Health & Safety

Physical Safety Concerns
> Local Police/Fire/EMS Department
  • Local departments have a non-emergency number that can be dialed for
    questions or requests for non-emergent issues.
  • 911 – Dial 9-1-1 in emergent situations for assistance from local law enforcement,
    fire department, emergency medical officials.

> National Domestic Violence Hotline – www.thehotline.org or dial 1-800-799-7233, or
  text LOVIES to 1-866-331-9474.
  • Available 24 hours per day, 7 days per week.
  • In an emergency call 9-1-1.
  • Free access to trained advocates that can help connect to services.

Social Support

General area social support resources (food, rent, utility, social services etc.)
> Many families are experiencing a great deal of financial stress and may find themselves
  in need of financial help for the first time.
> Contact your local county Department of Health and Family Services to see what
  supports they have available.
> Area community centers may also be able to provide linkage to resources.
> Area Libraries –
  • Libraries typically assist with accessing the internet and helping patrons with
    questions they may have about finding information about almost anything.
  • Depending on the area, local libraries may have social supports in place for
    community members (such as having a social worker on staff).
  • May also provide programming/outreach on other areas in the community
    interest.

Nationwide help with finding local resources for free (United Way 2-1-1):
www.211.org or call 2-1-1 anytime to speak to a representative that can help.

Social support for families

On campus or virtual public school students and families who need support:
> Do reach out to the school (guidance) counselor or administration at the school
  (principals etc.)
> Different districts have different levels of support available – some may have social
  workers on staff or other programming centered at the school campus, some may not,
  but may be able to help find community based resources that you didn’t know were
  out there.
  • Food support
  • Stress management for students
• Linkage to area mental health resources
• Internet access/support for virtual learning
  o Check with school district first – there may be assistance available.
  o Local cable or internet providers may have a special arrangement.
  o Your cell phone provider may have “mobile hot spots” available. Comcast / Xfinity, Verizon, AT&T, T-Mobile, Sprint
  o Check with other local resources such as community centers, public libraries, etc. May be able to utilize their internet.

In School Education

Covid-19 and Educational Needs
Questions/concerns regarding school plans and enforcement of back to school Covid-19 plans:
  > Direct to school/district first.
  > If still problematic/questions/concerns, outreach local health department.
  > Return to School (Brick and Mortar) Steps to take: https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Return-to-School-During-COVID-19.aspx
  > Scary Mommy-parent anxiety around back to school: https://www.scarymommy.com/ask-scary-mommy-anxious-sending-kids-back-to-school/

Virtual/Home Education

Covid-19 and Virtual/Home Education
If your child is attending public school via a virtual program or academy through the school district they are still entitled to the benefits offered by being a public school student.
  > If your child requires special intervention, parents have the right to have their child’s educational needs evaluated and served. You may have to ask for an evaluation in writing.
  > Your child should also be able to participate in extra-curricular activities such as sports and other after school activities. Clubs and activities that meet during the school day (co-curricular activities) likely will not be accessible.
  > Pacer Center - Champions for Children with Disabilities: https://www.pacer.org/
  > Home-Schooling Early Elementary: https://www.edutopia.org/article/how-support-home-learning-early-elementary
Well-being & Self-Care

**Mental health/Emotional Health Support for Kids and Parents**

Many people are experiencing increased levels of stress in coping with the Covid-19 Pandemic. The following items may help in reducing stress and improving coping for students and parents.

- Social Emotional Learning (SEL) Skills – improving the ability to understand emotions
- Managing Self - Care /Mindfulness
- Managing/Understanding Social Media Usage
- Also consider seeking out additional support via therapy/counseling or support groups.
- Check with health insurance/EAP
- Local healthcare agencies
- Local mental health board could assist with referrals as well
- Support groups
- In emotional crisis, reach out to crisis services or call 9-1-1.

**Social Emotional Learning (SEL)**

- SEL lesson plans and activities: [https://www.secondstep.org/covid19support](https://www.secondstep.org/covid19support)
- SEL for Connecting during Covid-19: [https://casel.org/covid-resources/](https://casel.org/covid-resources/)
- SEL Activities, games: [https://www.commonsense.org/education/toolkit/social-emotional-learning](https://www.commonsense.org/education/toolkit/social-emotional-learning)
- Free SEL Activities: [https://www.centervention.com/social-emotional-learning-activities/](https://www.centervention.com/social-emotional-learning-activities/)
- SEL Activities for Younger Children: [https://pbskids.org/games/feelings/](https://pbskids.org/games/feelings/)

**Social Media**

- Media Use Plan Tips for Families: [https://www.healthychildren.org/English/family-life/Media/Pages/How-to-Make-a-Family-Media-Use-Plan.aspx](https://www.healthychildren.org/English/family-life/Media/Pages/How-to-Make-a-Family-Media-Use-Plan.aspx)
- Creating a Personalized Family Media Use Plan: [https://www.healthychildren.org/English/media/Pages/default.aspx](https://www.healthychildren.org/English/media/Pages/default.aspx)

**Mental Health**

- National Alliance on Mental Illness (NAMI) offers free support groups: [www.nami.org](http://www.nami.org)
Self-Care

- Deep breathing/relaxation: [https://www.healthline.com/health/4-7-8-breathing#1](https://www.healthline.com/health/4-7-8-breathing#1)
- Take care of your own anxiety: [https://www.virusanxiety.com/free-meditations](https://www.virusanxiety.com/free-meditations)
- Mindfulness Podcasts: [https://www.cigna.com/individuals-families/health-wellness/climb-mindfulness-podcasts](https://www.cigna.com/individuals-families/health-wellness/climb-mindfulness-podcasts)

Crisis Support

- Nationwide Crisis Text Line: Text “HOME” to 741741 to connect with a Crisis Counselor 24/7

Family Activities and Celebrations

Finding ways to celebrate during Covid-19

Many families are working to adapt to social distancing guidelines but also to find ways to honor milestones and have celebrations in a safe way.

- Consider an online party. There are several media platforms that support virtual gatherings to make connecting with loved ones easier.
- Maintain social distance and show you care by planning a caravan parade. Vehicles are decorated with signs and balloons showing support for the person or even of honor.
- Celebrate in old fashioned ways – sending homemade cards, presents, baking together and playing party games as a family can create special memories.

Birthday/Celebration ideas

- Virtual Magic show: [https://www.jaymattioli.com/](https://www.jaymattioli.com/)

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