

Resource Database

With the current public health landscape constantly evolving, it can be overwhelming to locate all the information that we want and need to know. Because of this, Community Counseling Center is striving to create a single resource that contains just that. Inside you will find a Table of Contents with an array of topics that range from virtual support groups, to activities for parents and children to do together, to the facts about COVID-19.

Provided by:

*Community
Counseling
Center*





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COVID-19 Information

Ohio Department of Health

- <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/>
 - Accurate count of number of cases in Ohio
- For any questions regarding COVID-19, the Ohio Department of Health call center is available at 1-833-4-ASK-ODH from 9am to 8pm every day.

Coronavirus Disease 2019



FAQs

For additional information, please visit coronavirus.ohio.gov or contact the Ohio Department of Health COVID-19 Call Center at 1-833-4-ASK-ODH.

Q: What is coronavirus disease 2019 (COVID-19)?

A: COVID-19, or coronavirus disease 2019, is respiratory disease caused by one of the seven coronaviruses known to infect humans. It was first identified in humans in Wuhan, Hubei Province, China, in December 2019. The virus that causes COVID-19 is called SARS-CoV-2.

Q: Who is at risk?

A: People who recently traveled to affected geographic areas, people in close contact with people who have COVID-19, people who care for patients with COVID-19, and people in areas that have experienced community spread, including communities in Ohio, are at elevated risk.

Q: What are the symptoms?

A: Symptoms, which generally appear two to 14 days after exposure, include fever, cough, and difficulty breathing. Most people who become sick do not require hospitalization, but older adults, people with chronic health conditions, and people with compromised immune systems are more likely to get very sick and require more advanced care.

Q: How does it spread?

A: COVID-19 is believed to spread mainly from person-to-person -- between people who are in close contact (within about 6 feet) with one another and through respiratory droplets produced when an infected person coughs or sneezes.

It is believed that people are most contagious when they are most symptomatic/sickest. Some spread might be possible before people show symptoms, but this is not thought to be the main way the virus spreads.

It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes, but this is not thought to be the main way the virus spreads.



COVID-19 Checklist

Ohio

Department
of Health

COVID-19 Checklist for Families and Individuals

Top 5 Things You Can Do to Prepare for COVID-19

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly recommends that all families and individuals immediately take the following actions:

- ☒ Families should have an action plan that identifies individual needs that must be met if a 14-day isolation period is required. This includes appropriate food, prescription medications, non-prescription medications like cold and flu aids, and any other items family members may need for physical or emotional support while ill. If you are caring for grandparents or older adults, keep an eye out for symptoms like difficulty breathing, confusion, or pressure in their chest.
- ☒ Families should know the plans for organizations (schools, work, etc.) in your community, and have back-up childcare plans if childcare centers or schools are closed for extended amounts of time. Families should also identify a room in their house that can be used for isolation if a family member becomes ill.
- ☒ Stay informed about the local COVID-19 situation from public health officials and other credible sources like the Centers for Disease Control and Prevention (CDC) website at www.cdc.gov/coronavirus or the ODH website at www.coronavirus.ohio.gov.
- ☒ If you suspect you may have been exposed to COVID-19 because you have traveled to China or have been around people who may have been exposed and/or are exhibiting symptoms, contact your healthcare provider and let them know you may have been exposed to COVID-19 before visiting the healthcare facility. This will help the healthcare provider's office take precautionary steps to keep other people from being exposed.
- ☒ Nursing mothers who have laboratory-confirmed COVID-19 or are being tested for COVID-19 should decide whether to continue breastfeeding in coordination with family members and healthcare providers. If continuing, take all possible precautions, including washing your hands, breast pump, and/or bottle parts before and after each use and wearing a face mask while feeding your baby. Consider having someone who is not sick feed expressed milk to the infant.



Center for Disease Control and Prevention

- <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
 - National COVID-19 information

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



www.cdc.gov/COVID19



COVID-19 Information for Persons with Disabilities

COVID-19 Information By and For People with Disabilities



What is COVID-19?

- It is a new illness spreading around the world.
- It's nickname is coronavirus.



How do you get it?

- Someone with COVID-19 gives you their germs.
- When they cough or sneeze, their germs get in the air, on you, and on things.
- Germs get into your body through your mouth, nose, and your eyes.

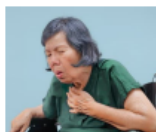
What happens if you have it?



A fever of 100.4° or higher



Coughing



Hard time breathing

Green Mountain Self-Advocates www.gmsavt.org

1

How can I stay healthy, or not get it?

Wash your hands.



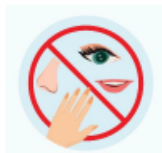
- Use lots of soap and water.
- Wash for at least 20 seconds. If it helps, count to 20.
- Wash after using the bathroom or being in public (like going to a store).
- If soap and water are not available, use hand sanitizer. Know that washing well with soap and water is still better.



Cough or Sneeze into your elbow.

Coughing and sneezing into your elbow stops germs from going into the air and onto your hands.

Try not to touch your face



- Do not rub your eyes.
- Do not touch your mouth.
- Do not touch your nose.

Remember, this is how germs get in your body.

Green Mountain Self-Advocates www.gmsavt.org

3



If these things happen to you, it does not mean you have coronavirus. Lots of people get a fever or cough. You could just have a cold or the flu.

If I am sick, when should I call a doctor?



- Call if you have been out of the country.
- Call if you have been with someone who has the virus.
- Call if you have been at a place where people with COVID-19 got medical treatment.

Call your doctor, do not go to the office.

How sick do you get?



- Most people do not get very sick. It is like having a cold or the flu.
- Some older people may get really sick. Some people with disabilities may end up in a hospital.

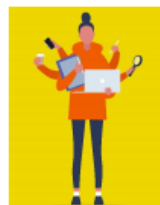
Green Mountain Self-Advocates www.gmsavt.org

2



If you have to touch your face, do it with a tissue or in the shower.

Try to keep your hands busy:



- Tap your knee.
- Click a pen.
- Use a fidget spinner.
- Use hand sanitizer.
- Doodle.
- Squeezing a stress ball.
- Play a game on your device.

If I am sick, what should I do?

Call your doctor. Do NOT go to a hospital or Urgent Care.



Stay Home



Use tissues, then throw them away



Avoid contact with others



Keep objects and surfaces clean

Call your doctor again if you are getting worse. Call back if you are having trouble breathing. Do what your doctor says.

Green Mountain Self-Advocates www.gmsavt.org

4



If my staff person is sick, what should I do?



- Doctors say if you are sick stay home. Do not go to work. A sick staff person should stay home until they are well.
- Tell your team. Tell your case manager.

What do I do if someone I live with gets sick?

Someone else living in your home could get coronavirus or think they have these germs in their body.



- Stay at least 6 feet away from the sick person.
- Do not touch surfaces or food that the sick person has touched.
- Keep washing your hands well.
- Call your case manager. There may be someplace else you can stay for a few days.

How do I say hello to my friends?



- No handshaking. No hugging. No fist bumps.
- Smile, bump elbows, text, call, message

Where can I go these days?



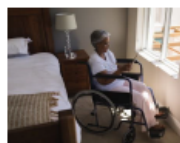
Stay away from large groups.

- No movie theaters or malls
- Try to avoid public transportation.
- Go to the grocery store during the day when it is not crowded.

Do not share food or drinks.



Why is it important to do all of this?



- You don't want your grandparents to get sick, do you?
- Some people with disabilities get sick really easily. You would feel awful if you got your friends or family sick.

Is there a shot to get so I do not get sick?



No. There is not a shot or vaccine to stop the coronavirus.

Is there a medicine?



- There is no medicine for COVID-19.
- Take medicine used when you have a cold or flu.
- Drink lots of water. Get plenty of rest.

What do I say to my friends if they get scared, or very nervous?



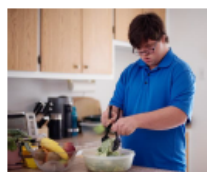
- Talk to someone you trust.
- You can show them this booklet for ideas on what to do.

I have a job. I am worried about missing work.




- If you are sick, you need to stay home.
- Health comes before money.
- Tell your boss you do not feel well.
- If you are worried about money, talk to your family, friends or team.

Make a plan in case you have to stay at home.



- ☐ Who can go food shopping for you?
- ☐ Who will call to check in on you?
- ☐ What to do if your staff calls in sick?
- ☐ Make sure you know your doctor's phone number.

Talk to your self-advocacy group, friends, family, or support staff about your worries and concerns.



If you have been near a person with Coronavirus, you may be asked to stay home. A person can have coronavirus in their body and not feel sick. It takes a few days to get sick. This virus spreads very easily. You don't want to give it to others.



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The Self-Advocacy Resource and Technical Assistance Center (SARTAC) seeks to strengthen the self-advocacy movement by supporting self-advocacy organizations to grow in diversity and leadership. The resource center is a project of Self Advocates Becoming Empowered (SABE). SARTAC <https://selfadvocacyinfo.org/> is a Developmental Disabilities Project of National Significance, funded by the Administration For Community Living – Administration on Intellectual and Developmental Disabilities (AIDD).



How to Explain COVID-19 to Children

- Provided by the Ohio Department of Health

Coronavirus Disease 2019



Kids and COVID-19

For additional information, please visit coronavirus.ohio.gov.

Ohio Department of Health Director Amy Acton, M.D., MPH the Ohio Department of Health offers these guidelines for kids and COVID-19. The COVID-19 pandemic can be overwhelming for parents and concerning to kids. ODH recommends that parents and others who work with kids to talk about COVID-19 with kids in a way that children will understand.

- Remind kids that doctors and healthcare workers are learning as much as they can about the virus and are doing what they can to keep everyone safe.
- Reassure children that they are safe. Let them know it is okay if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope.
- Reinforce with kids the importance of washing their hands often, coughing into a tissue, and getting enough sleep.
- Inform kids of COVID-19 symptoms including fever, cough, and shortness of breath.
- Strive to reduce panic.
- Limit your child's exposure to media coverage of the event. Keep young children away from frightening images they may see on TV, social media, computers, etc. For older kids, talk together about what they are hearing on the news and correct any misinformation or rumors you may hear.
- Set a good example by showing empathy and support to those who are ill.
- Help your child to have a sense of structure upon returning to school.
- Connect with friends and family members over electronic communications.

For additional information, visit coronavirus.ohio.gov.

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

Additional resources:

American Academy of Pediatrics: <https://healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

Helping Children Cope with Emergencies: <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

Substance Abuse and Mental Health Services Administration's National Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746.



- From the website of the National Association of School Psychologists
 - [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)
 - Specific guidelines for talking with your children:
 1. Remain calm and reassuring.
 2. Make yourself available.
 - a. It is important for children to know that they have someone who will listen to them about their concerns, questions, or fears.
 3. Avoid excessive blaming.
 4. Monitor television viewing and social media.
 - a. Discuss that many stories on the Internet may be based on rumors and inaccurate information and then provide them with the factual information (which can be found on pages 2-4).
 5. Maintain a normal routine to the extent possible.
 - a. Example schedule listed on page 33
 6. Be honest and accurate.
 7. Know the symptoms of COVID-19.
 8. Review and model basic hygiene and healthy lifestyle practices for protection.
 9. Discuss new rules or practices at school.
 10. Communicate with your school.
- Don't forget to keep your explanation age appropriate for your child!

National Alliance on Mental Illness

- Resource from NAMI specifically for COVID-19
 - <https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US>
 - Topics include:
 - Coping with anxiety
 - Working from home tips
 - Health care information for the uninsured
 - Business assistance programs
 - COVID-19 myths and facts
 - Tips for parents of children with mental illness



Virtual Supports

Mental Health Resources

- SAMHSA's National Helpline – 1-800-662-HELP (4357)
 - SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
- National Suicide Prevention Lifeline – 1-800-273-TALK (8255)
 - The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.
- Ohio Crisis Text Line – Text keyword 4HOPE to 741 741
 - Text the keyword “4hope” to 741 741 to be connected to a trained Crisis Counselor within 5 minutes. Any person may need help in coping with a stressful situation. Crisis Text Line is a free, confidential service available 24/7 via text on mobile devices. People of all ages can use Crisis Text Line.
- Ohio Mental Health and Addiction Services Help Line at 1-877-275-6364
- Anxiety and Depression Association of America Online Support Group
 - ADAA's anonymous peer-to-peer online anxiety and depression support group is a friendly, safe and supportive place for individuals and their families to share information and experiences. As a member you can connect with other people experiencing anxiety and depression and related disorders, contribute to ongoing conversations or start your own conversation with a question or a post about your journey.
 - <https://adaa.org/adaa-online-support-group>
- Depression and Bipolar Support Alliance Online Support Groups
 - DBSA online support groups provide people living with depression and bipolar disorder a place to share experiences, discuss coping skills, and offer hope to one another. DBSA support groups are peer-led, meaning they are facilitated by someone living with a mood disorder. Currently there are groups for peers, young adults, and friends and family members.
 - https://www.supportgroupscentral.com/groups_detail.cfm?cid=18&CFID=1597763&CF_TOKEN=f077d5a7610089b1-445C45C2-EFBA-F5D3-05F6B7DF1EF4543D
- Mental Health America Online Support Groups
 - Mental Health America has its own support community which enables individuals to connect on a variety of issues and topics related to mental health.
 - <https://www.inspire.com/groups/mental-health-america/>
- Domestic Violence Hotline
 - Call 1-800-799-7233 or text LOVEIS 22522 or log in to <https://www.thehotline.org/>
- National Alliance on Mental Health
 - Call 1-800-950-6264 or text NAMI to 741741
- NAMI YouTube Channel
 - <https://www.youtube.com/user/NAMIVideo/playlists>



COVID-19 and Anxiety

Ways to Cope with Strong Feelings Related to COVID-19

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly offers these recommendations for coping with anxiety related to the COVID-19 outbreak:

- Remember that distress, anxiety, fear, and strong emotions are normal in times of distress or crisis. Remind yourself and others that these feelings will fade.
- Get information from a trusted source, such as coronavirus.ohio.gov or by calling the Ohio COVID-19 call center at 1-833-4-ASK-ODH (1-833-427-5634).
 - Learn and follow tips for preparing for and responding to COVID-19.
 - Learn and follow tips on how to prevent COVID-19.
- Avoid excessive exposure to media coverage of COVID-19. It is important to get good information to help you prepare and respond, but don't overwhelm yourself or your family with information.
- Eat nutritious food, exercise, get adequate sleep, stay hydrated, avoid alcohol and drugs, and make time to relax and unwind.
- Incorporate stretching or meditation into your routine. Take deep breaths when feeling overwhelmed.
- Stay connected with friends and family. Discuss your concerns and be supportive of theirs.
- Keep participating in hobbies/activities that do not expose you to close contact with others in confined spaces.
- If you have a mental health condition, continue with your treatment plan and monitor for any new symptoms. Call your healthcare provider with any concerns.
- Recognize signs of distress:
 - Feeling hopeless or helpless.
 - Feelings of numbness, disbelief, anxiety or fear.
 - Changes in appetite, energy, and activity levels.
 - Difficulty concentrating.
 - Difficulty sleeping or nightmares and upsetting thoughts and images.
 - Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.
 - Worsening of chronic health problems.
 - Anger or short-temper.
 - Increased use of alcohol, tobacco, or other drugs.
- Call your healthcare provider if your feelings overwhelm you for several days in a row.
- Reach out for help:
 - Contact the Substance Abuse and Mental Health Services Administration's national Disaster Distress Helpline by calling 1-800-985-5990 or texting TalkWithUs to 66746.
 - Reach the Ohio Crisis Text Line* by texting keyword 4HOPE to 741 741.
 - Reach the Ohio Mental Health and Addiction Services Help Line* at 1.877.275.6364
 - Find a provider at <https://findtreatment.gov>.

*These functions will remain operational and staffed.

Additional resources on mental health and COVID-19 can be found at mha.ohio.gov/coronavirus.

For additional COVID-19 information, visit coronavirus.ohio.gov.

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).



Coping With Stress During Infectious Disease Outbreaks

What You Should Know

When you hear, read, or watch news about an outbreak of an infectious disease such as Ebola, you may feel anxious and show signs of stress—even when the outbreak affects people far from where you live and you are at low or no risk of getting sick. These signs of stress are normal, and may be more likely or pronounced in people with loved ones in parts of the world affected by the outbreak. In the wake of an infectious disease outbreak, monitor your own physical and mental health. Know the signs of stress in yourself and your loved ones. Know how to relieve stress, and know when to get help.

Know the Signs of Stress

What follows are behavioral, physical, emotional, and cognitive responses that are all common signs of anxiety and stress. You may notice some of them after you learn about an infectious disease outbreak.

YOUR BEHAVIOR:

- An increase or decrease in your energy and activity levels
- An increase in your alcohol, tobacco use, or use of illegal drugs
- An increase in irritability, with outbursts of anger and frequent arguing
- Having trouble relaxing or sleeping
- Crying frequently
- Worrying excessively
- Wanting to be alone most of the time
- Blaming other people for everything
- Having difficulty communicating or listening
- Having difficulty giving or accepting help
- Inability to feel pleasure or have fun

Know When To Get Help

You may experience serious distress when you hear about an infectious disease outbreak, even if you are at little or no risk of getting sick. If you or someone you know shows signs of stress (see list at left) for several days or weeks, get help by accessing one of the resources at the end of this tip sheet. Contact the National Suicide Prevention Lifeline right away if you or someone you know threatens to hurt or kill him- or herself or someone else, or talks or writes about death, dying, or suicide.



YOUR BODY:

- Having stomachaches or diarrhea
- Having headaches and other pains
- Losing your appetite or eating too much
- Sweating or having chills
- Getting tremors or muscle twitches
- Being easily startled

YOUR EMOTIONS:

- Being anxious or fearful
- Feeling depressed
- Feeling guilty
- Feeling angry
- Feeling heroic, euphoric, or invulnerable
- Not caring about anything
- Feeling overwhelmed by sadness

YOUR THINKING:

- Having trouble remembering things
- Feeling confused
- Having trouble thinking clearly and concentrating
- Having difficulty making decisions

Know How To Relieve Stress

You can manage and alleviate your stress by taking time to take care of yourself.

KEEP THINGS IN PERSPECTIVE:

Set limits on how much time you spend reading or watching news about the outbreak. You will want to stay up to date on news of the outbreak, particularly if you have loved ones in places where many people have gotten sick. But make sure to take time away from the news to focus on things in your life that are going well and that you can control.

GET THE FACTS:

Find people and resources you can depend on for accurate health information. Learn from them about the outbreak and how you can protect yourself against illness, if you are at risk. You may turn to your family doctor, a state or local health department, U.S. government agencies, or an international organization. Check out the sidebar on the next page for links to good sources of information about infectious disease outbreaks.

KEEP YOURSELF HEALTHY:

- Eat healthy foods, and drink water.
- Avoid excessive amounts of caffeine and alcohol.
- Do not use tobacco or illegal drugs.
- Get enough sleep and rest.
- Get physical exercise.



USE PRACTICAL WAYS TO RELAX:

- Relax your body often by doing things that work for you—take deep breaths, stretch, meditate, wash your face and hands, or engage in pleasurable hobbies.
- Pace yourself between stressful activities, and do a fun thing after a hard task.
- Use time off to relax—eat a good meal, read, listen to music, take a bath, or talk to family.
- Talk about your feelings to loved ones and friends often.



Take care of your physical health to help lower your stress. Take a break to focus on positive parts of your life, like connections with loved ones.

PAY ATTENTION TO YOUR BODY, FEELINGS, AND SPIRIT:

- Recognize and heed early warning signs of stress.
- Recognize how your own past experiences affect your way of thinking and feeling about this event, and think of how you handled your thoughts, emotions, and behavior around past events.
- Know that feeling stressed, depressed, guilty, or angry is common after an event like an infectious disease outbreak, even when it does not directly threaten you.
- Connect with others who may be experiencing stress about the outbreak. Talk about your feelings about the outbreak, share reliable health information, and enjoy conversation unrelated to the outbreak, to remind yourself of the many important and positive things in your lives.
- Take time to renew your spirit through meditation, prayer, or helping others in need.

Sources for Credible Outbreak-Related Health Information

Centers for Disease Control and Prevention
1600 Clifton Road
Atlanta, GA 30329-4027
1-800-CDC-INFO (1-800-232-4636)
<https://www.cdc.gov>

World Health Organization
Regional Office for the Americas of the World Health Organization
525 23rd Street, NW
Washington, DC 20037
202-974-3000
<http://www.who.int/en>



Substance Use Disorder Resources

- SAMHSA's National Helpline – 1-800-662-HELP (4357)
 - SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
- Alcoholics Anonymous (AA) Group online
 - Our English Language AA meetings online are active 24/7, 365. We meet online using a Discussion Forum (DF aka Message Board). Online Registration and Sign in is required for admittance to our AA Meetings Discussion Forum (DF) / Message Board aka Meetings Room Online.
 - <https://www.onlinegroupaa.org/>
- AA intergroup office in Ashtabula – 440-992-8383
 - 24 hour hotline for meeting info and for those who need support/help getting sober. Ran by sober AA members that volunteer to help others.
- Narcotics Anonymous (NA)
 - Online meetings found through searching the NA website.
 - <https://www.na.org/meetingsearch/text-results.php?country=Web&state&city&zip&street&within=5&day=0&lang&orderby=distance>
- Daily Strength Online Support Groups
 - https://www.dailystrength.org/categories/Addiction_Recovery
- Ashtabula Recovery Network Facebook Group
 - Search "Ashtabula Recovery Network" on Facebook or go to <https://www.facebook.com/groups/243343442534451/?ref=share>
- Smart Recovery
 - <https://www.smartrecovery.org/community/>
 - "SMART Recovery is an abstinence-oriented, not-for-profit organization for individuals with addictive problems. Our self-empowering, free mutual support meetings focus on ideas and techniques to help you change your life from one that is self-destructive and unhappy to one that is constructive and satisfying."
- NA Speaker Tapes & Addiction Recovery Audio
 - <https://apps.apple.com/us/app/na-speaker-tapes-addiction-recovery-audio/id1018096532>
 - https://play.google.com/store/apps/details?id=com.marnistek.naspeakers&hl=en_US
 - Over 200 speaker tapes from NA meetings all over the world.
- StepChat
 - Welcomes everyone who has been affected by alcoholism and addiction.
 - <https://www.stepchat.com/>
- 12 Step
 - Online meetings, videos, and other virtual resources.
 - <https://www.12step.org/>



Taking Care of Your Behavioral Health:

TIPS FOR SOCIAL DISTANCING, QUARANTINE, AND ISOLATION DURING AN INFECTIOUS DISEASE OUTBREAK

What Is Social Distancing?

Social distancing is a way to keep people from interacting closely or frequently enough to spread an infectious disease. Schools and other gathering places such as movie theaters may close, and sports events and religious services may be cancelled.

What Is Quarantine?

Quarantine separates and restricts the movement of people who have been exposed to a contagious disease to see if they become sick. It lasts long enough to ensure the person has not contracted an infectious disease.

What Is Isolation?

Isolation prevents the spread of an infectious disease by separating people who are sick from those who are not. It lasts as long as the disease is contagious.

Introduction

In the event of an infectious disease outbreak, local officials may require the public to take measures to limit and control the spread of the disease. This tip sheet provides information about **social distancing, quarantine, and isolation**. The government has the right to enforce federal and state laws related to public health if people

within the country get sick with highly contagious diseases that have the potential to develop into outbreaks or pandemics.

This tip sheet describes feelings and thoughts you may have during and after social distancing, quarantine, and isolation. It also suggests ways to care for your behavioral health during these experiences and provides resources for more help.

What To Expect: Typical Reactions

Everyone reacts differently to stressful situations such as an infectious disease outbreak that requires social distancing, quarantine, or isolation. People may feel:

- **Anxiety, worry, or fear** related to:
 - Your own health status
 - The health status of others whom you may have exposed to the disease
 - The resentment that your friends and family may feel if they need to go into quarantine as a result of contact with you
 - The experience of monitoring yourself, or being monitored by others for signs and symptoms of the disease
 - Time taken off from work and the potential loss of income and job security
 - The challenges of securing things you need, such as groceries and personal care items



TAKING CARE OF YOUR BEHAVIORAL HEALTH: TIPS FOR SOCIAL DISTANCING, QUARANTINE, AND ISOLATION DURING AN INFECTIOUS DISEASE OUTBREAK

- **Concern** about being able to effectively care for children or others in your care
- **Uncertainty or frustration** about how long you will need to remain in this situation, and uncertainty about the future
- **Loneliness** associated with feeling cut off from the world and from loved ones
- **Anger** if you think you were exposed to the disease because of others' negligence
- **Boredom and frustration** because you may not be able to work or engage in regular day-to-day activities
- **Uncertainty or ambivalence** about the situation
- **A desire to use alcohol or drugs** to cope
- **Symptoms of depression**, such as feelings of hopelessness, changes in appetite, or sleeping too little or too much
- **Symptoms of post-traumatic stress disorder (PTSD)**, such as intrusive distressing memories, flashbacks (reliving the event), nightmares, changes in thoughts and mood, and being easily startled

If you or a loved one experience any of these reactions for 2 to 4 weeks or more, contact your health care provider or one of the resources at the end of this tip sheet.

Ways To Support Yourself During Social Distancing, Quarantine, and Isolation

UNDERSTAND THE RISK

Consider the real risk of harm to yourself and others around you. The public perception of risk during a situation such as an infectious disease outbreak is often inaccurate. Media coverage may create the impression that people are in immediate danger when really the risk for infection may be very low. Take steps to get the facts:

- Stay up to date on what is happening, while limiting your media exposure. Avoid watching or listening to news reports 24/7 since this tends to increase anxiety and worry. Remember that children are especially affected by what they hear and see on television.
- Look to credible sources for information on the infectious disease outbreak (see page 3 for sources of reliable outbreak-related information).

BE YOUR OWN ADVOCATE

Speaking out about your needs is particularly important if you are in quarantine, since you may not be in a hospital or other facility where your basic needs are met. Ensure you have what you need to feel safe, secure, and comfortable.

- Work with local, state, or national health officials to find out how you can arrange for groceries and toiletries to be delivered to your home as needed.
- Inform health care providers or health authorities of any needed medications and work with them to ensure that you continue to receive those medications.

EDUCATE YOURSELF

Health care providers and health authorities should provide information on the disease, its diagnosis, and treatment.

- Do not be afraid to ask questions—clear communication with a health care provider may help reduce any distress associated with social distancing, quarantine, or isolation.
- Ask for written information when available.
- Ask a family member or friend to obtain information in the event that you are unable to secure this information on your own.

WORK WITH YOUR EMPLOYER TO REDUCE FINANCIAL STRESS

If you're unable to work during this time, you may experience stress related to your job status or financial situation.



- Provide your employer with a clear explanation of why you are away from work.
- Contact the U.S. Department of Labor toll-free at 1-866-4USWAGE (1-866-487-9243) about the Family and Medical Leave Act (FMLA), which allows U.S. employees up to 12 weeks of unpaid leave for serious medical conditions, or to care for a family member with a serious medical condition.
- Contact your utility providers, cable and Internet provider, and other companies from whom you get monthly bills to explain your situation and request alternative bill payment arrangements as needed.
- If approved by health authorities and your health care providers, arrange for your friends and loved ones to bring you newspapers, movies, and books.
- Sign up for emergency alerts via text or email to ensure you get updates as soon as they are available.
- Call SAMHSA's free 24-hour Disaster Distress Helpline at 1-800-985-5990, if you feel lonely or need support.
- Use the Internet, radio, and television to keep up with local, national, and world events.
- If you need to connect with someone because of an ongoing alcohol or drug problem, consider calling your local Alcoholics Anonymous or Narcotics Anonymous offices.

Sources for Reliable Outbreak-Related Information

Centers for Disease Control and Prevention
1600 Clifton Road
Atlanta, GA 30329-4027
1-800-CDC-INFO (1-800-232-4636)
<http://www.cdc.gov>

World Health Organization
Regional Office for the Americas of the World
Health Organization
525 23rd Street, NW
Washington, DC 20037
202-974-3000
<http://www.who.int/en>

CONNECT WITH OTHERS

Reaching out to people you trust is one of the best ways to reduce anxiety, depression, loneliness, and boredom during social distancing, quarantine, and isolation. You can:

- Use the telephone, email, text messaging, and social media to connect with friends, family, and others.
- Talk "face to face" with friends and loved ones using Skype or FaceTime.

TALK TO YOUR DOCTOR

If you are in a medical facility, you may have access to health care providers who can answer your questions. However, if you are quarantined at home, and you're worried about physical symptoms you or your loved ones may be experiencing, call your doctor or other health care provider:

- Ask your provider whether it would be possible to schedule remote appointments via Skype or FaceTime for mental health, substance use, or physical health needs.
- In the event that your doctor is unavailable and you are feeling stressed or are in crisis, call the hotline numbers listed at the end of this tip sheet for support.

USE PRACTICAL WAYS TO COPE AND RELAX

- Relax your body often by doing things that work for you—take deep breaths, stretch, meditate or pray, or engage in activities you enjoy.
- Pace yourself between stressful activities, and do something fun after a hard task.



- Talk about your experiences and feelings to loved ones and friends, if you find it helpful.
- Maintain a sense of hope and positive thinking; consider keeping a journal where you write down things you are grateful for or that are going well.

After Social Distancing, Quarantine, or Isolation

You may experience mixed emotions, including a sense of relief. If you were isolated because you had the illness, you may feel sadness or anger because friends and loved ones may have unfounded fears of contracting the disease from contact with you, even though you have been determined not to be contagious.

The best way to end this common fear is to learn about the disease and the actual risk to others. Sharing this information will often calm fears in others and allow you to reconnect with them.

If you or your loved ones experience symptoms of extreme stress—such as trouble sleeping, problems with eating too much or too little, inability to carry out routine daily activities, or using drugs or alcohol to cope—speak to a health care provider or call one of the hotlines listed to the right for a referral.

If you are feeling overwhelmed with emotions such as sadness, depression, anxiety, or feel like you want to harm yourself or someone else, call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).

Helpful Resources

Hotlines

SAMHSA's Disaster Distress Helpline

Toll-Free: 1-800-985-5990 (English and español)

SMS: Text TalkWithUs to 66746

SMS (español): "Hablamos" al 66746

TTY: 1-800-846-8517

Website (English): <http://www.disasterdistress.samhsa.gov>

Website (español): <http://www.disasterdistress.samhsa.gov/espanol.aspx>

SAMHSA's National Helpline

Toll-Free: 1-800-662-HELP (24/7/365 Treatment Referral

Information Service in English and español)

Website: <http://www.samhsa.gov/find-help/national-helpline>

National Suicide Prevention Lifeline

Toll-Free (English): 1-800-273-TALK (8255)

Toll-Free (español): 1-888-628-9454

TTY: 1-800-799-4TTY (4889)

Website (English): <http://www.suicidepreventionlifeline.org>

Website (español): <http://www.suicidepreventionlifeline.org/gethelp/spanish.aspx>

Treatment Locator

Behavioral Health Treatment Services Locator

Website: <http://findtreatment.samhsa.gov/locator/home>

SAMHSA Disaster Technical Assistance Center

Toll-Free: 1-800-308-3515

Email: DTAC@samhsa.hhs.gov

Website: <http://www.samhsa.gov/dtac>

*Note: Inclusion or mention of a resource in this fact sheet does not imply endorsement by the Center for Mental Health Services, the Substance Abuse and Mental Health Services Administration, or the U.S. Department of Health and Human Services.



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(2014)



Community Resources

School Lunch Handout Locations

Ashtabula Area City School District

Lunches will be distributed from 11:00am-12:30pm at the following locations:

- Lakeside High School – 6600 Sanborn Road
 - Event Entrance – curbside pick-up
- Huron Primary School – 2300 Wade Avenue
 - Cafeteria Entrance or Bus Loop Entrance – curbside pick-up
- Plymouth Township Fire Hall parking lot - 1001 Plymouth Rd
- Ashtabula County YMCA rear parking lot - 263 West Prospect Road
- Save-A-Lot Parking lot 822 Lake Ave. *this is a change from Mother of Sorrows*
- Peoples Baptist Church parking lot – 3837 West Avenue
- Busy Beaver parking lot – 1144 West Prospect Road (Rt. 20)
- Richmond Transportation parking lot – 5456 Main Ave.
- Harbor Ridge – 1917 Lambros Lane
- Across the street from Thomas Fence – Corner of West Prospect Road (Rt.20) and Woodman Ave.
- G.O. Ministry – 3703 Station Ave

- Any community partners, churches or businesses wishing to donate snacks for lunch bags may do so by contacting the Superintendent's office at 440-992-1201.
- Families should utilize the following telephone numbers with any questions:
 - School Offices 992-1200, press 1 then select building
 - Nutrition Services 993-2543 or 993-2490
 - Central Office 992-1201

Buckeye Local School District

Breakfast and lunch bags that will be distributed at each building from 11:00am – 1:00pm for all students attending Buckeye Local Schools on the following dates:

- Tuesday, March 17th
- Thursday, March 19th
- Monday, March 30th
- Wednesday, April 1st
- Friday, April 3rd

Families with multiple children enrolled in the district can pick up bags at one location at the building of your choice.



Conneaut Area City School District

Conneaut Area City School Buses will deliver grab and go food bags. These are free for **any child** between the ages of 1-18. We will also have available 2-1-1 brochures for families who need additional supports. Familiar teachers and staff members will be on board the buses each day.

The deliveries will take place every Tuesday and Thursday, 3/19, 3/24, 3/26, 3/31 and 4/2. Each bag will contain breakfast and lunch for three days. Below are the times and locations:

Route 1:

Conneaut High School (front parking lot) **11:00-11:30**

JD's Pizza (corner of Rt. 20 and Locust) **11:40-12:05**

Highland Apartments (back parking lot) **12:15-12:45**

Route 2:

Astatic parking lot (corner of Jackson and Broad) **11:00-11:30**

Russell and Harbor Street **11:40-12:05**

Lakeshore Primary Building (front parking lot) **12:15-12:45**

Route 3:

Fire Station 3 (parking lot on the corner of Middle and Biscoff) **11:00-11:30**

Monroe Fire Hall **11:45-12:15**

Families may want to bring larger, grocery sized bags if they have multiple children.

This information can be found on our website (www.cacs12.org). They may also call Lori Riley at 440-593-7201 if they need assistance in getting these food bags.



Geneva Area City School District

Students are permitted to receive breakfast & lunch grab & go at the same time.

No meals available during Spring Break

District is permitted to deliver meals to drop off areas, such as mobile home areas & individual houses.

- Geneva Middle School – 839 Sherman Street
 - Breakfast & lunch available from 8:00am -12:00pm
- Geneva Platt R. Spencer – 755 Austin Road
 - Breakfast & lunch available from 9:00am -10:00am
- Geneva Board of Education – 135 South Eagle Street
 - Breakfast & lunch available from 9:00am -10:00am

Additional Sites:

- Austin Manor Estates – 3583 Austin Road
 - Breakfast & lunch available from 10:00am -11:00am
- Grocery Bin / Corner Store Parking Lot – 5125 Lake Road East, GOTL
 - Breakfast & lunch available from 9:00 am -11:00am
- Rustic Cove – 3107 South Myers Road
 - Breakfast & lunch available from 10:00am -11:00am
- Geneva High School – 1301 South Ridge Road
 - Breakfast & lunch available from 10:00am -11:00am
- Austinburg Elementary – 3030 Route 307 West
 - Breakfast & lunch available from 10:00am -11:00am
- Cork Elementary – 341 Route 534 South
 - Breakfast & lunch available from 10:00am -11:00am

Please contact laura.jones@genevaschools.org if you have any questions or would like to order or request delivery.



Grand Valley Local School District

All students participating in the school lunch program can be provided breakfast and lunch. There will be buses employed with staff to deliver meals at various township and village pick up points.

Pick Up Times and Locations:

- Grand Valley Schools
 - Middle/High School Foyer – 9:30am – 10:30am
- Rome Township
 - Roaming Shores Tennis Courts – 9:30am – 10:00am
 - Rome Park – 10:00am – 10:30am
- Hartsgrove Township
 - Hartsgrove Circle – 9:30am – 10:00am
 - 5697 Laskey Road – 10:00am – 10:30am
- Orwell Village
 - Sunrise Acres – Breezewood – 9:30am – 10:00am
 - Asbury Trailer Park – Mail House – 9:30am – 10:00am
 - Village Apartments North Entrance – 10:00am – 10:30am
 - Leffingwell – Jordan Courte – 10:00am – 10:30am
- Colebrook
 - Community Center – 9:30am – 10:00am
 - Yuhasz Farm – East of SR 46 – 10:00am – 10:30am
- Windsor
 - Community Center – 9:30am – 10:00am

Jefferson Area Local School District

Meals are available and **free** to all students enrolled in the Jefferson Area Local Schools

Meals are available for pick up at all Jefferson school buildings by any parent, grandparent, or other caregiver that provides the name of the student they are picking up for. Meals will be distributed in 2 day portions. To pick up meal, pull up to the front door of the building. Remain in your vehicle until the person in front of you is back in their car. Meals are located inside the front door of whichever building you pick up from.

Next Distribution:

Thursday March 19th

11:00 am - 1:00 pm.

**** Additional Information about Meal Distribution will be added after Spring Break (3/23-3/27)**



Pymatuning Valley Local School District

Pymatuning Valley Schools Food Service will be offering packed lunches at designated locations across the county, at designated time slots for families to stop and pickup for their children.

- Andover Christian Church – 10:45am – 11:10am
- Pierpont Fire Station – 11:25am – 11:45am
- Cherry Valley United Methodist Church – 12:05pm – 12:25pm
- Williamsfield Community Center – 12:35pm – 12:55pm
- Andover Volunteer Fire Department – 1:05pm – 1:30pm

If you plan on visiting one of these designated sites for a bagged lunch, please e-mail lakers@pvschools.org no later than 8:30am, the day of with the name(s) of students you plan on picking up lunches for, along with the location.

If you have any questions or concerns, please feel free to contact Jeffrey Richards, PV Food Service Supervisor, at 440-293-6488, or via e-mail (jeffrey.richards@pvschools.org).



Restaurant Information

The following information is provided by the Greater Ashtabula Chamber of Commerce.

- Applebee's Car Side Pickup
 - Available during normal business hours (Monday-Thursday 11am-12am, Saturday/Sunday 11am-1am)
- Beckers Restaurant Pickup and Delivery
 - Options Available from 10 am-7 pm
- Briquettes Smokehouse
 - Closed during the statewide ban on dining room seating
- Burrito Loco
 - Open regular hours for take-out orders
 - Online ordering at www.letusrollyouone.com with delivery and pick-up options (in store or at drive-up window).
 - Call-in orders are also welcome.
- Conneaut Dairy Queen
 - Drive thru and takeout orders available with extended hours for drive thru offered until 10 pm
- Covered Bridge Pizza
 - Carry-out available from 11 am until 10 pm
- Crow's Nest
 - Carry out available from 10 am until 4 pm
- Dublin Down Irish Pub & Eatery
 - Carryout orders available during normal business hours. Call 440-992-3013
 - Special breakfast and lunch options to be developed.
 - Updates to be announced on Facebook: <https://www.facebook.com/Dublin-Down-Irish-Pub-and-Eatery-1551739511710901/>
- Emerine Estates
 - Open for takeout food: Monday-Thursday 11 am until 7 pm, Friday/Saturday 11 am until 10 pm
- Ferrante Winery & Ristorante
 - Carryout menu options available Wednesday-Sunday.
 - Restaurant Hours: Wed/Thur 12-7, Fri/Sat 12 am-7 pm, Sunday 1-6 pm
- Fitzgerald's Wine Bar
 - We offer carryout and delivery of food, call 330-550-8147 or www.Fitzgeraldswine.com. Fitzgerald's shop will remain open.
 - Contact for more information about private dining opportunities. 330-550-8147
- Guyreino's Deli/Meola Catering
 - Pickup and delivery options available Monday-Friday from 10 am until 6 pm. Options will also be available on the weekends; call 440-964-3663 for more information.
- Halcyon
 - Curbside pickup available. Currently working on delivery options. Open daily 11:30 am until 9 pm



- Harbor Perk
 - Open daily from 7 am until 7 pm for take-out orders
- Hil-Mak Seafood
 - Carry out during normal business hours Tuesday-Saturday 5pm-9pm. Orders will be available for pick up at the restaurant. Delivery for customers within 5 miles.
 - Call 440-964-3222 for your carry out order. All menu items will be available for carryout!
 - Fish market will remain open market as usual. Tuesday-Saturday 10a-6p
- La Casa de Frida
 - Pick-up and Delivery Options available during business hours
 - Sunday-Thursday 11 am until 10 pm and Friday-Saturday 11 am until 11 pm
- Laurello Vineyards
 - Carryout food orders offered from 4-8 pm Tuesday through Sunday.
 - Take-out menu is posted at www.laurellovineyards.com
 - Orders can be placed by calling 440-415-0661
- Luisa's Mexican Grill
 - Carryout offered Tuesday-Saturday from 4 until 8 pm
- Main Street Pizza
 - Operate normal hours for pick-up and delivery orders.
 - Customers cannot remain in the lobby while waiting for their order. They can only be in to place an order and pick one up.
- Martinis!
 - Carryout available Tuesday-Saturday 4-7 pm
- Max's Pizza and Grill
 - Carryout and delivery (Ashtabula and Kingsville) 11 am until 10 pm daily
- McDonald's
 - 918 Lake Ave and 2424 E Prospect, Ashtabula; 6626 N Ridge Road, Madison
 - Drive thru open during normal hours
- Moores Heritage Farm Market
 - Offering pick up on select afternoons/evenings.
 - Bread, free range eggs, frozen poultry and meats, baked goods, and prepared soups and dinners will be available for order.
 - Menu will change weekly and will be posted on Facebook:
<https://www.facebook.com/MHFarmandMarket/>
- Na*Kyrsie Meats
 - Open regular hours and will have bundles along with ready to cook and prepared comfort foods.
- Popp-A-Razzi
 - Open for carryout during regular businesses hours.
 - Call ahead to have your order ready for you. 440-536-4436



- Rennick Meat Market
 - Special “Survivalist Menu” available for carryout and delivery. Visit their Facebook page for more information:
<https://www.facebook.com/rennickmeatmarket/>
- Sticky Fingers BBQ & Café
 - Carryout available every day from 11 am - 7 pm
 - Delivery via Grub Hub available
- Subway of Jefferson
 - Carry out and online orders available during normal business hours.
 - Able to accommodate any delivery caterings with 48 hour advanced notice.
- Tony’s Deli & Catering
 - Carry-out options available
 - If unable to pick up meals, contact the deli at 998-6968 and delivery may be arranged
- Wade’s Pastabilities
 - Working on carry-out options.
 - Check their Facebook page for the most up to date information:
https://www.facebook.com/Wades-Pastabilities-102875077937926/?ref=br_rs

The following information is provided by the Conneaut Area Chamber of Commerce.

- Sparky’s Place
 - Open for carry out and delivery by calling 440-265-6061
 - Mon, Wed, Thurs, Fri, Sat – 11am-7pm
 - Sun 12pm-6pm

The following information is provided by community resources:

- Lakeway Restaurant
 - Open for carry out by calling 440-964-7176
 - Daily from 9am-7pm
 - Specials posted here: <https://www.facebook.com/lakewayrestaurant/>
- Purola Brother’s Pizza
 - FREE PIZZA SLICES AVAILABLE TO THOSE IN NEED
 - Open for carry out by calling 440-964-7089
 - Monday-Saturday 11am-9pm
- 5th Street Kitchen
 - Open for curbside carry-out by calling 440-650-5002
 - Wednesday-Sunday 9:30am-4pm



Updated Community Resource Information

This is information that our agency has gathered since the onset of the COVID-19 Pandemic. This section will be continually updated with information as it is received. **For the most up-to-date information, call 2-1-1!**

Food Banks

- Lighthouse Harvest Foundation – 2710 State Road, Ashtabula OH – 440-998-7813
 - NO PROCEDURAL CHANGES AS OF 3/18/2020
 - Monday – Thursday 11am-2:30pm
 - Soup Kitchen 11:30am-1pm
 - Ashtabula City Area Residents
- GO Ministries – 3702 Station Ave, Ashtabula OH – 440-992-9118
 - AS OF 3/18/2020 – GO Ministries is asking people to bring their identification to the door and food will be brought to them
 - Pantry – Thursday 11am-1pm
 - Soup Kitchen 4pm-5:15pm
 - Ashtabula City Area Residents
- Messiah Lutheran – 615 Prospect Ave, Ashtabula OH – 440-992-9392
 - AS OF 3/18/2020 – Bring identification to door for service
 - Pantry – Monday 10:30am-12pm
 - Ashtabula City Area Residents
- Ashtabula Dream Center – 604 West 57th Street, Ashtabula OH – 440-998-3732
 - AS OF 3/18/2020 – lunches will be to-go Tuesday-Friday. To access food pantry, call ahead as the food will be pre-boxed for pick up
 - Pantry – Wednesday and Friday 10:30am-1pm
 - Soup Kitchen – Tuesday-Friday 12pm-1pm
 - Ashtabula City Area Residents

Ashtabula County Agency Updates

- Community Counseling Center – 440-998-4210
 - AS OF 3/17/20
 - The agency will be open from 8:00 a.m. – 6:00 p.m. on Mondays & Wednesdays, and from 8:00 a.m. – 5:30 p.m. on Tuesdays, Thursdays, and Fridays.
 - Genoa Healthcare is focusing on mailing filled prescriptions to clients at their homes, no in-person pickup. Call with questions.
 - AS OF 3/16/2020
 - CCC is taking significant measures to provide services to clients remotely via telephone or video conferencing.
- Ashtabula Municipal Court – 440-992-7109
 - AS OF 3/18/20:
 - <http://www.ashtabulamunicourt.com/wordpress/wp-content/uploads/o2cpeqvz.13v.pdf>



- Lake Area Recovery Center – 440-998-0722
 - AS OF 3/18/20:
 - “[a]ll case managers, peer supporters, and individual sessions will begin to meet via telephone for individual appointments. Until the current crisis is over, we will not have any weekend UDS at Turning Point, however regular weekday screening is still taking place. Smart Recovery will be temporarily suspended. All other programs and functions are still under normal operation. We are currently in the process of moving all outpatient functions remotely to reduce the amount of exposure for our staff and our clients. All of our residential facilities (Turning Point, Opal House, and Liberty House) are accepting new clients and we are following the recommended protocols for admittance so as to lessen the probability of exposure to current residents and staff.”
- Pine Hollow Veterinary Services – 440-577-1111
 - AS OF 3/17/20
 - “We will be offering drop off appointments for any of our clients that are concerned with coming into our clinic's due to their own illness or fear of getting sick. We ask that you to call your clinic to give a complete detailed history and to schedule your pet’s drop off appointment.
 - We are trying to find ways to limit human contact in the clinics and are trying to respect the six-foot rule. We are trying to space out appointment times for all patients.
 - To support social distancing, some of the clinics are having clients call when they have arrived. When the lobby is clear, clients will be able to enter for appointment times, medicine pick-ups, etc.
 - We have increased the frequency of cleaning and disinfecting of all high touch surfaces throughout our clinics. As always, exam rooms are disinfected between patients with a healthcare grade disinfectant.”
- Ashtabula County Probate Court – 440-576-3451 & Ashtabula County Juvenile Court – 440-994-6000 & The Resource Center – 440-994-6044
 - AS OF 3/18/20:
 - “The Court has suspended all "walk-in" counter service until further notice. Essentially, both courts will only hold emergency hearings as required by law. Effective 3-18-2020 / 3-27-2020 all other hearings will be continued.
 - The Juvenile Resource Center is also open WITH RESTRICTIONS. Only law enforcement personal shall be permitted entry in the JRC for intake purposes.
 - The Family Drug Court Specialized Docket will continue with modification. Please contact the FDC Coordinator at 440-994-6031 for more information.
 - Please see the Court's previous posts for more in depth information. We will continue to update all social media platforms when new information is released.
 - These orders are subject to change at any time.
 - For questions regarding the Resource Center, Diversion Department, Probation Department or Community Service Program please call 440-994-6044.



- Newcomb Law Firm – 440-593-6457
 - AS OF 3/17/20:
 - “Our office will be staffed throughout this entire situation, either in-person or remotely. We will not be accepting walk-ins from clients during this time period. All items required for signatures shall be mailed with return envelopes to clients only. If you are dropping off documents, please use our mail slot on the front office door. This same mail slot can also be used for bill payments and our office will continue to process payments over the phone. Any receipts for payments will be mailed thereafter. Our office will continue to operate and serve the community with telephone appointments for new and current clients. Due to possible increased calls because of this situation, please take advantage of our website contact form at www.newcombesq.com and our voicemail system at (440) 593-6457 as our staff will check the same throughout this entire time. “
- Ashtabula County Job and Family Services – 440-998-1110
 - AS OF 3/16/20:
 - “Ashtabula County Job & Family Services (ACJFS) will limit public access...” “This will not prevent determination of eligibility as ACJFS will continue to operate behind the scenes to ensure residents receive critical benefits. Those receiving any type of benefit from the ACJFS are strongly encouraged to contact the agency via phone or internet, versus appearing in person.”

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|--|
| Access Our Website at acdjfs.org This is the easiest way to find out information for Child Support, Public Assistance, Workforce, and Protective Service programs. |
| Drop Off Documents Documents for all programs can be placed in agency drop boxes, which are located in the lobbies at both locations. |
| Child Support CSEA clients can contact workers and see account info at http://ifs.ohio.gov/ocs Clients can submit payments at Ohio CSPC, PO Box 182372, Columbus, OH 43218 or at https://oh.smartchildsupport.com or placed in the lobby drop box. CSEA can be reached at 440-994-1212 or 1-800-935-0242 |
| Public Assistance Programs www.benefits.ohio.gov The above link allows you to apply, renew, or make changes for cash, food or medical assistance. You can also call 1-844-640-64476 to apply, renew, or make changes for medical assistance. Documents can be dropped off, uploaded to your Ohio Benefits account, or emailed to: Ashtabula-Verifications@ifs.ohio.gov . For case questions, please call 440-998-1110. |
| Adult Protective Services Adult Protective Services staff will remain accessible during normal business hours, Monday-Friday, 8:00 a.m. to 4:30 p.m. and will continue to provide emergent coverage. Phone 440-997-7777 to report abuse, neglect or exploitation of senior citizens. |
| Workforce and OhioMeansJobs Services If you have internet access, you can utilize ohiomeansjobs.com If you have any questions, please call 440-994-1234 from 8 a.m. to 4:30 p.m. |

*If you have questions regarding any of the above information, please call 440-998-1110.



- Catholic Charities – 440-992-2121
 - AS OF 3/16/20:
 - All client services will be available/provided over telephone during the hours of 8:30am-5pm. Agency will remain open; however walk-in services have been temporarily suspended until further notice (including Free Clothing Site Lucille's Loft).
 - Basic Needs Assistance (housing, homeless/at-risk of homelessness, financial literacy, foreclosure counseling, utility, prescriptions, diapers, formula, and other basic needs): 440-992-2121 ext. 7031
 - Representative Payeeship Program: 440-992-2121 ext. 7035
 - All other programming: 440-992-2121, ask operator for assistance
- Ashtabula County Children Services Board – 440-998-1811
 - AS OF 3/17/20:
 - "Office will be closed to the public. We will continue to meet our state and federal mandates by accepting new referrals of potential abuse and neglect and by attending to the children we have in our care. As always, call 440-998-1811 to report concerns of abuse and neglect. Our business hours remain the same and staff will continue to report to work whether that be in the office or at home."
- Ashtabula County Medical Center
 - AS OF 3/13/20:
 - "To ensure that local healthcare resources are available to patients who are ill and in need of care, we ask that you refrain from sending low-risk employees to health care facilities – Express Cares, provider offices, Emergency Departments – for testing.
 - Only individuals who meet the following criteria need to be tested for COVID-19:
 - Have traveled outside of the United States to China, Italy, Iran, Japan, or South Korea
 - Have a cough
 - Have shortness of breath
 - Have a temperature above 100.4
 - If ALL of the above are true and your employee has MILD symptoms, the current recommendation from the Ohio Department of Health is to call the DOH's dedicated phone line at 1-833-427-5634. Additionally, the employee should:
 - Stay at home and practice social distancing
 - Practice hand hygiene
 - Limit close contact with other people & pets
 - Do not share utensils, dishes, or drinking cups
 - If ALL of the above are true and your employee is UNWELL, it is appropriate to have that employee contact his or her physician for further instructions."
- Ashtabula County Commissioners
 - AS OF 3/18/20
 - <https://www.co.ashtabula.oh.us/AlertCenter.aspx?AID=Ashtabula-County-Commissioners-Declare-S-15>



Self-Care Tips

For Kids

1. Get plenty of sleep!
 - a. Yes, we want to keep a routine during this unique time, but that doesn't have to mean the same routine we were doing before! Going to bed early and getting up early works for some, but for those that are night owls, make sure to get the recommended hours of sleep before you start your day.

Recommended Amount of Sleep for Pediatric Populations*

| Age | Recommended Sleep Hours per 24 Hour Period |
|--------------------------------------|--|
| Infants: 4 to 12 months | 12 to 16 hours (including naps) |
| Toddlers: 1 to 2 years | 11 to 14 hours (including naps) |
| Preschoolers: 3 to 5 years | 10 to 13 hours (including naps) |
| Gradeschoolers: 6 to 12 years | 9 to 12 hours |
| Teens: 13 to 18 years | 8 to 10 hours |

*The American Academy of Pediatrics (AAP) has issued a Statement of Endorsement supporting these guidelines from the American Academy of Sleep Medicine (AASM).

Source: Paruthi S, Brooks LJ, D'Ambrosio C, Hall W, Kotagal S, Lloyd RM, Malow B, Maski K, Nichols C, Quan SF, Rosen CL, Troester MM, Wise MS. Recommended Amount of Sleep for Pediatric Populations: A Statement of the American Academy of Sleep Medicine. J Clin Sleep Med. 2016 May 25. pii: jc-00158-16. PubMed PMID: 27250809.

2. When in doubt, write it out
 - a. Sometimes it is much easier to write what we're feeling than say it. Take time to journal throughout your days, weeks, etc. to express yourself in a healthy way. A person with bottled up feelings is like a shaken soda bottle just waiting to explode! Give those feelings an escape by journaling or blogging. For young kids, coloring will do too!
3. Play with things other than electronics
 - a. Getting active boosts endorphins, making us feel good! Get up and moving to improve how you feel.
4. Use electronics as a treat
 - a. Most things are better in moderation, and electronics are one of those things. If Candy Crush makes you feel good and is a nice brain break, go for it! However, it's no longer a good thing if it consumes your whole day.
5. Talk to a family member or friend
 - a. Having positive social interaction can do great things for how we're feeling. Talk to a trusted person to take a brain break!



For Adults

Dictionary

Search for a word



self-care

/ˌselfˈker/

noun

the practice of taking action to preserve or improve one's own health.

"autonomy in self-care and insulin administration"

- the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.

"expressing oneself is an essential form of self-care"

In a time like this, it can be difficult to remember that along with taking care of our physical health, we need to be paying attention to our mental health as well. The following resources can be used to find small activities to do during your day that will help you take care of all of you.

- <https://www.nami.org/Find-Support/Family-Members-and-Caregivers/Taking-Care-of-Yourself>
- <https://www.uhs.umich.edu/tenthings>
- <https://schools.au.reachout.com/articles/developing-a-self-care-plan>
- <https://www.mindfulnessmuse.com/health-and-wellness/top-10-self-care-strategies>





At Home Activities and Tools

General Activities



- <https://www.howweelearn.com/quiet-time-activites-2-year-olds/>



- <https://www.merakilane.com/things-to-do-at-home-24-family-activities-for-all-ages/>



| 25 THINGS TEENAGERS CAN DO DURING SOCIAL ISOLATION @hilaryrhodesdesign | | | | |
|--|--|---|--|--|
| LEARN TO PLAY A NEW INSTRUMENT (YOUTUBE!) | WRITE A POEM OR A STORY | TRY A YOUTUBE DRAWING TUTORIAL | SWAP BOOK SUGGESTIONS | WRITE & MAIL A LETTER TO A GRANDPARENT |
| GET SOME FRIENDS VIRTUALLY TOGETHER TO PLAY "PSYCH" | BAKE SOMETHING NEW | WRITE A SONG | TEACH A FAMILY MEMBER TO DO SOMETHING YOU LOVE | MAKE SOMETHING CREATIVE (THAT YOU NEVER SHOW ANYONE) |
| GO ON A WALK (OR RUN) AROUND THE BLOCK | VIDEO GAME TOURNAMENT WITH YOUR FAMILY | HAVE A "CHOPPED" COMPETITION FOR DINNER | CREATE A NEW MUSIC PLAYLIST | YOUTUBE YOGA OR MEDITATION |
| JOURNAL YOUR CORONAVIRUS EXPERIENCE | REARRANGE YOUR ROOM | WRITE A LETTER TO YOUR FUTURE SELF | FIND A BOOK ON THE LIBBY APP TO LISTEN TO | WRITE A BUCKET LIST |
| DO A JIGSAW OR LOGIC PUZZLE | LISTEN TO A NEW PODCAST | OFFER TO MAKE DINNER FOR THE FAMILY | TAKE AN ENNEAGRAM TEST | INVENT A NEW GAME |

Need help coming up with a schedule?

- <https://www.today.com/parents/parents-share-their-kids-realistic-quarantine-schedules-t176080>
- Example schedule from Khan Academy
 - https://docs.google.com/document/u/1/d/e/2PACX-1vSZhOdEPAWjUQpqDkVAlJrFwxz9Sa6zGOq0CNRms6Z7DZNq-tQWS3OhuVCUbh_-P-WmksHAzbsrk9d/pub

Still getting used to helping kids with school at home?

- <https://q104.radio.com/blogs/amanda-casey/tips-for-homeschooling-during-quarantine>
- <https://www.today.com/parents/how-homeschool-during-coronavirus-crisis-t176020>



Find free WiFi hotspots near you through Spectrum:

- <https://www.spectrum.com/wifi-hotspots.html>

Discounted internet service through AT&T:

- <https://www.att.com/shop/internet/access/#!/>

PAX Resources

Is your child in a PAX classroom? Here are some resources for you!

- PAX App
 - On Android
 - <https://play.google.com/store/apps/details?id=com.paxis.toolkit>
 - On Apple
 - <https://apps.apple.com/us/app/pax-tools/id1346767820>
- PAX Tools Videos
 - PAX Tools is a collection of evidence-based, trauma-informed strategies to improve cooperation and self-regulation with young people. PAX Tools draws on decades of science to create strategies that support parents, youth workers, and other caring adults to create a nurturing environment that ultimately helps kids thrive!
 - <https://www.youtube.com/playlist?list=PLxmb2gVkOvyAqstsGda8CLrmIAZjaW-0I>





A Message from Community Counseling Center

At Community Counseling Center, our focus is on Engaging the Community in Recovery. Currently our focus will be on **virtual** engagement.

Please call: (440)998-4210

E-mail: info@cccohio.com

If you already have a scheduled appointment, your provider will contact you.

Genoa Pharmacy: (440) 261-4511 *Prescriptions are being mailed.