

Basic Prevention of Virus Spread

1. Make sure all family members are up-to-date with their flu shots.
2. Promote basic hygiene:
 - Any coughing or sneezing should be directed into ones sleeve (inside elbow), rather than into hands or the air.
 - Wash hands after using and handling used tissues, after blowing nose, before/after eating, and after toilet use.
 - Wash for 20 seconds with soap, rub between fingers and under nails; and then rinse and dry. (May use alcohol (60%+) hand gel if sinks are not readily available.)
 - Avoid rubbing your own eyes, nose and mouth.
 - Do not share utensils, cups etc.
 - Stay home when sick.
 - Avoid contact with those who are sick.
3. Face Coverings: As of April 1, [county](#) and [state](#) public health officials recommended that individuals should wear a face covering when leaving their home to conduct essential activities. Cloth facial coverings don't have to be medical grade but should cover your nose and mouth. Homemade masks, bandanas, scarves and neck gaiters are acceptable since you can wash and reuse them.

Guidance also stated that all employees who may have contact with the public in any grocery store, pharmacy/drug store, convenience store, gas station, restaurant or other business establishment that serves food shall wear a cloth face covering as described in the [California Department of Public Health Face Covering Guidance](#). We recommend districts comply with the order by requiring employees involved in food service to wear a cloth face covering as noted above. Because the County Public Health Officer also strongly recommends that everyone wear a face covering when they have business outside their homes, we also recommend that districts require all employees to wear face coverings when working anywhere other than in their homes.

COVID 19 Public Health Guidance and Resources

- [COVID-19 Screening Tool](#) (From CDC and Apple)
- [CDC's Community Mitigation Guidelines to Prevent Pandemic Influenza in the United States, 2017](#)
- [Interim US Guidance for Risk Assessment and Public Health Management of Persons with Potential Coronavirus Disease 2019 \(COVID-19\) Exposure in Travel-associated or Community Settings](#)
- [CDC's Tips for Prevention and Treatment](#)
- [CDC's Coronavirus Disease 2019 Information for Travel](#)
- [CDC's Planning for a Possible COVID-19 Outbreak in the U.S.](#)
- [CDC's Getting Your Workplace Ready for Pandemic Flu](#)
- [Resources from the National Association of School Nurses:Guidance for School Nurses](#)
- [Emergency Preparedness for Pandemic for Superintendents and Principals- The World Health Organization \(WHO\) issues regular reports on the spread of the SARS-CoV-2 virus and its associated disease](#)
- [CDE School Guidance Letter for COVID-19 \(March 7, 2020\)](#)
- [Previous CDE COVID-19 Guidance for Schools and Districts \(March 5, 2020\)](#)

Mental Health Information for Disease Outbreaks

- [Living With Mental Illness During COVID-19 Outbreak– Preparing For Your Wellness](#) (Provides information and wellness tips for individuals living with mental health conditions during the COVID-19 outbreak.)
- [Managing Stress and Anxiety related to COVID-19](#)
- [CDC Taking Care of Your Emotional Health](#)
- [Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak](#)
- [Coronavirus and Emerging Infectious Disease Outbreak Response](#) (These fact sheets provide information and recommendations for healthcare personnel, families, leaders, and businesses to address the psychological and behavioral health impacts of the COVID-19 pandemic.)
- [Frequently Asked Questions on Mental Health, Mental Illness, and COVID-19](#) (The National Alliance on Mental Illness created this document to help guide individuals that have specific questions about their mental health situations.)

Mental Health Information for Teens

[Mental Health Teen Guide](#) with strategies for self-care, curated by SDCOE

Tools and Information On Anxiety

- [Care for your Coronavirus Anxiety](#)
- [Staying Grounded](#)
- [Meditations and Calming Exercises](#)

- [Headspace](#) (To help support you through this time of crisis, Headspace is offering [Weathering the Storm](#), which includes meditations, sleep, and movement exercises.)

RESOURCES FOR IMMEDIATE RESPONSE

If you or someone you know is in crisis, please call 911, go to the nearest emergency room, call 1-800-273-TALK (8255) to reach a 24-hour crisis center, or text **MHA** to 741741 at the Crisis Text Line (from [Mental Health America](#)).

National Suicide Prevention Lifeline: 1-800-273-8255

SAMHSA's Disaster Distress Helpline: The Disaster Distress Helpline (DDH) provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies. Call 1-800-985-5990 or Text TalkWithUs to 66746 offers 24/7 emotional support and if you have any medical concerns speak to a trusted healthcare provider.

Tools To Connect With Others

- [Social Support: Getting And Staying Connected](#)

Warmlines: A warmline is a telephone service (aka a call line) for people who are looking for someone to discuss their daily struggles. Warmlines are staffed with peers who have lived experience of mental health struggles themselves and who are open to sharing their stories of challenging situations, recovery, and perseverance. Moreover, they listen to callers share their own struggles. Anyone can call a warmline (for free) to talk about their day, learn more about mental health resources in the area, and/or receive peer support as they themselves

serve as a caregiver for a family member going through a mental health crisis.

The California Peer-Run Warm Line

Toll free 1-855-845-7415

Web Chat: <https://www.mentalhealthsf.org/peer-run-warmline/>

Free non-emergency emotional support is available to anyone in the state via telephone or instant messaging operating 24/7.

Educator Care

[Headspace](#) is offering a section just for Educators, for their own self-care: [Weathering the Storm Together](#). This is being offered free of charge to all K-12 teachers, school administrators, and supporting staff in the US, UK, Canada, and Australia.

Resources for Parents

- Talking to Kids about COVID-19 ([English](#)) ([Spanish](#)) ([Video](#))
- [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)
- [Countering COVID stigma and Racism: Tips for Parents and Caregivers](#)
- [Supporting Kids During the COVID-19 Crisis](#)
- [How to Avoid Passing Anxiety on to Your Kids](#)
- [Montefiore Medical Center Video: Anxiety & COVID-19](#)
- [Talking to Kids about Fear and Violence](#)

- [Supporting Social and Emotional Development in Kids Ages 5-8](#)
- [How to Talk to Teens About the New Coronavirus](#)
- [Parent Toolkit: Supporting Social and Emotional Development](#)
- [COVID-19 Support: Be Strong Families Daily Webinars in English and Spanish](#) (free)
- [Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019](#)
- [Mental Health Screenings at Home for Parents](#)