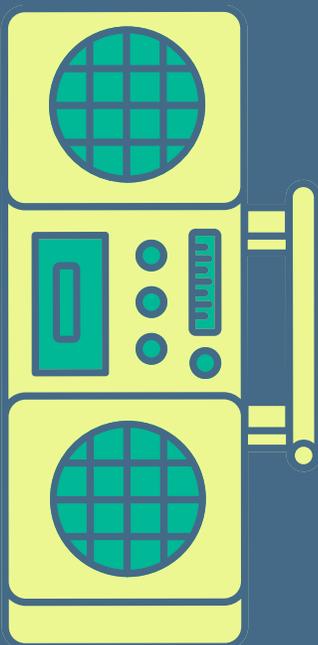


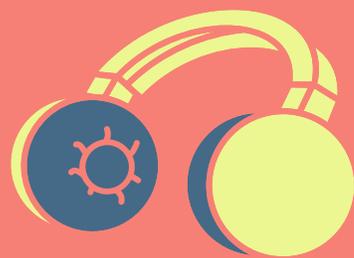
HOW TO  
TALK  
OPENLY  
&  
HONESTLY

# KIDS AND CORONA VIRUS: A SURVIVAL GUIDE



WASH  
HANDS  
BEFORE  
AND AFTER  
EACH  
ACTIVITY

TIPS,  
ACTIVITY IDEAS  
&  
RESOURCES



**THE BEST WAY TO PREVENT ILLNESS IS TO AVOID BEING EXPOSED**

**Clean your hands often & avoid touching your face with unwashed hands**

**STOCK UP ON NON-PERISHABLE GOODS**

**Avoid nonessential trips to the emergency room, urgent care, or medical offices**

**Clean and disinfect touched surfaces DAILY**

# **TIPS FOR STAYING SAFE**

**MONITOR FOR SYMPTOMS**

**Cover coughs and sneezes with a tissue that is immediately thrown away or sneeze into your upper arm / elbow. Immediately wash your hands after.**

**\*Fever (temperature higher than 98.6°F or 37°C)**

**\*Shortness of breath**

**\*Cough**

**REFILL ESSENTIAL GOODS**

**REFILL MEDS FOR 60-90 DAYS**

**SOCIAL DISTANCING! THIS MEANS AVOID CLOSE CONTACT- NO HUGS, HIGH FIVES, OR HANDSHAKES AND STAY AT LEAST 6 FEET APART FROM OTHERS**

# TALKING TO YOUR CHILD ABOUT CORONA VIRUS & SOCIAL DISTANCING

## DON'T BE AFRAID

Not talking about it can make kids worry *more*.

Talk openly about the facts and have a conversation without the emotion or exaggeration added by the news.

**INVITE YOUR CHILDREN TO ASK YOU QUESTIONS & TO TELL YOU WHAT THEY'VE HEARD**

**DEAL WITH YOUR OWN ANXIETY BEFORE TALKING WITH YOUR CHILD**

## BE DEVELOPMENTALLY APPROPRIATE

Avoid sharing too much information at once - this can be overwhelming for kids

Answer them honestly and clearly

It's ok to not have answers to all of their questions, just answer to the best of your ability!

## BE REASSURING

Let them know this a rare virus that shows milder symptoms in kids

**FOCUS ON WHAT YOU'RE DOING TO STAY SAFE**

FOR MORE PARENT RESOURCES VISIT THESE WEBSITES  
<https://childmind.org/coping-during-covid-19-resources-for-parents/>  
A BOOKLET FOR AGES 7 & UNDER (AVAILABLE IN MANY LANGUAGES)  
<https://www.mindheart.co/descargables>

PRACTICE  
DRAWING USING  
ART HUB FOR  
KIDS

<https://www.artforkidshub.com/>

LEARN  
TO BAKE

LEARN  
TO DANCE  
ON YOUTUBE

BUILD  
A  
FORT

GO FOR  
A  
WALK

DO A  
SCAVENGER  
HUNT

READ  
FOR  
20  
minutes

# ACTIVITY IDEAS

Interview  
each other

WRITE A  
LETTER

LEARN  
A NEW  
CRAFT/HOBBY

\*SEWING \*FINGER KNITTING

\*SCIENCE EXPERIMENTS

\*SCRAPBOOKING \*PAINT ROCKS

\*FRIENDSHIP BRACELETS

\*CROCHET

\*MAKE A STORYBOOK

\*NATURE JOURNALING

COOK  
TOGETHER

DO  
A  
PUZZLE

MAKE  
MOVIES

PLAY  
A  
GAME

FOR MORE IDEAS CHECK OUT

[HTTPS://WWW.ARTBARBLOG.COM/ART-AND-PLAY-  
ACTIVITY-GUIDE-FOR-KIDS-IN-QUARANTINE/](https://www.artbarblog.com/art-and-play-activity-guide-for-kids-in-quarantine/)

# HELPING KIDS WITH TRANSITIONS & AVOIDING ARGUMENTS

## CREATE A DAILY ROUTINE

Children need consistency and routine structure, just as they would have at school.

Go over the day's routine together over breakfast in the morning.

Ensure you have their attention via eye contact or having them repeat what you've said.  
Have a visual schedule available as well

## WHEN TRANSITIONING IS NOT GOING WELL...

Don't escalate the situation. Ignore it as long as they are making the effort, praise them for any engagement in transitioning and use appropriate consequences when necessary

## SET A TIMER!

Before transitioning to a new activity, provide an explanation and time warning. For example; "After we finish \_\_\_\_\_, we will move onto \_\_\_\_\_.  
We have \_\_\_ minutes before the next activity. I am setting a timer now."

You can have the child set the timer or you can ask them to repeat the time until the next activity. Avoid panic by providing intermediate warnings, i.e. 10 minutes, 5 minutes, 1 minute..."

## HAVE REGULARLY SCHEDULED BREAKS



## Free Internet for Families

Charter-Spectrum is offering free access to broadband and WiFi services to households with students who do not already have the services.

**To enroll call**

**1-844-488-8395**

Installation fees will be waived for new student households.

**SLO COUNTY  
CURRENT  
EMERGENCY  
INFO**

**READYSLO  
.ORG**

**STAY  
INFORMED  
&  
CONNECTED**

**VISIT  
[cdc.gov](https://www.cdc.gov)**

**SANTA BARBARA  
CURRENT EMERGENCY  
INFO**

**PUBLICHEALTHSBC  
.ORG**



Cellphone companies will help you out if you are struggling to pay your bills during this time!  
Click the links below for more info

### Verizon

<https://www.verizonwireless.com/support/covid-19-faqs/>

### AT&T

<https://www.att.com/help/covid-19/>

### SPRINT

<https://business.sprint.com/covid-19/>

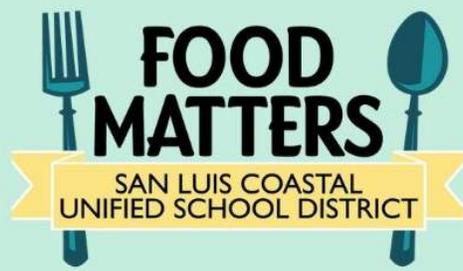
There are a number of resources available to seniors, people with disabilities and people with pre-existing health problems available during the #COVID19 outbreak in #ad35!

Please take a look through the list (**click the link below**) to find food pick-up locations, food delivery services and resource centers.

CLICK  
THIS  
LINK

[https://www.facebook.com/AsmCunningham/posts/1342121129509117?\\_\\_xts\\_\\_%5B0%5D=68.ARAB0WR6hzImX8Pojf4xfCEBis6yjPmLYT1\\_BsyFmn-vFE764O8wB6\\_g0AehixSOtMdYVc6FDyfXhN6jgX\\_3kql-](https://www.facebook.com/AsmCunningham/posts/1342121129509117?__xts__%5B0%5D=68.ARAB0WR6hzImX8Pojf4xfCEBis6yjPmLYT1_BsyFmn-vFE764O8wB6_g0AehixSOtMdYVc6FDyfXhN6jgX_3kql-648KYfcobvwrF7rPOkjIXSkS3ejY48sLrrZHwc2HRkKJGkZOTgSnuUrNBLcyhkSjuiK5QBoz1JSfzVeNNYAMW)

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[oXCmRg2WcGL8GRx851Z306qWYNsXjNM7fEg8alA-e6sVDY8Gth29QUJ40E2osA5-sQUJUo02zt7qdThuB2XOg&\\_\\_tn\\_\\_=-R](https://www.facebook.com/AsmCunningham/posts/1342121129509117?__xts__%5B0%5D=68.ARAB0WR6hzImX8Pojf4xfCEBis6yjPmLYT1_BsyFmn-vFE764O8wB6_g0AehixSOtMdYVc6FDyfXhN6jgX_3kql-648KYfcobvwrF7rPOkjIXSkS3ejY48sLrrZHwc2HRkKJGkZOTgSnuUrNBLcyhkSjuiK5QBoz1JSfzVeNNYAMW)



# REVISED MEAL SERVICE PLAN

FOR THE SAFETY OF OUR STAFF AND TO BEST SERVE OUR COMMUNITY, WE WILL MOVE TO ONCE PER WEEK PRE-ORDER MEAL PICK UP ON WEDNESDAYS AT FIVE SITES FOR SLCUSD STUDENTS ONLY.

## PLACE ONLINE ORDERS HERE:

click  
the  
link!

<http://slcusdfood.org/online-ordering/#/catering/1532619635664/step1>

click  
the  
link!

Weekly Meal Pick Up on WEDNESDAYS ONLY, starting 3/25.  
ORDER MUST BE PLACED BY 12pm TUESDAY.

Must be an SLCUSD Student, use name and ID number to register.  
PRE-ORDER ONLY, no walk-ups.

### Pick Up Locations:

Laguna Middle School  
Los Osos Middle School  
Pacheco Elementary School  
Sinsheimer Elementary School  
Del Mar Elementary School

Weekly meals include 5 days worth of breakfast and lunch staple foods per student. Staple items will be based on what is available.

**QUESTIONS? CALL OUR MEAL HELP LINE AT 805-549-1270**

# FREE MEALS FOR KIDS!

Lompoc Unified School District will be providing breakfast and lunch to children 18 & under at no cost during the COVID-19 School Closure.

Students may visit any of the listed sites to receive a meal. No student ID is needed.

## SCHOOL SITES

Breakfast 7:30 am-8:30 am

Lunch 11:00 am-1:00 pm

Buena Vista	Los Berros
Clarence Ruth	Hapgood
Crestview	La Canada
Fillmore	La Honda
Miguelito	Lompoc High School
	Lompoc Valley Middle School

## MOBILE SITES

Breakfast 7:30 am-8:30 am

Lunch 11:00 am-1:00 pm

Look for the big yellow bus!

El Camino on J Street  
Lompoc Library on D Street  
The Corner of G Street and North Avenue  
Maple High School

*Our LUSD Child Nutrition Professionals are dedicated to keeping our students and community safe. All personnel are trained in safe food handling and sanitation procedures.*

SMBSD schools are closed until further notice. Free meals are available for any child 18 years old or younger, accompanied by an adult, at any school in SMBSD (except Bonita School) to pick up Mon - Fri between the hours of 11 a.m. and 1 p.m.

Bonita School students can go to any other school near them to get their meals.

Las escuelas de SMBSD están cerradas hasta nuevo aviso. Hay comidas gratuitas que puede recoger cualquier niño de 18 años o menor, acompañado por un adulto, en cualquier escuela de SMBSD, de lunes a viernes entre las 11am-1pm (con excepción de la Escuela Bonita).

Los estudiantes de la Escuela Bonita pueden ir a la escuela más cercana a ellos para recoger sus comidas.

Transitions Mental Health Association's Family Services Program wants to let everyone know that our Family Support Specialists are available by phone to any families.

We recognize that home life issues may very well increase with families being isolated, in home together.

Family Support Specialists are available and willing to be of one-on-one phone support and aide in connection to resources in any way we can.

Family Support Specialist's, as always, will continue with parenting interventions with the main goals of increasing the knowledge, skills & confidence of parents and reducing the prevalence of mental health, emotional & behavioral problems in the home.

Family Services Staff are willing and available to talk to and educate families that may be confused or worried about the COVID-19, how best to protect themselves and their loved ones in the most calm and centered way.

Our staff are very willing to work with families, looking at creative solutions in getting the family needs met and connecting them to needed resources to sustain their household.

Family Services Staff are willing to talk to families, giving them tools on working through emotional needs and avoiding outbursts and behavioral issues at home.

Our staff are willing to explore educational and social needs with the families while being sheltered in place as well as online games, projects or entertainment.

**Please feel like you can share our staff contact freely for phone one-on-one support, education and resource connection. All services are available in both English and Spanish\***

**Family Support Specialists, Adult Services – San Luis Obispo County**

\*Fernando Vasquez: 805-540-6574

Vivian Soul: 805-540-6572

**Family Support Specialists, Youth Services – San Luis Obispo County**

\*Melanie Davenport, SLO & North Coast:  
805-503-0009

\*Jorge Huerta, Northern SLO County: 805-458-2596

\*Mayra Valencia, Southern SLO County:  
805-458-6388

**Family Support Specialists, Youth and Adult Services – Northern Santa Barbara County**

\*Maria Perez: 805-441-3325

\*Zandra Alfaro-Olea: 805-458-5487

**Family Services  
Program Manager**

Shawn Ison  
805-540-6571

Please let us know if we can be of any other assistance, We are very willing to brainstorm any ideas with you that might help better serve our community during this very heightened time of need.