

Centers For Disease Control and Prevention

COVID - 19

Talking with Children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children

Keeping Workplaces and Homes Safe

Consideration for School Closures

Minnesota Department of Health

Strategies to Slow the Spread of COVID-19 in Minnesota

For Families, Caregivers and Teachers

Talking with Children: Tips for Caregivers, Parents and Teachers During Infectious Disease Outbreaks by Substance Abuse and Mental Health Services Administration

Talking to Kids about the Coronavirus by Child Mind Institute

Talking to Children about COVID -19: A parent Resource by National Association of School Psychologists

COVID - 19 Planning and Checklist for Parents and Families by American Federation of Teachers

Talking with Children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children by Centers for Disease Control

How to talk to your kids about Coronavirus article by Nancy Kislin, LCSW, MFT, Child and Adolescent Psychotherapist

Minnesota Department of Education

Questions and Answers on Providing Services to Children with Disabilities During the COVID-19 Outbreak

Fact Sheet: Impact of COVID-19 on Assessments and Accountability under the Elementary and Secondary Education Act (March 12, 2020)

The Office for Civil Rights issued a Letter to Education Leaders on Preventing and Addressing potential discrimination associated with COVID-19.

Mental Health and Stress Management Resources

[Coping with Stress During Infectious Disease Outbreaks](#)

[Taking Care of Your Mental Health in the Face of Uncertainty](#)

When everything feels overwhelming, check out [tips for taking in rapidly changing news](#).

De-stress together with [meditation apps for kids and families](#).

Health Care and Insurance

Individuals and families that qualify for the Children's Health Insurance Program (CHIP) or Medicaid can enroll at any time of the year, and there are enrollment options online, by phone, by mail or in person. For more information visit insurekidsnow.gov or healthcare.gov

The Centers for Medicare and Medicaid Services has provided the following fact sheets on payment for medically necessary medical services related to COVID-19:

- [Coverage and Payment Related to COVID-19: Medicare](#)
- [Individual and Small Group Market Insurance Coverage](#)

Internet Access

Individuals and families that identify as low-income may receive free WiFi internet access through Comcast for 60 days during the COVID-19 outbreak **starting on Monday, March 16th**. All new customers will receive a free self-install kit that includes a cable modem and WiFi router, and there is no term contract.

To sign-up:

-Visit www.internetessentials.com

OR

-Call 1-855-846-8376 (English), 1-855-765-6995 (Spanish)

There is an option for video chat with an ASL interpreter, located on the website listed

Food/Meal Resources

Will update as information is available about closings and availability

Catholic Charities Opportunity Center (St. Paul)--The Opportunity Center provides 3 free meals a day.

Other services include: physical, mental and chemical healthcare, employment training programs and job search assistance, housing search and placement services, access to VA benefits, SNAP, Medical Assistance, financial and legal support services, showers, laundry and storage services.

Address: (Downtown St. Paul) 422 Dorothy Day Place, St. Paul, 55102

Phone number: 651-404-6407

Hope Breakfast Bar--Will provide free breakfast for students and families, by going to pick-up food (they will bring food out to you in a takeout bag).

Address: 1 South Leech St., St. Paul

If you are interested, please contact Brian@hopebreakfast.com