**Facebook Posts:**

**Health Information on COVID-19**

Do you have questions about COVID-19? @OHDeptofHealth is updating its website daily with the latest information and resources.

[Coronavirus.ohio.gov](https://coronavirus.ohio.gov/wps/portal/gov/covid-19/)

What is COVID-19? Know the facts and help stop the spread of rumors.
<https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-h.pdf>

**Taking care of you and your family’s mental health**

It’s important to take care of our mental health during this time. @NationwideChildrensHospital Behavioral Health gives tips on dealing with isolation, stress management, support and more. <https://www.youtube.com/watch?v=A7NOB15metE&list=PL51bs9ifmOQsb2vHp70FXEl3TRvHz-HIb>

If you or someone you love is feeling overwhelmed during the COVID-19 pandemic, here are helpful resources:

* Substance Abuse and Mental Health Services Administration Disaster Distress Helpline: Call 1-800-985-5990 or text TalkWithUs to 6674
* Ohio Crisis Text Line: Text keyword 4HOPE to 741 741
* Ohio Mental Health and Addiction Services Help Line: 1-877-275-6364
* Find a provider: https://findtreatment.gov

**Resources to help you during COVID-19**

Need internet services? Parents who don’t have internet at home can get free broadband, including installation, from Spectrum for 60 days to help families with K-12 and/or college students impacted by the coronavirus. To sign up, call (844) 488-8395.
<https://www.spectrum.net/support/internet/coronavirus-internet-offer-students/>

Find Central Ohio resources with free breakfast and lunch for kids, free educational resources while your kids are out of school and unemployment benefits with @CAP4Kids.

<https://cap4kids.org/columbus/coronavirus>

Interested in making masks at home? Check out this resource on how to make one using materials you already have in your home. Some important tips for wearing a homemade mask:

* Do not share your mask with others
* Make sure the mask covers your nose and goes to the cup of your chin
* Use two straps: one strap above your ear and one strap below your ear
* When removing, do not touch your mask. It could have infectious particles on it. Use the two straps to take the mask off.
* Wash your mask after you use it, or set it aside for a few days before re-using it.
* Wash your hands when you’re done.

<https://www.popsci.com/story/diy/make-diy-face-masks/>

**Cooped up at home?**

Parents: During this time of social distancing, @OHDeptofHealth has a list of recommended activities you can do with your family:

<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/home/covid-19-checklists/family-activities-to-try-during-closures-covid-19>

Online/distance learning is becoming a key alternative in ensuring that students and teachers have access to online lessons and activities. Here are 20 educational websites for your child.

<https://swingeducation.com/resources/20-online-learning-resources-to-help-you-get-through-coronavirus-school-closures/>

Working from home? Here are 6 tips for working at home while caring for young children.
https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/03/working-from-home

Scholastic is offering free online courses for children. The Scholastic Learn At Home program offers three hours of learning per day with up to four weeks of instruction.

<https://classroommagazines.scholastic.com/support/learnathome.html>

Have a child under the age of 5? Receive a book for your child delivered to your home monthly as part of the Ohio Governor’s Imagination Library. Sign up: <https://ohioimaginationlibrary.org/>

In these uncertain times, how do you keep kids busy and connected? Check out these great tips:
<https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/03/keep-kids-busy-and-connected>

Looking for family activities at home? Check out a free night at the opera! The New York Metropolitan Opera will stream a different encore Live in HD performance each day. Each performance will begin at 7:30 p.m. and remain available for 20 hours.

<https://www.metopera.org/about/press-releases/met-to-launch-nightly-met-opera-streams-a-free-series-of-encore-live-in-hd-presentations-streamed-on-the-company-website-during-the-coronavirus-closure/>

Now more than ever, it’s important to keep your home safe. Download the Make Safe Happen app to check out ways to make your home a safer place for your children! **#StayAtHomeSafety**

<https://makesafehappen.com/>

@NationwideChildrensHospital Occupational Therapists have put together fun ways to build fine motor and play skills with household materials: https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/03/fine-motor-and-play-skills

**Twitter:**

**Health Information on COVID-19**

Stay up-to-date on #COVID19 information by following the @OHdeptofhealth and check out their website, updated daily: [Coronavirus.ohio.gov](https://coronavirus.ohio.gov/wps/portal/gov/covid-19/)

What is #COVID19? Know the facts about #coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.
<https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-h.pdf> #COVID19

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**Resources to help you during COVID-19**

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**Managing you and your family’s mental health during COVID-19**

The #coronavirus pandemic can be overwhelming. Follow these tips when talking to your kids about #COVID19.

<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/home/family-activities/talking-to-kids-about-covid-19>

As schools and businesses are closed, and families are encouraged to stay home, anxiety and stress are normal feelings. Here are some coping tips from @DrAmyActon.

<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/home/coping-with-covid-19-anxiety/covid-19-and-anxiety>

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