-us/history/>

Childcare

- YMCA Youth/child relief care for essential workers. For up-to-date information call 813-224-9622, <https://www.tampaymca.org/>
- Early Learning Coalition of Hillsborough County www.elchc.org/child-care-resource-referral/

Department of Health COVID-19 Call Center Available 24/7

- Florida DOH (866) 779-6121
- Email COVID-19@flhealth.gov

Disabilities

- <https://www.tampagov.net/accessibility/covid-19>
- Autism Speaks, 1-888-AUTISM2 - Autism Response Team, for families who need guidance and support with regards to disrupted routines, coping, home and online learning, etc., <https://www.autismspeaks.org/covid-19-information-and-resources>
- Center for Autism and Related Disabilities at USF offers direct assistance, training, technical assistance, and resource and referral at no charge for individuals with autism spectrum disorder, families, and organizations, 813-974-2532 <https://usf.to/autism>
- Emergency Preparedness for People with Disabilities <https://www.tampagov.net/emergency-management/disability-preparedness>
- F.R.I.E.N.D.S. - Families, Respect, Inspire, Education, Network for Down Syndrome & Special needs <http://fdswf.org/>

Education/Learning Resources (Virtual)

- Hillsborough County Public Schools will now begin eLearning for all students on August 24 and transition to brick and mortar a week later, August 31, for those who choose to return to the classroom <https://www.sdhc.k12.fl.us/>
- Canvas is the district's new learning management platform that replaced Edsby
 - Canvas Family Guide: <https://bit.ly/canvasfamilyguide>
 - Canvas Student Guide: <https://bit.ly/hcpsstudentguide>
- Call Hotlines:
 - eLearning Support (813) 272-4785
 - Technology Support (813) 272-4786

- Mental Health Support (813) 272-4787
- General Questions (813) 272-4788
- Florida Department of Education <http://www.fl DOE.org/em-response/resources-families.stml>
- <https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html>
- <https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>
- Hillsborough County Public Library
 - Reading <https://www.hcplc.org/books/ebooks>
 - Free Tutoring <http://www.libraryaware.com/1585/Posts/View/eddfb3ba-c54f-4959-ac36-e48feab6404b?SID=ba9bb10f-2eae-48cf-aac2-4520e6c9bfec>
- 12 Famous Museums <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- Scholastic <https://classroommagazines.scholastic.com/support/learnathome.html>
- WEDU PBS At-Home Learning <https://mailchi.mp/wedu/at-home-educational-resources-from-wedu-pbs?e=66e7eafea>
- PBS Kids <https://pbskids.org/>
- myON at home <https://readonmyon.com/>
- Glazer Museum at Home <https://glazermuseum.org/gcmathome>
- [Virtual Learning Resources](#)
- Audible is offering no-cost streaming of children’s stories in six different languages. This could be used for entertainment, to help with bedtime and encourage learning about new topics. <https://stories.audible.com/start-listen?linkId=84820275>
- Reading Videos Activities www.cosmickids.com
- Home School Type with a Daily Schedule by School Grade www.khanacademy.org
- Virtual Zoo Cams <https://Kids.sandiegozoo.org/videos>
- ABCmouse is offering first month free <https://www.abcmouse.com/abt/homepage?8a08850bc2=T2913508998.1585064692.6539>
- Teaching remotely for grades K-12, free resources and strategies <https://classroommagazines.scholastic.com/support/learnathome.html>
- Project Gutenberg, Thousands of no-cost children’s e-book downloads https://www.gutenberg.org/wiki/Category:Children%27s_Bookshelf
- Just For Kids: A Comic Exploring The New Coronavirus <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
- Talk Read Sing Tampa Bay <https://talkreadsingtampabay.org/>
- Computer Mentors’ open registration for student enrollment in online coding and software training <https://computermentors.org/>
- Autodesk supports distance learning globally for students, teachers impacted by COVID-19 <https://www.autodesk.com/education/covid19>
- Amazon Future Engineer offers free online virtual robotics and coding classes for any student or teacher affected by COVID-19 in the US. https://gocoderz.com/amazon-future-engineer/?fbclid=IwAR2EtmJwx_JSaMesRJKshZ9Snpr9HcnN20oy7qkP6HO11bc5DVNgcFuZ9Y
- Live Science <https://www.livescience.com/coronavirus-kids-activities.html>
- NASA offers students and teachers help and ideas to create awesome science projects https://go.nasa.gov/2IN2JK7<https://go.nasa.gov/2IN2JK7?fbclid=IwAR1XX76iMo4aFdpcXttkbWXM64YH_zZT2McGmod0r31oYRoBo75_Ne-e-1k>
- Kaplan Live <https://www.kaplanco.com/live?vid=mindfulness>
- Sesame Street <https://www.sesamestreet.org/caring>

- Step Up for Students https://www.stepupforstudents.org/for-parents/public-service-page-for-parents/?utm_campaign=Outreach%20e-blast&utm_source=hs_email&utm_medium=email&utm_content=85535726&hsenc=p2ANqtz-s4eR-lfJ0liUrhFaro8fTwuWi4BZ_VxjAe6VhTO18D6UIPwJDGrEO7g_Pvzhzy7ul2ULAGbwCB36lIQg-WnHEXpBSjbpJZabSkmtZMOAEb47D3Mw&hsmi=85535726
- Wolframalpha - Compute expert-level answers using algorithms, knowledgebase and AI technology <https://www.wolframalpha.com/>
- Social & Emotional Learning <https://myframeworks.org/>
- Champions For Children Virtual Workshops for Families with Children <https://cfctb.org/programs/>
- Hurricanes at Home! Webinars from the National Hurricane Center for 4th, 5th, and 6th Graders
 - Facebook: <https://www.facebook.com/NWSNHC/>
 - Twitter: @NWSNHC (<https://twitter.com/NWSNHC>) or https://twitter.com/NHC_Atlantic
- NAMI Basics OnDemand is a free, six-session online education program for parents, caregivers and other family members who provide care for youth aged 22 or younger who are experiencing mental health symptoms. Register at: www.nami.org/Videos/NAMI-Basics-OnDemand
- Homeschool sex education resources for parents, educators, faith-leaders, younger students and young adults <https://siecus.org/homeschool-style-sex-ed-resources/>
- Head Start and Early Head Start enrollment <http://headstart.lsfnet.org/>
- WEDU PBS: Back to School and At-Home Learning <https://mailchi.mp/wedu/wedu-pbs-back-to-school-and-at-home-learning?e=66e7eafea0>

Elderly

- Florida Department of Elderly Affairs <http://elderaffairs.state.fl.us/>
- Seniors who attend dining centers or meal sites, or receive services through adult day care centers and home delivered meals should call (813) 272-5160 for information about the continuation of services.

Employment

- Publix <https://storejobapplication.publix.com/JacOnlineBI/en/Logout/Loading/>
- Shipt <https://www.shipt.com/shopper-application/>
- CVS <https://jobs.cvshealth.com/howtoapply?prefilters=none&CloudSearchLocation=none&CloudSearchValue=none>
- Walmart <https://careers.walmart.com/>
- ALDI <https://careers.aldi.us/search-jobs/Tampa%2C%20FL/61/4/6252001-4155751-4158712-4174757/27x94752/-82x45843/50/2>
- Amazon <https://www.amazon.jobs/en/location/tampa-area-florida>
- Costco <https://www.costco.com/job-opportunities.html>
- Domino's <https://jobs.dominos.com/dominos-careers/opportunities/in-store>
- Wawa <https://wawa.wd1.myworkdayjobs.com/careers>
- Instacart <https://shoppers.instacart.com/>
- Walgreens is adding 10,000 people: <https://jobs.walgreens.com/>
- Dollar General <https://www.careerarc.com/.../dollar-general-c.../campaign/45977>
- Dollar Tree <https://www.dollartree.com/careers>
- 7-Eleven <https://careers.7-eleven.com/careers/home>
- PepsiCo <https://pepsifrontlinecareers.com/>
- Pizza Hut <https://jobs.pizzahut.com/>
- Papa John's <https://jobs.papajohns.com/>

- Jet's Pizza <http://www.jetspizza.com/>
- Thorntons <https://www.thorntonsinc.com/careers/apply>
- Need Reemployment Assistance? Here's a Way to Seek Help
https://www.hillsboroughcounty.org/en/newsroom/2020/03/20/covid-19-draining-your-income-heres-a-way-to-seek-help?fbclid=IwAR04om1PslOnn59g90qAxl9LtCoetbGGKFiU-BH724zpiQo7-dSc_nMrX10
- Career Source Tampa Bay COVID-19 Job Resource Toolkit <https://www.careersourcetampabay.com/>
- Career Source Tampa Bay Scholarships for youth recently graduated from high-school
<https://www.careersourcetampabay.com/job-seekers/youth/>
- Remote Job Boards <https://careersidekick.com/best-remote-job-boards/>
- FreshForce: <https://feedingtampabay.org/freshforce/>

COVID-19 Vaccinations for 65+

- Beginning 1/4/21, people 65 years and older can make an appointment to be vaccinated. Call 888-755-2822 or visit <https://hccovid19shot.as.me/schedule.php>

Entertainment

- Billboard – Free concerts <https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams>
- NPR-Virtual concerts <https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>
- 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch (Video)
<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- 5 National Parks Offer Virtual Tours You Can Take From the Comfort of Home (Video)
<https://www.travelandleisure.com/trip-ideas/national-parks/virtual-national-parks-tours>
- Massive List of Museums, Zoos, and Theme Parks Offering Virtual Tours
<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>
- Big Life Journal [Stay-at-Home Care Package](#) ideas for indoor and outdoor activities for kids and teens
- Keeping parents sane during lockdown with all the best links to free kids quarantainment
<https://www.quarantain.me/>
- Homemade Musical Instruments <https://zinginstruments.com/homemade-musical-instruments/>

Face Coverings

- How to make your own face covering from US Surgeon General Dr. Jerome Adams
<https://youtu.be/tPx1yqvJgf4>
- Free Face Coverings <https://www.hillsboroughcounty.org/en/media-center/press-releases/2020/07/07/free-face-coverings-available-at-10-hillsborough-libraries>

Families First Coronavirus Response Act

- The Families First Coronavirus Response Act, phase II, will provide paid leave, food assistance and tax credits to individuals in the U.S. affected by the novel coronavirus <https://www.cda.org/Home/News-and-Events/Newsroom/Article-Details/coronavirus-response-act-takes-effect-april-2-expands-fmla-and-paid-sick-leave-requirements#>

Farmer Support

- UF/IFAS Extension, Hillsborough County <https://sfyl.ifas.ufl.edu/hillsborough/>

Financial Assistance – Rent, Basic Needs & Income Assistance

- ASO is currently operating as normal, consider using BOCC funds first for rent.
- Tampa Electric/TECO If you've experienced financial hardship, you may qualify for assistance with your energy bill <https://www.tampaelectric.com/updates/>
- Eviction during COVID-19 <https://bals.org/covid/eviction>
- Florida residents whose employment has been affected by COVID-19 can apply for Reemployment Assistance benefits. Florida Reemployment Assistance Program can help you get monetary compensation while unemployed. For information on eligibility and the application process click <https://www.stateoflouisiana.com/articles/florida-unemployment/>
- Metropolitan Ministries call 813-209-1000 to request assistance.
 - If you are seeking Utility Assistance, documents needed: Current utility bill, Past due notice (if currently past due), Government issued ID (Matching the Utility Bill), Letter from employer, unemployment office or Doctor stating job loss, reduced hours and/or quarantined (on their letterhead)
 - If you are seeking Rental Assistance, documents needed: Current Lease, Landlord W-9 (must get from landlord), Government issued ID (Matching the lease), Letter from employer, unemployment office or Doctor stating job loss, reduced hours and/or quarantined (on their letterhead)

Fitness

- Parallax workouts <https://www.youtube.com/user/BodfitUFS/videos>
- 13 free online workouts to try while you're stuck at home <https://www.sbnation.com/2020/3/19/21185741/free-online-workout-classes-to-stream-youtube-app-yoga-total-body-exercise-hiit>
- Yoga for children and families
 - <https://www.cosmickids.com/>
 - Youtube: <https://www.youtube.com/user/CosmicKidsYoga>

Food/M meal Assistance (Free)

- Find a Food Pantry <http://feedingtampabay.org/find-a-pantry/>
 - Feeding Tampa Bay 813-254-1190
 - Feeding Tampa Bay Current Calendar of Drive Thru food pantries http://feedingtampabay.org/mobile-pantries/?tribe_event_display=month
- Bible-Based Fellowship Church, 8718 North 46th Street, 813-980-0559, Tuesday and Thursday only, need ID and bring a grocery bag
- Calvary's Community Cupboard, 1424 E College Ave, Ruskin, FL 33570, (813) 641-7790, Tuesdays from 7:30-11:00 am, drive through only
- Crosswind Church, 1510 W Hillsborough Ave, Tampa, FL 33603, (813) 238-2348, Tuesdays at 5 pm
- ECHO Brandon distributing food during COVID-19 www.echofl.org
 - Brandon Campus: 507 Parsons St., Brandon, 813-685-0935, Monday - Friday 8:30am -12:30 pm
 - Riverview Campus: 7807 Capitano St., Riverview, 813-540-9880, Tuesday - Friday 9:am - 1 pm
- Fresh Food Market handing out nonperishable items Fridays @ 11am - until they run out. They are also providing hot meals to the community Saturdays @ 12 - 2pm.
- Grocery Delivery Service Hotline Number: 813-749-1115 Oldsmar residents over the age of 65 may call the Emergency Grocery Delivery Service Hotline, Monday-Friday 9am-5pm to request home delivery of groceries. An Oldsmar Cares volunteer will make a follow-up phone call from a 949 area code to determine needs and schedule delivery. To limit exposure, this will be a "Drop-off at the Door" service only.

- Guided Path 11am-4pm Monday-Friday, must bring photo ID and names & birthdays of all family members., (813) 405-4437 www.Guidedpathfoundation.com
- Lake Magdalene United Methodist Church- Food Pantry, 2902 W Fletcher Ave, Tampa, FL 33618, 10am to 4pm, Monday to Thursday, 813-961-1254, need ID
- Meal Site Map: <https://bit.ly/2Uf46aI> 813-209-1000
- Meals on Wheels <https://mowtampa.org/>
- Metropolitan Ministries <https://www.metromin.org/what-we-do/food/> serving to-go meals at 25 locations daily
- MLK Community Center is offering free meals to children's and families to those affected by the closures in the area. At 11 am and 6 pm they will be handing out the food. Families do not need to present anything and just need to show up at the indicated times. MLK Community Center, 2200 N Oregon Ave, Tampa, FL 33607, (813)259-1667
- Our Lady of Guadalupe Food Pantry, 16650 US Hwy 301 S, Wimauma, Saturdays 8am-1pm, 813-633-2384
- Paul Food Pantry, 12708 N Dale Mabry. Mon & Thurs 9am-12pm, 813-961-3023
- Santa Maria Mission Food Pantry, 14004 N 15th St, Tampa, FL 33613, Tue 9:30am-1pm, 813-910-3575
- St. Anne Food Pantry, 106 11th Ave NE, Ruskin, Wed, 9am-12pm, 813- 645-1714
- Tampa Bay Harvest, 13149 N Dale Mabry Hwy, Unit #T, N Dale Mabry Hwy, Tampa, FL 33618, Wednesday 9am -1pm
- United Way - if you need food assistance, paying housing bills, accessing free childcare, or other essential services to contact 2-1-1 or locate your local 211 help line <http://www.211.org/services/covid19>
- Village Presbyterian Church Community Food Pantry, 13115 S Village Drive, Sunday 12pm-2pm, Wednesday: 9am-12pm, 813-963-2772, need ID
- United Food Bank of Plant City 813-764-0625
- Farm Share <http://farmshare.org/>
- USDA Meals for Kids Site Finder <https://www.fns.usda.gov/meals4kids>
- Online Grocery Purchase Pilot Program - DCF will pilot a program SNAP recipients to purchase groceries online with the use of an EBT card. SNAP participants are automatically eligible to participate in this program and do not need to apply. <https://www.myflfamilies.com/covid19/accessPurchasingFAQs.shtml>

Grandparents Taking Care of Grandchildren

- Kinship Intake Line 1-888-920-8761. <https://www.childrenshomenetwork.org/kinship>
A Family Support Coordinator will contact you to schedule a thorough in-home assessment to determine your needs
 - Legal aid
 - Food
 - Clothing
 - Counseling
 - Apply for public benefits, like cash assistance, food stamps, Medicaid

Health

- Florida Department of Health in Hillsborough Immunizations 813-307-8077
- The Family Healthcare Foundation provides free and confidential application assistance for Florida KidCare, Medicaid, the Health Insurance Marketplace, and the Hillsborough County Health Care Plan. Due to COVID-19, virtual and web-based services are available for the health and well-being of all. Call our Navigators at (English) 813-995-1066 / (Español) 813-965-0207 or make an appointment online at <http://familyhealthcarefdn.org/enroll>. For questions about Florida KidCare, please call 813-362-1413.

- Tampa Family Health Centers Call Center 813-397-5300
- Florida Medicaid FLMedicaidManagedCare@ahca.myflorida.com
- Center for Child Welfare <http://centerforchildwelfare.fmhi.usf.edu/CoronavirusUpdates.shtml>
- St. Joseph's Children's Hospital Mobile Medical Clinic info and schedule email Corinna.Kelley@BayCare.org

Hillsborough County Information

- <https://www.hillsboroughcounty.org/en/residents/public-safety/emergency-management/stay-safe>
- YouTube Channel <https://www.youtube.com/user/HillsboroughCounty>
- COVID-19 Dashboard <https://www.hillsboroughcounty.org/en/residents/public-safety/emergency-management/stay-safe/covid-19-dashboard>
- Hurricane & Disaster Preparedness Guide <https://www.hillsboroughcounty.org/library/hillsborough/media-center/documents/emergency-management/hillsborough-disaster-planning-guide-english.pdf>

Hillsborough County Public Schools Coronavirus Updates

- <https://www.sdhc.k12.fl.us/doc/2650/communications/resources/coronavirus/>

Homelessness

- Manifestations' Empowerment House, 3703 N 30th Street, Tampa, FL 33610, 813-241-6919
- Catholic Charities COVID-19 Resources for Homeless <https://www.ccdosp.org/covid19/>
- Metropolitan Ministries <https://www.metromin.org/covid-19response/>
- [Tampa Hillsborough Homeless Initiative](#)
- Metro BrigADe select sites call 813-209-1044 for navigation services for non-housed adults and youth

Immigrants

- What is Public Charge https://b74b2815-0a7f-4f5f-b79e-97e5bed169a3.filesusr.com/ugd/d6cd2d_e4a8e76a6c8044269fa496db837d0021.pdf
- Resources for immigrants <https://www.informedimmigrant.com/guides/coronavirus/#>

Internet/WiFi (Free or low cost)

- Spectrum/Charter Communications 1-844-488-8398 or go to <https://www.spectrum.net/page/covid-19-update>
- COMCAST <https://corporate.comcast.com/press/releases/comcast-extends-free-internet-service-new-internet-essentials-customers>
- Frontier <https://frontier.com/resources/covid-19>
- Internet Essentials <https://www.internetessentials.com/>
- Xfinity www.xfinity.com/wifi
- AT&T <https://m.att.com/shopmobile/internet/access/>
- Cox Communications https://www.cox.com/residential/internet/connect2compete.html?sc_id=cr_dm_camp_z_c2c_vanity

IRS & Taxes

- IRS has posted answers to frequently asked questions on the filing and payment tax relief provided in response to the ongoing COVID-19 emergency www.irs.gov
- www.irs.gov/coronavirus?fbclid=IwAR2y5-oqyufQNxtYGPDo14dy7kMNMqYtc4c-EslMld24Q7aYzJ3AvYfJ-IM
- All tax offices in Hillsborough County are open except Downtown Tampa <https://www.hillstax.org/>

Legal Services

- Bay Area Legal Services www.bals.org, 800-625-2257, Florida Senior Legal Helpline 888-895-7873, Florida Veterans Legal Helpline 866-486-6161
- Project HELP Legal Aid 813-227-8121 or email helpproject2020@gmail.com

Mental Health/Stress

- The following 24/7 crisis hotlines provide free, confidential emotional support:
 - Crisis Center of Tampa Bay: Dial 211 or visit crisiscenter.com
 - National Suicide Prevention Lifeline: Call 1-800-273-8255 or visit suicidepreventionlifeline.org
 - Veterans Crisis Line: Call 1-800-273-8255 and press 1 or visit veteranscrisisline.net
- National Suicide Prevention Lifeline: 1-800-273-8255
- Helping Teens Cope with the Stress of Isolation <https://possibilitiesforchange.org/how-to-help-teens-cope-with-the-stress-of-isolation/>
- CDC - Manage Anxiety & Stress <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- <https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>
- NPR – Feeling Anxious? Quick Tool to center your soul <https://tinyurl.com/vosm2pa>
- Ten Percent Happier – Coronavirus Sanity Guide www.tenpercent.com/coronavirussanityguide
- PBS-How to talk to your kids about Coronavirus : <https://tinyurl.com/sctrge>
- 0 to 3 - Tips for Families: Coronavirus <https://tinyurl.com/wh4n6jp>
- Telehealth support groups to provide support without contact. Any woman who is struggling with depression/anxiety and is currently pregnant or has a child can call Beth Kuehling, LMCH, St. Joseph's Women's Hospital Perinatal Support Program (813) 872-3925
- Coping with Stress (audio) <http://baycare.doctorpodcasting.com/?segitem=41943>
- How to Manage Stress During Challenging Times (audio) https://baycare.org/newsroom/2020/march/how-to-manage-stress-during-challenging-times?utm_source=linkedin&utm_medium=social&utm_content=organic#.XosuWupKiUm
- Mental Wellness (audio) <http://baycare.doctorpodcasting.com/?segitem=40328>
- Taking Care of Your Emotional Health <https://emergency.cdc.gov/coping/selfcare.asp>
- Emergency Responders: Tips for taking care of yourself <https://emergency.cdc.gov/coping/responders.asp>
- Coronavirus Anxiety (audio) <https://mail.aol.com/webmail-std/en-us/suite>
- Taking Care of Your Behavioral Health During an Infectious Disease Outbreak <https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-During-an-Infectious-Disease-Outbreak/sma14-4894>
- Wellness Routines For Uncertain Times <https://mhanational.org/events/wellness-routines-uncertain-times>
- Coronavirus and Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks <https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks>
- University Area CDC free live, online, closed-group, support sessions for mental wellness and self-care by joining uacdc.org/zoom1 (Meeting ID is 532 239 435) just prior to start time each Thursday 6-7pm
- National Federation of Families for Children's Mental Health www.acmh-mi.org/wp-content/uploads/2020/05/National-Childrens-Mental-Health-Awareness-Week-Activity-Book-for-Kids.pdf

- Protests, Racism and Our Children: Helping Kids Cope (Anxiety and Depression Association of America) <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/protests-racism-and-our-children-helping-kids>
- Talking to Children About Racial Bias <https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Talking-to-Children-About-Racial-Bias.aspx>
- Racism and Violence: How to Help Kids Handle the News (Child Mind Institute) <https://childmind.org/article/racism-and-violence-how-to-help-kids-handle-the-news/>
Español: <https://childmind.org/article/racismo-y-violencia-como-ayudar-a-los-ninos-a-sobrellevar-las-noticias/>

Military/Veterans

- The Florida Veterans Foundation has teamed up with the American Legion of Florida to create the COVID-19 Project Vet Relief Fund. This will help with emergency assistance for those veterans who are affected by this pandemic around the state of Florida. Find the application form, requirements and guidelines listed on the website at www.HelpFLVets.org.
How You Can Help. Funds need to be raised to accommodate the increased needs of our veteran community, so please donate so that together we can assist all those who need our support. Visit www.HelpFLVets.org to donate and learn more.

Multilingual Resources

- IFLA https://www.ifla.org/node/92972?og=73&utm_source=NCFL+Literacy+NOW&utm_campaign=43b3e1d6b8-3.27.20&utm_medium=email&utm_term=0_ddbeaff477-43b3e1d6b8-58622409

Non-Profit Businesses and Staff

- https://nlctb.org/resources/covid-19-nonprofit-resource-hub/?utm_source=newsletter&utm_medium=email&utm_content=a%20digital%20resource%20hub%20for%20nonprofits&utm_campaign=3.24.20%20email%20covid%20resource%20hub
- Non-Profit Relief Fund https://independentsector.org/resource/caresact/?utm_medium=email&utm_campaign=CARES%20Act%20Resource&utm_content=CARES%20Act%20Resource+CID_a902a020540eee86cbbc8d057c678595&utm_source=Email%20marketing%20software&utm_term=Explore%20the%20Resource%20Here

Paid Sick Leave (Emergency)

- Many workers are being forced to choose between their paycheck, their health, and the health of the people around them. The Families First Coronavirus Response Act provides two weeks of emergency paid sick leave to as many as 87 million American workers, while reimbursing employers for the cost. To learn more about how the bill provides emergency paid sick leave to eligible workers, click [here](#).

Pets

- The [Humane Society of Tampa](#) is providing dog and cat food to the public through food assistance and their Animals program as needed. 3607 N Armenia Ave, Tampa, FL 33607, 813-876-7138
- Hillsborough County Pet Resources - households in need of short term help with dog or cat, 813-744-5660

Rent/House Payments

- Mortgage Assistance, Renting, Owning <https://www.consumerfinance.gov/coronavirus/mortgage-and-housing-assistance/>

- Community Services Block Grant www.FloridaJobs.org/CSBG

Scams/Price Gouging

- Scams or price gouging
<https://bit.ly/2xqTb4W><https://bit.ly/2xqTb4W?fbclid=IwAR0_znIfiiyyHxGYACBGgICjxJY_FIbPI5RLQtYuHuMIFxDEA8dZAI5m_lw
- Reporting price gouging – Florida Office of the Attorney General
<http://myfloridalegal.com/pages.nsf/0/308348F71208C29085256EED00604673?OpenDocument>

Self-Care

- Meditation - weekday 5 min live meditation at 3pm
<https://www.tenpercent.com/coronavirussanityguide>
- 15 Ways to Practice Self-Care <https://qz.com/1818622/how-to-practice-self-care-during-coronavirus/>
- 10 ways to take care of yourself during coronavirus <https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus>
- Self-care while working during Covid-19 <https://hr.uw.edu/coronavirus/self-care/>
- Therapy Assistance Online (TAO Connect) is offering its Mindfulness Library available to anyone.
<https://www.taoconnect.org/mindfulness-exercise/>
The library contains exercises to help enhance mindfulness practices, including:
 - Mindful walking
 - Mindful eating
 - Mindful breathing
 - Guided imagery
 - Letting go
 - Meditation
- Self-care Advice for Health-care Providers https://www.apaservices.org/practice/ce/self-care/health-providers-covid-19?_ga=2.138200240.1662210729.1585660251-1693586287.1568833540
- Strength-Based COVID-19 Resources <https://www.viacharacter.org/covidcare>
- Character Strength Survey <https://www.viacharacter.org/survey/account/register>
- Daily Activities
https://www.viacharacter.org/pdf/START_HERE_TLC_Character_Strengths_at_Home_Mayerson_Academy.pdf
- Help with Sleep <https://www.mattressclarity.com/blog/parents-guide-helping-children-sleep/>

Small Business Assistance

- Small Business Association Emergency Bridge Loan Program is currently available to small business owners located in all Florida counties that experienced economic damage as a result of COVID-19
<https://floridadisaster.biz/>
- Small Business Association <https://www.sba.gov/>

Social Services

- Tampa <https://www.tampagov.net/emergency-management/covid-19/social-services>
- DCF Customer Call Center is now open Monday-Friday from 7am -6pm. In accordance with the federal Families First Coronavirus Act, the Department of Children and Families (DCF) will waive work requirements for individuals participating in the Supplemental Nutrition Assistance Program (SNAP) and Temporary Assistance for Needy Families (TANF) program.
 - To check the status of your benefits, report changes, receive information faster by opting in to receive electronic notifications, and upload documents 24 hours a day 7 days a week, log into your MyACCESS account here: <https://www.myflorida.com/accessflorida/>

- ACCESS <https://www.myflorida.com/accessflorida/> Returning documents, fax to 1-866-886-4342 or mail them to ACCESS Central Mail Center, PO Box 1770, Ocala, FL 34478-1770. If you need to certify there is an automatic two month extension. Customer service 851-300-4323, 866-762-2237 or 850-300-4DCF
- EBT Cards <https://www.myflorida.com/accessflorida/> 1-888-356-3281
<http://hillsborough.floridahealth.gov/programs-and-services/clinical-nutrition-services/wic-nutrition/ebt-card.html>
- P-EBT FAQs https://c0f44443-7207-42b9-b31f-9037f76000d8.filesusr.com/ugd/d6cd2d_bfeacf9f4fc140b5a2e21fa11460c3c5.pdf
- The Spring of Tampa Bay - any victims and survivors who need support, 813-247-SAFE (7233) 24/7 Hotline or 1-800-799-7233 for the National Domestic Violence Hotline or if you're unable to speak safely, you can log onto <http://thehotline.org/?fbclid=IwAR22sPsZx2mD9uakc2NWvEJ1UIOkN5LAGPX2nf-8BxF-x8p-n04iP3eblmU> or text "LOVEIS" to 22522
- Hispanic Services Council 813-936-7700, <https://www.hispanicservicescouncil.org/>
- United Way of the Suncoast <https://unitedtoact.org/unitedwaysuncoast/coronavirus-assistance-center>
- Florida Youth Shine Tip Sheets loss of income: [Freaked About Finances Tip Sheet](#) and [Reemployment Assistance](#). Guidance for Professionals who work with Transition Age Youth [COVID-19 Tips for Professionals](#).
- Big Brothers Big Sisters Tampa Bay <https://bbbstampabay.org/resources-bigs-little-families-covid-19/>
- Idlewild Church <https://www.idlewild.org/coronavirus-need-form/>
- Children's Board Family Resource Centers www.familysupporthc.org
- Youth Build <http://portal.thafl.com/clients/clienthome.aspx>

Social/Physical Distancing

- [How to Care for Yourself While Practicing Physical Distancing](#)
- Social Distancing <https://medium.com/@ariadnelabs/social-distancing-this-is-not-a-snow-day-ac21d7fa78b4>

Student Financial Aid/Loans/Grants

- Federal Student Aid <https://StudentAid.gov/coronavirus>
<https://studentaid.gov/coronavirus?fbclid=IwAR0swD-nPAXHGzfpUO-743wWPoZtFNa4I6-1HnnrZOTwtP5SRPZraR8OyoI>
- Federal Pell Grant <https://bit.ly/2wpMQH1>
<https://bit.ly/2wpMQH1?fbclid=IwAR0sjnooZkfNe7UT-lptYk8hF3LjDTu4OXHmelksUsW3VZ2bc2xwdGX8HE>

Support

- Supporting Families During COVID-19 <https://childmind.org/coping-during-covid-19-resources-for-parents/>
- COVID-19 (Coronavirus 2019) Resource Center for Parents <https://www.pedialliance.com/covid-19>
- Pregnant Women: March of Dimes <https://www.marchofdimes.org/>

Tampa Hotline

- City of Tampa residents and business owners can call the Tampa Recovery Hotline at 1-833-872-4636 from 8am-8pm Monday through Friday until further notice for the following resources:
 - Social Services: Residents can call this hotline to ask questions and get information on food assistance, senior services, financial resources, and more.

- Business Relief: Business owners can also get resources through this hotline, including information on the [Small Business Bridge Loan](#), the City's TAMPABIZ text-alert system, and other local, state, and federal resources as they become available to alleviate the burden of COVID-19.
- In addition to this hotline, residents and business owners can also take advantage of the following City of Tampa Resources:
 - Visit our COVID-19 platform at tampagov.net/COVID-19 for FAQs, coronavirus information on symptoms, prevention, and treatment, the latest executive orders, and more
 - Text TAMPAREADY or TAMPALISTA to 888-777 for real-time emergency alerts in English or Spanish
 - Text TAMPABIZ to 888-777 for updates on business resources
 - See a list of canceled City of Tampa events at tampagov.net/event-status
 - Follow the City of Tampa on social media for updates, Facebook live coverage, and more
 - facebook.com/cityoftampafi
 - twitter.com/cityoftampa
 - instagram.com/cityoftampa
 - Print resources (English and Spanish): tampagov.net/COVID-19
 - The City of Tampa is also establishing a Social Services Task Force and an Economic Development Task Force to further meet the needs of our community.
 - To reach the Tampa Recovery Hotline, please call 1 (833) TPA-INFO (1-833-872-4636). The call center will be open 8am-8pm Monday through Friday until further notice.

Testing for COVID-19

- The Families First Coronavirus Response Act ensures that COVID-19 testing is *free to anyone* in the U.S., including the uninsured. To learn more about how the bill provides universal no-cost COVID-19 testing, [click here](#).
- Hillsborough County Free Locations: Call 888-531-6321 or www.hcflgov.net/covidtesting to schedule an appointment
 - Raymond James Stadium, 4201 N Dale Mabry Hwy, Tampa, FL 33607 (Has moved across the street to Lot 12, just west of Dale Mabry, between Tampa Bay Boulevard and Columbus Drive)<https://raymondjamesstadium.com/covid19-test-site>
 - Lee Davis Community Resource Center, 3402 N 22nd St, Tampa, FL 33606
 - University of South Florida, 3515 E Fletcher Ave, Tampa, FL 33613
 - SouthShore Community Resource Center, 201 14th Ave SE, Ruskin, FL 33570
 - Plant City Community Resource Center, 307 N Michigan Ave, Plant City, FL 33566
 - Suncoast Community Health Centers, 313 S Lakewood Dr, Brandon, FL 33511
 - Redeemer Lutheran Church, 701 Valley Forge Blvd, Sun City Center, FL 33573
 - Tampa Family Health Centers, 12085 W Hillsborough Ave, Tampa, FL 33635
 - Wimauma Opportunity Center, 5128 FL-674, Wimauma, FL 33598
- At Home Testing (payment and insurance may be required) www.pixel.labcorp.com
- ARCpoint Labs of Tampa, same day results (one hour), travel health Visa
 - TAMPA Location Open on Saturday
 - Brandon Location Open on Sunday
 - 813-618-LABS or 813-395-0000
- Privatized Testing (payment and insurance may be required)
 - BayCare <https://baycare.org/coronavirus/covid-19-testing-centers>
 - Tampa General Hospital Urgent Care Fast Track, multiple locations, 813- 925-1903
 - AdventHealth Tampa, 3100 E Fletcher Ave, Tampa

- West Tampa MedExpress, 2810 W MLK Jr Blvd, Tampa, FL 33607, 813-877-8450
- CVS Minute Clinic, multiple locations, www.cvs.com/MinuteClinic
- Walgreens, multiple locations, www.walgreens.com/Coronavirus

Teens & Young Adults

- Resources for Teens & Young Adults During COVID-19
<https://www.teenconnecttampabay.org/post/resources-for-teens-young-adults-during-covid-19>
- Advocates for Youth <https://linktr.ee/advocatesforyouth>
- Supporting Teenagers and Young Adults During the Coronavirus Crisis
<https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>
- Talking to Tweens and Teens About Coronavirus <https://www.pedialliance.com/talking-tweens-and-teens-about-coronavirus>
- Getting the Care You Need: Accessing Sexual Healthcare during COVID-19
https://docs.google.com/document/d/1E0DeK14_WZbes_B5FgFpXOdaToL6THbyX4IXtuH7g6U/mobilebasic
- Tips to Help Teens Cope During COVID-19 <https://www.mentalhealthfirstaid.org/2020/04/tips-to-help-teens-cope-during-covid-19/>
- [Modern Wallet Blog](#) – regularly updated articles with advice on current consumer financial decisions and matters including: Avoiding Scams during the COVID-19 Pandemic, Caring for your Car during a Shutdown, and How best to Spend Stimulus
- [Financial Education Articles](#) - articles with information about tax planning, savings, investing, auto buying, etc.
- [Finances for Youth, Teens, and Young Adults](#) – websites aimed at educating our youth in a fun way.
- Community Violence: Reactions and Actions in Dangerous Times: This resource from the National Child Traumatic Stress Network (NCTSN) provides information for youth on community violence, how it can affect daily lives, and what to do for support. <https://www.nctsn.org/resources/community-violence-reactions-and-actions-dangerous-times>
- Coping with Current Events <https://www.teenconnecttampabay.org/post/youth-resources-for-coping-with-current-events>
- Coping in Hard Times: Fact Sheet for Youth High School & College Age
https://www.nctsn.org/sites/default/files/resources/fact-sheet/coping_in_hard_times_youth.pdf
- Financial Literacy Program from 21 Savage and his foundation <https://www.chime.com/21savage/>

Travel & Transportation

- The Hillsborough Area Regional Transit Authority HART Updates
<https://gohart.blogspot.com/2020/03/hart-covid-19-update.html>
- Travel Advisories <https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html/>
- Travel Notices <https://wwwnc.cdc.gov/travel>

Unemployment

- Online applications for Reemployment Assistance www.FloridaJobs.org/RAApplication
- Florida Unemployment Benefits <https://www.stateofflorida.com/articles/florida-unemployment/>
<https://connect.myflorida.com/Claimant/Core/Login.ASPX>

Utilities

- Tampa Electric/TECO Share program will provide a bill credit to help pay energy costs if you qualify
<https://www.tampaelectric.com/company/community/share/> or call 888-223-0800 weekdays from 7:30am to 6pm

- Duke Energy https://www.dukeenergyupdates.com/?_ga=2.11770996.11011211.1586276236-1040711553.1586276236

Virtual Parenting Classes

- Champions for Children www.cfctampabay.org
- Metropolitan Ministries Melissa Oliver: Melissa.Oliver@metromin.org or 813-816-5389
 - Virtual Safe Baby Tuesdays 10:00-11:00am, Thursdays 11:00am-12:00pm, Last Tuesday of month 6:00-7:00pm
 - Moms with Babies 0-12 months old Virtual Support Group Wednesdays 1:30-2:30pm

WIC

- Women who are pregnant or moms who have an infant and/or child less than 5 years of age call 813-307-8074 or 813-614-4105 (to speak to a Woman's Resource Specialist) for services. <http://hillsborough.floridahealth.gov/programs-and-services/clinical-nutrition-services/wic-nutrition/ebt-card.html>
- WIC Vendor List <http://hillsborough.floridahealth.gov/programs-and-services/clinical-nutrition-services/wic-nutrition/documents/wic-vendor-list-02-14-20.pdf>

Working from Home

- Working, Parenting, And Teaching From Home <https://www.npr.org/2020/03/17/816631571/coronavirus-triple-duty-working-parenting-and-teaching-from-home>
- 9 Creative Ways to Stay Connected to Your Coworkers When You're All Working From Home <https://www.google.com/amp/s/www.themuse.com/amp/advice/team-culture-relationships-remote-work>
- Psychologists' Advice for Newly Remote Workers <https://www.apa.org/news/apa/2020/03/newly-remote-workers>
- Working Remotely During COVID-19 <http://workplacementalhealth.org/Employer-Resources/Working-Remotely-During-COVID-19>

MANAGING CORONA VIRUS (COVID-19) ANXIETY

 **For You**

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

COVID-19 TESTING LOCATIONS

FREE HILLSBOROUGH COUNTY LOCATIONS

Call (888) 513-6321 Monday-Friday, 8am-5pm or visit hcflgov.net/covidtesting to schedule an appointment.

Raymond James Stadium*

4201 N Dale Mabry Hwy • Tampa, FL 33607

Lee Davis Community Resource Center*

3402 N 22nd St • Tampa, FL 33606

University of South Florida*

3515 E Fletcher Ave • Tampa, FL 33613

SouthShore Community Resource Center

201 14th Ave SE • Ruskin, FL 33570

Plant City Community Resource Center

307 N Michigan Ave • Plant City, FL 33566

Suncoast Community Health Centers

313 S Lakewood Dr • Brandon, FL 33511

Redeemer Lutheran Church

701 Valley Forge Blvd • Sun City Center, FL 33573

Tampa Family Health Centers, Inc.

12085 W Hillsborough Ave • Tampa, FL 33635

Wimauma Opportunity Center

5128 FL-674 • Wimauma, FL 33598

*Located within the City of Tampa

AT-HOME TESTING

Payment and/or insurance may be required.

Pixel by LabCorp

pixel.labcorp.com

PRIVATIZED TESTING LOCATIONS

Please contact these testing facilities located within the City of Tampa directly for more information regarding availability. Payment and insurance may be required.

TGH Urgent Care powered by Fast Track

Multiple locations • (813) 925-1903

BayCare

Multiple locations • baycare.org/Coronavirus

The West Tampa MedExpress

2810 W. MLK Jr. Blvd • Tampa, FL 33607 • (813) 877-8450

CVS Minute Clinic

Multiple locations • cvs.com/MinuteClinic

Walgreens

Multiple locations • walgreens.com/Coronavirus

More info: tampagov.net/COVID-19



HOW TO CARE FOR YOURSELF WHILE PRACTICING

PHYSICAL DISTANCING

EAT HEALTHFULLY



to keep your body in top working order.

EXERCISE



Workout at home or take a solo jog around the neighborhood.

PRACTICE RELAXATION THERAPY



Voluntarily tensing and relaxing muscle groups can help you relax voluntarily when feeling overwhelmed or anxious.

LET LIGHT IN



Increased exposure to light can improve symptoms of depression. Open the shades and let more sunlight in.

BE KIND TO YOURSELF

Treat yourself with the same compassion you would a friend.

STAY CONNECTED



Stay connected to loved ones with phone calls, text messages, video chats and social media.

MONITOR MEDIA CONSUMPTION



Balance media consumption with other activities you enjoy.

LEARN MORE AT MHFA.ORG

*Information provided in the Mental Health First Aid curriculum.
*Mental Health First Aid is managed, operated, and disseminated by the National Council for Behavioral Health.



NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH

Fathering in 15™ is an “online learning experience.”



That means: It builds pro-fathering knowledge, attitudes, and skills in an online environment. It engages dads visually and interactively to deliver an enjoyable user experience. It’s “responsive,” which means we designed it for use on any device that you or a dad wants to use (i.e. desktop, tablet, or smartphone). It even includes an option for you or a dad to print out the content. For your FREE participation in Fathering in 15™ please contact one of the following Fatherhood coordinators.

Ricardo Busquets/ bilingual
813-712-6324

Michael Thomas
813-712-6333

REACHUP
where there's a will, we are the way

be there
FOR YOUR KIDS

www.reachupincorporated.com or call 813-712-6300

HOT SPOT MOBILE OUTREACH

Taking Outreach to the Streets



**These agencies are standing
by to answer your call:**



**Gracepoint
813-209-1044**



**Metropolitan Ministries
813-209-1044**



**St. Vincent de Paul CARES
813-609-4907**

Unsheltered? Need help? Call today!

HOT SPOT MOBILE OUTREACH IS HERE FOR YOU!

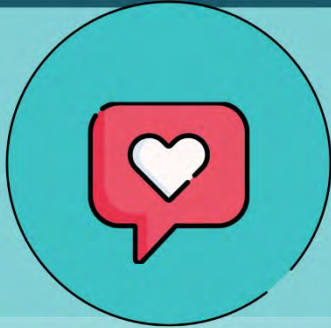
Hot Spot Mobile Outreach Offers:

- The opportunity to immediately relieve your homelessness.
- The opportunity to secure permanent housing.
- Connection with behavioral health, mental health, and substance abuse resources.
- Connection with food stamps, income benefits, and other resources from the community.

**If you or someone you
know is unsheltered,
call today!**



Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

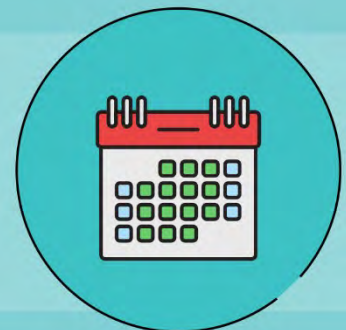
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).



STRONG FAMILIES. THRIVING CHILDREN.

Our Virtual Programs

We are here for you during the coronavirus pandemic - this sheet lists all the programs we currently have available by phone or video chat, and how to access them!

Parenting Classes and Support

Expert-led parenting classes and group support designed to help parents develop skills to raise healthy, thriving children.

Infant Massage | Toilet Training 101 | Managing Teen Emotions | Getting Along With Others | Inspiring Cooperation | Newborn Care

Playgroups & Screenings

Parent-child playgroups and activities to help parents bond and connect with their infants and toddlers while learning together. Plus, developmental screenings to assess your child's progress and identify areas for you to focus on to support their development.

Little STEAMers (1-5 year olds) | Baby & Me (6 weeks to 12 months old) | Wonder Years (24-35 months old) | What You Do Matters (0-60 months old) | And more (0-4 year-old, call for details)

Individualized Parenting Support

Long-term individualized parenting support provided by professionals with expertise in child development. Plus, professional lactation support for parents of newborns.

Parents as Teachers (Virtual Home Visits) | Breastfeeding Support

Champions provides a variety of family education and family strengthening programs for families with children from birth to 18 years old, with a special focus on 0-5 year-old range. In order to ensure all families have access to our services, CFC is committed to providing all services at no charge.

Information & Resources

We provide daily parenting tips and resources, as well as age related activities to do with your child, delivered via social media and educational puppet shows.

To access the most up-to-date content for you and your child, check the following links regularly:

- Follow us at facebook.com/cfctampabay or on Twitter @cfctampabay
- Visit talkreadsingtampabay.com
- For educational puppet shows, visit facebook.com/KOTBHillsborough

For more information or to enroll in classes or groups

- Email us at info@cfctb.org
- Send us a message on Facebook at facebook.com/cfctampabay.
- Call us at 813-673-4646 ext. 0
- Visit our website at www.cfctb.org

Funding for services generously provided by the Children's Board of Hillsborough County



www.cfctb.org
info@cfctb.org
(813) 673-4646

Champions for Children
 @cfctampabay
 @cfctampabay



Champions
for Children

Baby
Bungalow

Virtual Playgroup Registration

LIVE

in Eventbrite!

Playgroups
begin January 2021

Children's Board
HILLSBOROUGH COUNTY
www.ChildrensBoard.org

Parenting doesn't come with a handbook -
especially during a pandemic -
But Champions for Children's new
"warm line" is just a phone call away.

Is parenting during COVID-19 stressing you out?
Worried about your child's behavior?
Wondering if it's normal for your child to regress?
THAT'S OKAY!

The "warm line" is answered by one of our parenting experts who will answer your questions, share advice, help you enroll in our programs, or connect you hassle-free to someone who can help. If our experts are on the other line, leave a message and you'll hear back shortly.



For personalized parenting support
at no cost, give us a call:

(813) 673-4646
Mon-Fri 10AM-6PM
Live Beginning Monday, April 27th



Funding for services generously provided by the
Children's Board of Hillsborough County:

Children's Board
HILLSBOROUGH COUNTY
www.ChildrensBoard.org



Coronavirus: How eyes may play a role in its spread

Our eyes might play an important role in the spread and prevention of the coronavirus outbreak seen throughout the world. To cut your personal risk of contracting the coronavirus, **avoid touching your eyes, nose or mouth with unwashed hands.** The mucous membranes that line various cavities in the body are most susceptible to transmission of the virus. Patients who have contracted the coronavirus may have ocular symptoms including Conjunctivitis - an inflammation of the membrane covering the eyeball. This is often referred to as "pink eye" and often presents as an infected/red, "wet and weepy" eye. Conjunctivitis is very contagious, and a patient can cause the spread from one eye to the other.

Reduce your exposure:

1. Coughs and sneezes: The coronavirus could get into the eye through aerosol transfer. "That's if you're standing within six feet of someone who has the virus, they cough or sneeze, and you aren't wearing any protective eyewear," says Stephanie Marieoneaux, MD, clinical spokeswoman for the American Academy of Ophthalmology. Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash.

2. Touching the eyes: The coronavirus also could be transferred from the hands to the eyes. For example, you could get coronavirus in your eye if someone with the virus touches a grocery store cart handle, then you use the same cart and touch your eyes, Marieoneaux says.

Prevention is the best medicine: Four ways to reduce your chances of getting viral conjunctivitis:

1. Wash your hands the right way: Review the five steps to washing hands correctly from the U.S. Centers for Disease Control and Prevention (CDC). Wet your hands, turn off the tap, apply soap, lather and scrub for 20 seconds, then rinse. After washing your hands, air dry them or use a clean towel.

2. Don't touch your eyes: Resist the urge to dab, rub or wipe your eyes, or touch other parts of your face, whether or not you have symptoms of illness right now. Do not touch your eyes unless you use a clean tissue.

3. Avoid sharing personal items: Do not share items such as contact cases, eye drops, face makeup or makeup brushes, pillow cases, bath or hand towels, the CDC recommends. Conjunctivitis is very contagious, and a patient can cause the spread from one eye to the other.

4. Switch from contacts to glasses: Contact lens wearers may want to switch to glasses temporarily. Many contact lens patients touch their eyes without even thinking about it. So maybe wear glasses until the coronavirus scare is over.

Contact us at:
Preserve Vision Florida
(813) 874-2020
www.pvfla.org
jwhittington@pvfla.org



Get the latest public health information from the Center for Disease Control and Prevention (CDC):

<https://www.coronavirus.gov>

Get the latest research information from National Institutes of Health:

<https://www.nih.gov/coronavirus>

A Guide to Reemployment Services



Reemployment Assistance

To apply:

If you have lost your job and you need help with unemployment benefits call: 1-800-204-2418 or go online at the following link:

www.floridajobs.org/Reemployment-Assistance-Service-Center/reemployment-assistance/claimants



Job Search Assistance

Looking for Job?

If you need assistance looking for a new job call: 813-930-7400 or go online at the following link:

www.careersourcetampabay.com



Family Assistance

Looking for services?

If you or your family need assistance with social programs or support, call: 211 or go online at the following link:

211tampabay.org



A proud partner of the [AmericanJobCenter](https://www.americanjobcenter.org/) network

This program is fully supported by federal funding: <https://careersourcetampabay.com/about-us> An equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. All voice telephone numbers on this document may be reached by persons using TTY/TDD equipment via the Florida Relay Service at 711.



Soft Skills Development Training

Prepare for Jobs in the Retail & Hospitality Industries



Real Skills. Real Careers. At **NO COST!**



Hospitality and retail occupations represent 5 of the top 6 occupations gaining the most jobs in Florida. There will be nearly 1.8 million projected openings by 2025 in these industries.

FREE Certification Training

Get your certification in as little as 1-WEEK

Candidates must be at least 17 years old and meet program eligibility requirements.

Services are provided in partnership with Hillsborough Community College.

ONGOING ENROLLMENT THROUGHOUT THE YEAR...

To learn more, visit our website at:

careersourcetampabay.com/pages/softskills

email: SoftSkills@CareerSourceTampaBay.com

or call 813.930.7400 for more information

Customer Service and Employability Skills Training AND one of the following tracks:

- Hospitality Track – America Hotel and Lodging Education Institute Certification
- Retail Track - National Retail Federation Certification



HCC | ICCE
TampaTraining.com



A proud partner of the **AmericanJobCenter** network

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careersourcetampabay.com/pages/softskills



National Dislocated Worker Program

Earn wages while helping
our community!

Unemployed or underemployed and
looking for work?

Due to COVID-19, many local businesses
and organizations are hiring to meet
demands.

The National Dislocated Worker Grant is
offering temporary paid work experience
and disaster relief employment .

Complete the Pre-Screen at:

<https://www.careersourcetampabay.com/national-dislocated-worker-grant/>

Contact Us

NDWG@CareerSourceTB.com

Program Highlights:

- Part Time employment at 25 hours per week
- \$15.50 per hour or higher (temp workers)
- 12 week paid work experience

Program Qualifiers:

- Be 18 years of age or older
- Be temporarily or permanently laid off as a consequence of COVID-19
- Self-employed and became unemployed or significantly underemployed as a result of COVID-19
- Be eligible as a dislocated worker as defined in WIOA section 3(15)
- Be long-term unemployed workers – unemployed six out of the past 13 weeks.

A proud partner of the [AmericanJobCenter](#) network.

This program is fully supported by federal funding. <https://careersourcetampabay.com/about-us/>

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09102020-1129

EMPLOYEE RIGHTS

PAID SICK LEAVE AND EXPANDED FAMILY AND MEDICAL LEAVE UNDER THE FAMILIES FIRST CORONAVIRUS RESPONSE ACT

The **Families First Coronavirus Response Act (FFCRA or Act)** requires certain employers to provide their employees with paid sick leave and expanded family and medical leave for specified reasons related to COVID-19. These provisions will apply from April 1, 2020 through December 31, 2020.

► PAID LEAVE ENTITLEMENTS

Generally, employers covered under the Act must provide employees:

Up to two weeks (80 hours, or a part-time employee's two-week equivalent) of paid sick leave based on the higher of their regular rate of pay, or the applicable state or Federal minimum wage, paid at:

- 100% for qualifying reasons #1-3 below, up to \$511 daily and \$5,110 total;
- ⅔ for qualifying reasons #4 and 6 below, up to \$200 daily and \$2,000 total; and
- Up to 10 weeks more of paid sick leave and expanded family and medical leave paid at ⅔ for qualifying reason #5 below for up to \$200 daily and \$12,000 total.

A part-time employee is eligible for leave for the number of hours that the employee is normally scheduled to work over that period.

► ELIGIBLE EMPLOYEES

In general, employees of private sector employers with fewer than 500 employees, and certain public sector employers, are eligible for up to two weeks of fully or partially paid sick leave for COVID-19 related reasons (see below). *Employees who have been employed for at least 30 days* prior to their leave request may be eligible for up to an additional 10 weeks of partially paid expanded family and medical leave for reason #5 below.

► QUALIFYING REASONS FOR LEAVE RELATED TO COVID-19

An employee is entitled to take leave related to COVID-19 if the employee is unable to work, including unable to telework, because the employee:

- | | |
|---|---|
| <ol style="list-style-type: none">1. is subject to a Federal, State, or local quarantine or isolation order related to COVID-19;2. has been advised by a health care provider to self-quarantine related to COVID-19;3. is experiencing COVID-19 symptoms and is seeking a medical diagnosis;4. is caring for an individual subject to an order described in (1) or self-quarantine as described in (2); | <ol style="list-style-type: none">5. is caring for his or her child whose school or place of care is closed (or child care provider is unavailable) due to COVID-19 related reasons; or6. is experiencing any other substantially-similar condition specified by the U.S. Department of Health and Human Services. |
|---|---|

► ENFORCEMENT

The U.S. Department of Labor's Wage and Hour Division (WHD) has the authority to investigate and enforce compliance with the FFCRA. Employers may not discharge, discipline, or otherwise discriminate against any employee who lawfully takes paid sick leave or expanded family and medical leave under the FFCRA, files a complaint, or institutes a proceeding under or related to this Act. Employers in violation of the provisions of the FFCRA will be subject to penalties and enforcement by WHD.



WAGE AND HOUR DIVISION
UNITED STATES DEPARTMENT OF LABOR

For additional information
or to file a complaint:

1-866-487-9243

TTY: 1-877-889-5627

dol.gov/agencies/whd



WH1422 REV 03/20

LOGILATES

14-DAY quarantine WORKOUT PLAN

QUARANTINE
CARDIO

DAY 1

1. Squat touches x 25
2. Knee-in lunge R x 25
3. Knee-in lunge L x 25
4. Air sumo squats x 25
5. Side to side squats x 30
6. Plie punches x 1 min
7. Front kicks x 20

ANTI-COVID
ABS

DAY 2

1. Scissors x 20
2. L-Crunch R x 25
3. Butt ups x 15
4. Hip twists x 30
5. L-crunch L x 25
6. Criss cross x 40

SLEEK &
SANITIZED ARMS

DAY 3

1. Golf balls x 1 min
2. Soccer balls x 1 min
3. Prayer pulses x 1 min
4. Walnut crushers x 1 min
5. Scarecrow x 1 min
6. Goal post punchers x 1 min
7. Milk jugs x 1 min

PLUMP PANDEMIC
BOOTY

DAY 4

1. Bridges x 50
2. Single leg bridge R x 25
3. Single leg bridge L x 25
4. Pointed butt lift R x 30
5. Cross butt kick R x 20
6. Pointed butt lift L x 30
7. Cross butt kick L x 20

LONG, LEAN &
CLEAN LEGS

DAY 5

1. Alt. lunges x 20
2. Plie quats x 25
3. Narrow squat pulses x 25
4. Side leg lift R x 25
5. Side leg lift L x 25
6. Straddle scissors x 30

EMPTY SHELVES
SCULPT

DAY 6

1. Charleston kicks R x 20
2. Wall sit x 1 min
3. Charleston kicks L x 20
4. Up up down downs x 20
5. Straight leg heel lift R x 30
6. Straight leg heel left L x 30
7. Eagle crunch x 20

SOCIAL DISTANCE
STRETCHES IN BED*

DAY 7

1. Straddle circles x 1 min
2. Hamstring stretch R x 1 min
3. Hamstring stretch L x 1 min
4. Happy baby x 1 min
5. Pike x 1 min
6. Spinal twist R x 1 min
7. Spinal twist L x 1 min

QUIET
CARDIO

DAY 8

1. Air squats x 30
2. Alt. lunges x 20
3. Lunge pulse R x 25
4. Lunge pulse L x 25
5. Walking burpee kicks x 15
6. Side Squats R x 20
7. Side squats L x 20

NO MORE
CORONA CORE

DAY 9

1. T-arm roll up R x 25
2. T-arm roll-up L x 25
3. Double leg lift x 20
4. Single leg drop x 20
5. Cross crunch R x 30
6. Cross crunch L x 30
7. Plank knee cross x 20

COUCH POTATO
UPPER BODY

DAY 10

1. Tricep dips x 25
2. Couch climbs x 20
3. Couch taps x 20
4. Angel wings R x 30
5. Angel wings L x 30
6. Double Angel Arms x 30
7. Couch arm balance x 20

NEVER BORED
BOOTY

DAY 11

1. Mermaid leg lift R x 30
2. Straight leg lift R x 25
3. Hamstring extension R x 25
4. Mermaid leg lift L x 30
5. Straight leg lift L x 25
6. Hamstring extension L x 25
7. Butterfly bridges x 30

NOT OUT OF
STOCK THIGHS

DAY 12

1. Side leg triangle R x 20
2. Bicycle leg R x 25
3. Leg circ. R x 15fwd/15bwd
4. Side leg triangle L x 20
5. Bicycle leg L x 25
6. Leg circ. L x 15fwd/15bwd
7. Froggers x 25

TONED UNLIKE
TOILET PAPER
TOTAL BODY

DAY 13

1. Squat lunges x 20
2. Curtsy lunge kick R x 20
3. Curtsy lunge kick L x 20
4. Russian twists x 30
5. Leg outs x 20
6. Shoulder tap alt leg lifts x 20

STOP HOARDING
START STRETCHING*

DAY 14

1. Butterfly head circles x 1 min
2. Cradle the baby R x 1 min
3. Cradle the baby L x 1 min
4. Side to side straddles x 1 min
5. Straddle x 1 min
6. Bow pose x 1 min
7. Back hug x 1 min

Do 4 rounds of each circuit for a daily 30 min. apartment friendly workout.
Check the when you're done! * = do once. Have fun and be safe! - @blogilates

Kids home with you?

Keep kids at play safe around cars.



1



Keep car doors and trunks locked and keep key fobs out of reach.

2



If you do have to drive, walk all the way around your parked car to check for children.

3



Slow down and avoid distractions when driving.

SAFE
KIDS
WORLDWIDE.

Stepping outside?

Help kids stay active and injury free.



1



Teach kids to look left, right and left again before crossing the street.

2



Make eye contact with drivers.

3



Wear a properly-fitted helmet when biking.

SAFE
KIDS
WORLDWIDE.

Kids home with you?

Keep these things up & away.



1



Store cleaning products safely to prevent poisoning.

2



Keep all medicine out of reach and sight, even medicine you take every day.

3



Separate toys by age and keep little game pieces away from little kids.

SAFE
KIDS
WORLDWIDE.

Florida Senior Legal Helpline

Identifying and Referring Legal Issues

The following common concerns may require a legal referral in addition to social service or other community referrals. Use this TIP SHEET to help callers know when to contact the Florida Senior Legal Helpline.

| REASON FOR CALL | REFERRAL |
|--|--|
| Food, Public Assistance | <ul style="list-style-type: none">• Refer for legal help if caller has:<ul style="list-style-type: none">» applied for food stamps and been denied, or» had food stamps reduced or terminated |
| Financial Assistance | <ul style="list-style-type: none">• Refer for legal help if:<ul style="list-style-type: none">» child support payments stopped,» Social Security/SSI benefits were reduced or terminated,» spouse abandoned caller, or» questions about stimulus check |
| Medical Care | <ul style="list-style-type: none">• Refer for legal help if caller had:<ul style="list-style-type: none">» Medicaid benefits that were reduced or terminated |
| Job loss / Unemployment | <ul style="list-style-type: none">• Refer for legal help if caller:<ul style="list-style-type: none">» was terminated and denied unemployment, or» reports discrimination |
| Shelter | <ul style="list-style-type: none">• Refer for legal help if caller:<ul style="list-style-type: none">» received an eviction notice,» was recently evicted and has questions about their rights,» needs help with filing for a domestic violence injunction, or» has adult children living in the home who are causing problems. |
| Questions about stimulus payments, COVID-19 benefits or restrictions | <ul style="list-style-type: none">• Refer for legal help if caller<ul style="list-style-type: none">» hasn't received payment or» wants advice about their rights |
| Unwanted discharge from ALF/nursing home | <ul style="list-style-type: none">• Refer for legal help to review caller's rights and options and to evaluate representation to contest action |

Florida Senior Legal Helpline:
1-888-895-7873

9:00 a.m. – 4:30 p.m.
Monday through Friday
(excluding holidays)

ElderAffairs.org

For more information about
legal services for seniors, visit:

FloridaElderLaw.org



Tips for a good night's sleep



The 10 commandments of sleep hygiene for adults

Image: World Sleep Society

<https://www.weforum.org/agenda/2020/03/how-sleep-can-aid-recovery-from-covid-19/>

SUNCOAST COMMUNITY
HEALTH CENTERS, INC.

STOP BY OR
CALL TODAY!

**YOUR
SAFETY AND
HEALTH IS
OUR
PRIORITY!**

Medical and Dental Walk-Ins and
Appointments are Available at **ALL**
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WWW.SUNCOAST-CHC.ORG





Contact: Jonna Johnson
Phone: 813-906-5043
Email: jjohnson@elchc.org

MEDIA ALERT

Child care assistance available for children of first responders and health care personnel

The Early Learning Coalition of Hillsborough County (ELCHC), working with the Florida Department of Education's Office of Early Learning, is providing financial assistance to first responders and healthcare workers for child care services.

This special expansion of the School Readiness program has no income requirements and provides financial assistance for up to 3 months for children, birth-to-age-13.

Eligibility for the program includes:

- Child(ren) are US citizen(s) or legal Florida resident(s)
- One, or both parents, is a first responder or healthcare worker
- Child Care Application & Authorization form completed by employer
- Attendance at a contracted School Readiness provider

Families can obtain a Child Care Application & Authorization form from their HR department and employers can contact Helen Sovich, Human Resources Manager, at hsovich@elchc.org for more details.

To find eligible child care providers or learn more about ELCHC programs/services, visit www.elchc.org or call Child Care Resource and Referral (CCR&R) by calling 813-515-2340.

Child care facilities that are currently open must comply with CDC guidelines for reduced group sizes and social distancing. Providers serving emergency workers will receive additional compensation to cover the increased cost of care.

Early Learning Coalition of Hillsborough County (ELCHC)

Established by the State Legislature, the Early Learning Coalition of Hillsborough County (ELCHC) is a 501(c)(3) organization focused on promoting school and life success for young children and their families through quality school readiness services and supports. The ELCHC administers School Readiness and VPK (Voluntary Prekindergarten) programs in Hillsborough County, offers teacher trainings and coaching, and provides Child Care Resource and Referral (CCR&R) along with other services that daily serve more than 20,000 children and their families.

###

To learn more about the ELCHC, please visit www.elchc.org

Mobile Medical Clinic 2020

Well Child Exams, Immunizations, Development, Hearing & Vision Screenings

REGISTRATION AND APPOINTMENT ARE REQUIRED

We do NOT provide sports physicals

***All services provided are at no cost to families**

St. Joseph's Children Mobile Medical Clinic offers well child physicals and immunizations to children 18 years or under and:

- Are enrolled in Medicaid
- OR have no health insurance
- OR are American Indians or Alaskan Natives

Requirements:

- All children must come with their parent or legal guardian (notarized guardianship letter required for legal guardianship)
- The parent or legal guardian must bring a photo ID
- Must provide every child's most current immunization record for each child being seen (even if they don't need shots)

No Insurance requirements for screenings listed below:

CHILD DEVELOPMENT SCREENING:

For children ages birth-5 years. The screening provides guidance and age appropriate activities. Its purpose is to assist parents monitor their child's development, and to identify supports early if needed.

HEARING SCREENING:

For children ages 6 months -18 years.

VISION SCREENING:

For children ages 6 months -18 years provided by Preserve Vision Florida. To those who qualify, assistance will be provided for glasses and exams.

HEALTH NAVIGATOR:

The Family Healthcare Foundation can help families explore free or low cost healthcare coverage for their family.

| Site | Date | Time |
|-----------------------|--------|---------------|
| Temple Terrace CBFRC | Dec 1 | 2pm-6pm |
| Central Tampa CBFRC | Dec 3 | 2pm-6pm |
| La Esperanza Clinic | Dec 8 | 2:30pm-6:30pm |
| Brandon CBFRC | Dec 10 | 11am-6pm |
| South County CBFRC | Dec 15 | 2pm-6pm |
| North Tampa CBFRC | Dec 17 | 10am-6pm |
| Town 'N Country CBFRC | Dec 21 | 10am-6pm |
| Temple Terrace CBFRC | Jan 5 | 2pm-6pm |
| Central Tampa CBFRC | Jan 7 | 2pm-6pm |
| La Esperanza Clinic | Jan 12 | 2:30pm-6:30pm |
| Brandon CBFRC | Jan 14 | 11am-6pm |
| North Tampa CBFRC | Jan 21 | 10am-6pm |
| South County CBFRC | Jan 26 | 2pm-6pm |
| Town 'N Country CBFRC | Jan 28 | 10am-6pm |
| Temple Terrace CBFRC | Feb 2 | 2pm-6pm |
| Central Tampa CBFRC | Feb 4 | 2pm-6pm |
| La Esperanza Clinic | Feb 9 | 2:30pm-6:30pm |
| Brandon CBFRC | Feb 11 | 11am-6pm |
| North Tampa CBFRC | Feb 18 | 10am-6pm |
| South County CBFRC | Feb 23 | 2pm-6pm |
| Town 'N Country CBFRC | Feb 25 | 10am-6pm |

CHILDRENS' BOARD FAMILY RESOURCE CENTER LOCATIONS

Center Hours

Monday-Saturday: 9am to 6pm

Wednesday: 9am to 1pm

- South County CBFRC** 3030 E College Ave, Ruskin, FL 33570 (813) 641-5600
- Town N Country CBFRC** 7520 W Waters Ave, Tampa, FL 33615 (813) 356-1703
- Temple Terrace CBFRC** 5892 E Fowler Ave, Tampa, FL 33617 (813) 435-3032
- Brandon CBFRC** 1271 Kingsway Rd, Brandon, FL 33510 (813) 740-4634
- Central Tampa CBFRC** 1002 E Palm Ave, Tampa, FL (813) 204-1741
- North Tampa CBFRC** 116 W Fletcher Ave, Tampa, FL 33612 (813) 558-1877
- La Esperanza Clinic Our Lady of Guadalupe Catholic Church**
16650 US Hwy 301 S. Wimauma, FL 33598 (813) 615-0589 ext. 236



Children's Board
HILLSBOROUGH COUNTY

www.ChildrensBoard.org



BayCare

St. Joseph's Children's Hospital

LUTHERAN SERVICES



FLORIDA