



## Online Resources Related to Coronavirus

### International Resources

World Health Organization's website for an international perspective on COVID-19.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>.

Helpful videos for the public. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

### Federal Resources

Centers for Disease Control and Prevention. With link to The President's Coronavirus Guidelines for America -- 15 Days to Slow the Spread of Coronavirus. And Community Mitigation Plans. Includes How to Prepare; Symptoms & Testing; Are You at Higher Risk for Severe Illness? Frequently Asked Questions; Healthcare Professionals; Healthcare Facilities; Laboratories; and so on. <https://www.cdc.gov/>

Interim US Guidance for Risk Assessment and Public Health Management of Person with Potential Coronavirus Disease 2019 (COVID-19) Exposures, Geographic Risk and Contacts of Laboratory – confirmed cases.

<https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html>

Centers for Disease Control and Prevention videos on the Coronavirus and videos using American Sign Language (ASL). <https://www.youtube.com/channel/UCiMg06DjcUk5FRiM3g5sqoQ>. Additional Deaf and Hard of Hearing Service Center (DHHSC) videos in ASL <https://www.youtube.com/watch?v=1bGoCYeXEoc>

Centers for Medicaid and Medicare Services offers an update on Federal Waivers, Press Releases, and guidelines related to COVID-19. <https://www.cms.gov/>

Read about the blanket waivers for COVID19 in the [Emergency Declaration Health Care Providers Fact Sheet \(PDF\)](#). U.S. Government response to COVID-19 and how each Federal Department is responding. <https://www.usa.gov/coronavirus>

Administration on Community Living offers resources and information on COVID-19 for older adults and people with disabilities as well as a link to information in American Sign Language. <https://acl.gov/COVID-19>

Administration on Disabilities (AoD) includes the Administration on Intellectual and Developmental Disabilities (AIDD) and the Independent Living Administration (ILA). AIDD is dedicated to ensuring that people with disabilities have opportunities to make their own choices, contribute to society, have supports to live independently, and live free of abuse, neglect, and exploitation. In each state and territory, AIDD grantees form a developmental disabilities network, or DD Network, made up of State Councils on Developmental Disabilities; State Protection and Advocacy Systems; and University Centers for Excellence in Developmental Disabilities. <https://acl.gov/about-acl/administration-disabilities>

Updates from the Social Security Commissioner. <https://blog.ssa.gov/>

American Association of Retired Person (AARP) is a United States-based interest group whose stated mission is "to empower people to choose how they live as they age". The site provides numerous resources and information on COVID-19. <https://www.aarp.org/health/conditions-treatments/info-2020/coronavirus-facts.html>

The Federal Council calls for members of the public to act responsibly and with solidarity. Site provides resources and tips on COVID-19 and prevention measures. <https://www.bag.admin.ch/bag/en/home/suche.html>

A public service of the U.S. Administration on Aging connecting people to services for older adults and their families. The site provides information and resources on COVID-19. <https://eldercare.acl.gov/Public/Index.aspx>

Federal Consumer Trade Commission shares information to recognize and report fraud. <https://www.consumer.ftc.gov/articles/0060-10-things-you-can-do-avoid-fraud>

Centers for Medicaid Services response to COVID-19. <https://www.cms.gov/files/document/covid19-emergency-declaration-health-care-providers-fact-sheet.pdf>

American Network of Community Options and Resources (ANCOR) offers a variety of COVID-19 resources. <https://www.ancor.org/covid-19>

## California Resources

California Department of Public Health main website (English and Spanish) issues daily updates and links to vital information. Includes daily updates on California Covid-19 statistic and guidance documents for providers. <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

California Department of Public Health Guidance Documents: Coronavirus Disease 2019. <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Guidance.aspx>

Information for licensed programs and residences about what to do if someone has symptoms, also links to local numbers to call. [https://www.cdss.ca.gov/Portals/9/CCLD/PINs/2020/ASC/PIN%2020-04-ASC\\_Coronavirus\\_ASCFacilities.pdf](https://www.cdss.ca.gov/Portals/9/CCLD/PINs/2020/ASC/PIN%2020-04-ASC_Coronavirus_ASCFacilities.pdf)

CDSS has set up a webpage with all the COVID-19 guidance for the programs administered by the California Department of Social Services (CDSS) department. <https://cdss.ca.gov/#covid19>

Governor's website established with basic COVID-19 information, and links to information on Education, Employment and Taxes, healthcare, Recommendations on public Places, and Local Information. <https://covid19.ca.gov/>

Community Care Licensing. <https://www.cdss.ca.gov/inforesources/community-care-licensing>

California Department of Public Health Guidance for the Prevention of COVID-19 Transmission for Gatherings, March 16, 2020. <https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/cdph-guidance-gatherings-covid19-transmission-prevention-03-16-2020.pdf>

The Department of Developmental Services official website with updates on the Coronavirus and Resources, State Updates including Governor Executive Orders; Department Directives; Additional Resources for Providers; General Information (including Frequently Asked Questions). <https://www.dds.ca.gov/corona-virus-information-and-resources/>

Department of Developmental Services Guidance for Regional Center Monitoring Staff, March 18, 2020. [https://www.dds.ca.gov/wp-content/uploads/2020/03/DDSDirective\\_RC\\_Monitoring\\_03182020.pdf](https://www.dds.ca.gov/wp-content/uploads/2020/03/DDSDirective_RC_Monitoring_03182020.pdf)

California Department of Education Guidance for K-12 Schools. Link to Questions and Answers on Providing Services to Children with Disabilities During the Coronavirus Disease 2019 Outbreak, March 14, 2020. <https://www.cde.ca.gov/ls/he/hn/coronavirus.asp>

Office of the Governor Gavin Newsom official website. <https://www.gov.ca.gov/>

A centralized website linking to local 2-1-1 resources by county for questions on a variety of topics in your region. <https://www.211ca.org/>

Department of Rehabilitation questions and answers page on Coronavirus and services and supports. <https://www.dor.ca.gov/Home/COVID19FAQ>

Employment Development Department updates on the Coronavirus and unemployment benefits.

[https://www.edd.ca.gov/about\\_edd/coronavirus-2019.htm](https://www.edd.ca.gov/about_edd/coronavirus-2019.htm)

Labor & Work Force Development Agency, Guidance for Employers and Workers.

<https://www.labor.ca.gov/coronavirus2019/>

State of California Department of Justice, to report price-gouging. 800-952-5225; or tell your local law enforcement.

<https://oag.ca.gov/contact/consumer-complaint-against-business-or-company>

You can contact your local Health Department at a number listed next to your county on this link.

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/Local-Health-Department.aspx>

The Association of Regional Center Agencies has a link to locate your nearest Regional Center.

<http://www.arcanet.org/services-and-supports-2/regional-centers-map/>. Call or email your Service Coordinator with questions. They may be working remotely, so email may be the best means of communication. If you cannot reach your Service Coordinator, check their website for a Coronavirus Hotline number or a way to reach a supervisor.

California Department of Aging offers general information and guidance for providers and for older adults and people with disabilities. <https://www.aging.ca.gov/>

California Office of Emergency Services, also serving individuals with Access and Functional Needs (AFN).

<https://www.caloes.ca.gov/>

List of County Public Authorities-Numbers by county. <https://capaihss.org/contact-us/contact-ihss-in-your-county/>

Guidance for Immigrant Communities. <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immigrant-Communities-Guidance.aspx>

Employment Accommodation & Leave: What to Know About the ADA, Rehabilitation Act, and COVID-19.

[https://www.eeoc.gov/eeoc/newsroom/wysk/wysk\\_ada\\_rehabilitaion\\_act\\_coronavirus.cfm](https://www.eeoc.gov/eeoc/newsroom/wysk/wysk_ada_rehabilitaion_act_coronavirus.cfm)

State Council on Developmental Disabilities offer Plain Language, English and Spanish information on COVID-19. Reach out to your local Regional Office via email or phone with issues you are experiencing or seeing in your community.

<https://scdd.ca.gov/>.

## Health and Mental Health Information

State Council on Developmental Disabilities offers Plain Language Resources for prevention of COVID-19 and Question & Answer resources. <https://scdd.ca.gov/>

Video to Prevent the Spread of COVID: 5 Things to know about properly washing your hands.

<https://www.youtube.com/watch?v=XnJ1wvllcbs&feature=youtu.be>

Coronavirus information in many languages. <https://en.hesperian.org/hhg/Coronavirus>.

Resources to help children cope with emergencies. <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>.

Information and resources in Spanish.

[https://docs.google.com/document/d/1E0M9FfcQu40DMzVjRzI5eUVt\\_UKwVz94H5ApV\\_tZEh8/edit](https://docs.google.com/document/d/1E0M9FfcQu40DMzVjRzI5eUVt_UKwVz94H5ApV_tZEh8/edit)

Articles and resources about the Coronavirus. <https://coronavirusnetwork.org/resources/>

National Public Radio offers a guide on how to prepare your home for COVID-19.

<https://www.npr.org/sections/goatsandsoda/2020/02/26/809650625/a-guide-how-to-prepare-your-home-for-coronavirus>

National Health Law Program (NHELP). A range of resources, including information about various government policies, including Medicaid and the Children's Health Insurance Program. [https://healthlaw.org/coronavirus-resources/?utm\\_source=newsletter&utm\\_medium=email&utm\\_content=Coronavirus%20Resources%20for%20Advocates&utm\\_campaign=2020.03.19\\_CSHCN\\_Network\\_Newsletter](https://healthlaw.org/coronavirus-resources/?utm_source=newsletter&utm_medium=email&utm_content=Coronavirus%20Resources%20for%20Advocates&utm_campaign=2020.03.19_CSHCN_Network_Newsletter)

National Health Law Program (NHELP). Information about rules that apply under various programs, including Medicaid and private health plans. [Ensuring People Have Access to Prescription Drugs During the COVID-19 Pandemic](#)

Coronavirus COVID-19 Global Cases by the Center for Systems Science and Engineering (CSSE) at Johns Hopkins University (JHU).

<https://gisanddata.maps.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6>

Next for Autism offers Tips for Supporting Employees with Autism & Other Disabilities During Stressful Times and Staying Positive: Some Helpful Tips. <https://www.nextforautism.org/news-2/>

Special Olympics guide to achieving fitness and your personal best with physical activity, nutrition, and hydration.

<http://media.specialolympics.org/resources/sports-essentials/fit-5/Fit-5-Guide.pdf>

The Autism Educator pictorial guide to COVID-19. <https://www.ppmid.org/wp-content/uploads/2020/03/The-Coronavirus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

Center for Disease Control and Prevention's Information about managing anxiety and stress.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

National Alliance on Mentally Illness resources. <https://www.nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus>

## Advocacy Resources

Family Resource Network Center of California offers a resource page. <http://www.frcnca.org/>

Family Voices of California offers advice about what families of children with special health care needs can do, and links to reliable resources. <http://www.familyvoicesofca.org/>

Disability Voices United offers information and trainings to parents statewide. <http://www.disabilityvoicesunited.org/cv>

Disability Rights California has a dedicated COVID-19 page and the ability to take intake through our website [www.disabilityrightsca.org](http://www.disabilityrightsca.org) and you can click on the box that says "short term assistance request form" if you are having a problem and would like us to help you. <https://www.disabilityrightsca.org/post/announcement-coronavirus-and-how-disability-rights-california-can-help-you>

Down Syndrome Information Alliance offers health and e-learning resources. <http://downsyndromeinfo.org/covid-19-resources/>

National Down Syndrome Conference (NDSC) has gathered and vetted many sources and resources to help families, and the professionals who serve them, as we all work to flatten the curve. [https://www.ndscenter.org/programs-resources/covid-19-resources/?blm\\_aid=12026880](https://www.ndscenter.org/programs-resources/covid-19-resources/?blm_aid=12026880)

Autism Speaks information and resources regarding COVID-19. <https://www.autismspeaks.org/covid-19-information-and-resources>

Linguabee offers Video Remote Interpreting, ASL videos, and COVID-19 Resources. <https://www.linguabee.com/>

## Educational Resources

Note: There are hundreds of free educational websites for all ages, abilities, and interests. We have selected just a few.

California Department of Education guidance. <https://www.cde.ca.gov/ls/he/hn/guidance.asp>

U.S. Department of Education's Individuals with Disabilities Education Act (IDEA) website, brings together IDEA information & resources from the Department & our grantees. Includes information on COVID-19 and provides many resources about prevention and tips. <https://sites.ed.gov/idea/>

Individuals with Disabilities Education Act (IDEA) offers information about special education.

[https://sites.ed.gov/idea/idea-files/q-and-a-providing-services-to-children-with-disabilities-during-the-coronavirus-disease-2019-outbreak/?utm\\_source=newsletter&utm\\_medium=email&utm\\_content=Questions%20and%20Answers%20on%20Providing%20Services%20to%20Children%20with%20Disabilities%20During%20the%20Coronavirus%20Disease%202019%20Outbreak%20%28March%202020%29&utm\\_campaign=2020.03.19\\_CSHCN\\_Network\\_Newsletter](https://sites.ed.gov/idea/idea-files/q-and-a-providing-services-to-children-with-disabilities-during-the-coronavirus-disease-2019-outbreak/?utm_source=newsletter&utm_medium=email&utm_content=Questions%20and%20Answers%20on%20Providing%20Services%20to%20Children%20with%20Disabilities%20During%20the%20Coronavirus%20Disease%202019%20Outbreak%20%28March%202020%29&utm_campaign=2020.03.19_CSHCN_Network_Newsletter)

COPAA Statement on Student Rights Under IDEA During the COVID-19 Outbreak.

<https://www.copaa.org/news/493349/COPAA-Statement-on-student-rights-under-IDEA-during-the-covid-19-outbreak.htm>

Common Sense.org offers free tips and tools to support school closures and transitions to online and at-home learning. It includes Help Your Family Destress; Movement Apps, Games, and Websites; and Apps to help with mental health. And Spanish language resources for Latin families. [https://www.common sense media.org/resources-for-families-during-the-coronavirus-pandemic?j=7704934&sfmc\\_sub=171716627&l=2048712\\_HTML&u=143543079&mid=6409703&jb=1771&utm\\_source=covid19\\_landingpages\\_jim&utm\\_medium=email](https://www.common sense media.org/resources-for-families-during-the-coronavirus-pandemic?j=7704934&sfmc_sub=171716627&l=2048712_HTML&u=143543079&mid=6409703&jb=1771&utm_source=covid19_landingpages_jim&utm_medium=email)

Facebook Group where Experienced Homeschoolers can support friends and neighbors who may be Homeschooling Temporarily during the Coronavirus Pandemic. <https://www.facebook.com/groups/temphomeschoolers/>

MIND Institute Research is offering no cost access to a free math instructional program for students in grades K-8. Free through June 30, 2020.

[https://www.stmath.com/coronavirus?fbclid=IwAR2Z9kqIE7kBcVq7YdAEYuvWQEW2quTvZ6m9KS\\_zMeyeiT9wHYcwgpm\\_eRv0](https://www.stmath.com/coronavirus?fbclid=IwAR2Z9kqIE7kBcVq7YdAEYuvWQEW2quTvZ6m9KS_zMeyeiT9wHYcwgpm_eRv0)

Scholastic offers free, online learning experiences for kids of all ages.

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

Teacherspayteachers is an online marketplace for original educational resources with more than four million resources.

<https://www.teacherspayteachers.com/>

Home-Speech-Home offers Twenty 5-minute Speech Therapy Activities You Can Do at Home, among other resources.

<https://www.home-speech-home.com/speech-therapy-activities.html>

Contact your local school district (if you or your child is of school age) regarding Grab and Go school meals during school closures.

## Other Resources

National Institute for Children's Health Quality (NICHQ) offers a summary of key information related to children's health, and links to additional references. <https://www.nichq.org/news-item/coronavirus-disease-2019-covid-19-information-childrens-health->

[advocates?utm\\_source=newsletter&utm\\_medium=email&utm\\_content=Coronavirus%20Disease%202019%20%28COVID-19%29%20Information%20for%20Children%E2%80%99s%20Health%20Advocates&utm\\_campaign=2020.03.19\\_CSHCN\\_Network\\_Newsletter](https://www.yourlocalunitedway.org/post/uwccr-covid-19-local-relief-fund)

United Way California Capital Region (UWCCR) has announced the creation of the United Way California Capital Region COVID-19 Local Relief Fund to provide financial support to address the needs of individuals and families in the greater Sacramento area as well as the nonprofits who serve them. Visit this website or see United Way's website in your region. <https://www.yourlocalunitedway.org/post/uwccr-covid-19-local-relief-fund>

MSN State-by-State Coronavirus updates. <https://www.msn.com/en-us/news/us/state-by-state-coronavirus-news/ar-BB119PB3?ocid=ientp>

Free access to Spectrum Broadband and Wi-Fi for 60 Days For New K-12 and College Student Households. <https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-new-k12-and-college-student-households-and-more>

Comcast offering temporary free internet access. <https://www.wxyz.com/news/national/coronavirus/comcast-offering-internet-essentials-package-free-for-60-months-during-coronavirus-outbreak>

American Red Cross is asking for healthy Americans to donate blood now. Contact your local Red Cross for locations and procedures.

[https://www.redcross.org/?cid=generic&med=cpc&source=bing&scode=RSG00000E017&&msclkid=65ae3fcc20e71607e5b961b83038883f&utm\\_source=bing&utm\\_medium=cpc&utm\\_campaign=Generic%7CBrand&utm\\_term=american%20red%20cross&utm\\_content=American%20Red%20Cross%20-%20Home%20Page&gclid=CJnl57Xop-gCFdmrxQldIBOKVA&gclsrc=ds](https://www.redcross.org/?cid=generic&med=cpc&source=bing&scode=RSG00000E017&&msclkid=65ae3fcc20e71607e5b961b83038883f&utm_source=bing&utm_medium=cpc&utm_campaign=Generic%7CBrand&utm_term=american%20red%20cross&utm_content=American%20Red%20Cross%20-%20Home%20Page&gclid=CJnl57Xop-gCFdmrxQldIBOKVA&gclsrc=ds)

Contact your local utility company to inquire about reduced cost services, particularly if you are dependent on devices that require electricity. Be sure to sign up for the Medical Baseline Program, if you qualify.

If seeking food assistance, contact local food banks, contact 2-1-1, local churches, or ask your service coordinator for local resources.

Check with your local Family Resource Center or Parent Training and Information Center for local information and supports. While their offices may be temporarily closed and gatherings/classes cancelled, they may still be available for support. Check their website, call, or email their office.

## Emergency Preparedness

Federal Emergency Management Agency (FEMA). This page helps the public distinguish between rumors and facts regarding the response to coronavirus (COVID-19) pandemic. Rumors can easily circulate within communities during a crisis. Do your part to stop the spread of disinformation by doing 3 easy things; don't believe the rumors, don't pass them along and go to trusted sources of information to get the facts about the federal (COVID-19) response.

<https://www.fema.gov/Coronavirus-Rumor-Control>

FEMA's video library on Emergency Preparedness. <https://www.youtube.com/user/FEMA>

California Office of Emergency Services offers resources for earthquakes, COVID-19, and other emergencies. <https://www.caloes.ca.gov/>

California Health and Human Services Agency Personal Emergency Plan for People with Access and Functional Needs. This is a great time to prepare your Emergency Plan and if possible, work on prepare your Go Kit (access to some items

may be challenging at this time, temporarily). <https://www.chhs.ca.gov/wp-content/uploads/2019/10/CHHS-Personal-Emergency-Plan.pdf>

Great site for Emergency Preparedness and putting your Kit together. <https://www.ready.gov/plan>

Department of Developmental Services Consumer Corner shares various resources for individuals with intellectual and developmental disabilities including a link to Emergency Preparedness and the Feeling Safe Being Safe curriculum – this is a great time to fill out the information in the curriculum and update your Go Bag!

<https://www.dds.ca.gov/consumers/>

Federal Emergency Preparedness with links to Creating a Plan and Weather and Emergency Alerts.

<https://www.usa.gov/prepare-for-disasters>

State Council on Developmental Disabilities provides trainings and handouts for emergency preparedness. Contact your local SCDD Regional Office for additional information. [www.scdd.ca.gov](http://www.scdd.ca.gov)

## What can I do for fun and to stay busy at home?

Note: adapt all ideas to current COVID-19 practices including frequent handwashing, social distancing and Shelter-in-Place orders.

Autism Focused Intervention Resources & Modules (AFIRM) offers a COVID-19 Toolkit with free resources for supporting children and youth with ASD during uncertain times such as COVID-19, social narratives, hand washing task analysis, and calming strategies. <https://afirm.fpg.unc.edu/>

Autism Society of Inland Empire has an extensive list of Fun Things to Do at Home.

<https://www.ieautism.org/coronavirus-2020/things-to-do-at-home/>

Free indoor activities for children. <https://www.hellowonderful.co/post/easy-indoor-activities-for-kids/?fbclid=IwAR0WLdiCsyeAouM65BuSrLVrYc-gN01MMtSdiOC9aa3NbrCmG6RNxljx2-g>

10 Hobbies and Activities to do with your Autistic Child. <https://www.verywellhealth.com/hobbies-activities-autistic-child-260365>

21 sensory activities for kids with Autism. <https://www.thisgrandmaisfun.com/sensory-activities-kids-autism/>

San Diego Zoo has a website just for kids with amazing videos, activities, and games. <https://kids.sandiegozoo.org/>

Yellowstone National Park Virtual Field Trip: Mud Volcano, Mammoth Hot Springs, and more.

<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

Mars!!! Explore the surface of Mars on the Curiosity Rover. <https://accessmars.withgoogle.com/>

Panda Cam at the Zoo Atlanta. <https://zooatlanta.org/panda-cam/>

Virtual Farm Tours of minks, pigs, and cowls, apples and eggs. <https://www.farmfood360.ca/>

Virtual tour of The Louvre artwork in Paris, France. <https://www.louvre.fr/en/visites-en-ligne>

Boston Children's Museum walk-through tour. <https://www.bostonchildrensmuseum.org/museum-virtual-tour>

Social Emotional Skills online activity tour. <https://www.soarwithwings.com/videos/virtual-field-trip>

10 free short films featuring people with intellectual and developmental disabilities. <http://sproutflix.org/virtual-sprout-film-festival/>

University of Illinois Extension's My First Garden offers a guide to the world of fun and clever gardening. It includes a Teacher's Guide, Show Me the Basics, Gardening FUNdamentals, Planning My Garden, and Garden Gallery.

<https://web.extension.illinois.edu/firstgarden/>

6 Craft Ideas for Adults with Developmental Disabilities. <https://stephensplace.org/2017/08/18/6-activities-adults-developmental-disabilities/>

Community Mainstreaming through Connection in New York offers Activities for Adults with Intellectual & Developmental Disabilities. <https://communitymainstreaming.org/activities-for-adults-with-intellectual-developmental-disabilities/>

Healthfully shares Activities for Adults with Developmental Disabilities. <https://healthfully.com/activities-for-adults-with-developmental-disabilities-4886332.html>

VisitSacramento offers free downloadable and printable coloring pages. Maybe your town/city has something similar. <https://www.visitsacramento.com/coloring/>

Find your local public library online. Many offer free downloads of recorded books and music. <https://www.library.ca.gov/services/to-libraries/library-directory/>

Join Facebook self-advocate or parent/family advocate groups to learn from and support each other. Each region has its own group. Search on Facebook for a group in your area.