

Updated: March 31, 2020

Dear Cincinnati Children's Community,

At Cincinnati Children's, the safety and health of our employees, patients and families are our number one priority. The list below summarizes community resources and services families may find helpful related to COVID-19. This document will be updated as new programs and services emerge. Please email suggested resources or updates to communityrelations@cchmc.org.

COVID-19 INFORMATION, HOTLINES AND COMMUNITY RESOURCES	
Ohio- Department of Health COVID-19 Hotline <i>Questions about symptoms or testing</i> coronavirus.ohio.gov	(833) 427-5634 Website
Kentucky- State COVID-19 Hotline <i>Questions about symptoms or testing</i> govstatus.egov.com/kycovid19	(800) 722-5725 Website
Indiana- Public and Provider Toll- Free Phone Number <i>Questions about symptoms or testing</i> coronavirus.in.gov/	(877) 826-0011 Website
United Way – 211 <i>Get connected to community resources 24 hours a day/ 7 days a week</i>	211 or (513) 721-7900 Website
Centers for Disease Control www.cdc.gov/coronavirus	Website
Cincinnati Health Department www.cincinnati-oh.gov/health/covid-19/	Website
Cincinnati Children's Hospital Medical Center www.cincinnatichildrens.org/patients/coronavirus-information	Website
HANDWASHING AND ENVIRONMENTAL HYGIENE (per CDC Guidelines)	
Centers for Disease Control <i>How to Protect Yourself</i>	Website
World Health Organization <i>Coronavirus Disease (COVID-19) Advice for the Public</i>	Website
Cincinnati Children's Hospital Medical Center <i>Video: Stop Germs from Spreading: Wash Your Hands</i>	Website
American Academy of Pediatrics <i>Novel Coronavirus – Protective Measures</i>	Website
MEDICAL RESOURCES	
Free Home Delivery of Medications <i>CVS and Walgreens will deliver medications to homes</i>	CVS Walgreens
Cincinnati Children's School Based Health Center at Rockdale Academy <i>Sick visits for children 0-18 by appointment and well-child visits for children aged 5 and under; to practice social distancing - appointments preferred</i>	335 Rockdale Avenue Cincinnati, OH 45229 (513) 363-4704 Website

MENTAL HEALTH RESOURCES

American Academy of Pediatrics <i>How to Prepare for the Possibility of School or Childcare Closures</i>	Website
Centers for Disease Control <i>Helping Children Cope with Emergencies</i> <i>Managing Anxiety and Stress</i>	Website Website
Cincinnati Children's <i>Child Mental Health Services and Telehealth Availability: 513-803-8107</i> <i>Steps To Help Ease Kids' Fears and Anxieties About COVID-19</i> <i>Taking Care of Your Family's Mental Health During COVID-19</i>	(513) 803-8107 Website Website
Mental Health Access Point <i>Crisis stabilization services in Hamilton County for adults and children</i>	(513) 558-8888
Mobile Crisis Team/ Psychiatric Emergency Services <i>University Medical Center Psychiatric Emergency Room – available 24/7</i> <i>Clinical team trained to respond to mental health emergencies in the community; M-F – 8am-12am; Sat/Sun – 11:30am-7:30pm</i>	(513) 584-8577
Ohio Department of Health <i>How to talk to your kids about COVID-19</i>	Website
PBS <i>How to Talk to Your Kids about Coronavirus</i>	Website
Quartz <i>How to give your kids stability when coronavirus closes schools</i>	Website
Shine <i>Resources for anxiety and mental health in a global climate of uncertainty</i>	Website
YWCA Domestic Violence Hotlines <i>Crisis counseling, risk assessment, information and referrals, safety planning and support 24 hours a day</i>	Main Number: (513)-241-7090 Toll Free: (888) 872-9259 Hamilton County: (513) 872-9259 Clermont, Brown, Adams Counties: (513) 753-7281

UNEMPLOYMENT INFORMATION

Indiana Unemployment Benefits <i>Unemployment and insurance benefits due to Coronavirus</i>	(800) 891-6499 Website
Kentucky Unemployment Benefits <i>Unemployment and insurance benefits due to Coronavirus</i>	(502) 875-0442 Website
Ohio Unemployment Benefits <i>Unemployment and insurance benefits due to Coronavirus</i>	(877) 644-6562 Website

HOME/ UTILITY RESOURCES

AT&T <i>Will not suspend service for customers</i>	(800) 288-2020 Website
Cincinnati Water Works <i>Will restore water service to homes and not complete shutoffs</i>	513-591-7700
Duke Energy <i>Will not suspend service for nonpayment</i>	(800) 544-6900 Website
Hamilton County Ohio - Home Evictions <i>Home Evictions are on hold for 30 days; contact Housing Opportunities Made Equal for questions about rights</i>	(513) 721-4663 Website

HOME/ UTILITY RESOURCES

Indiana Resource Guide <i>Comprehensive resources guide for Indiana Residents</i>	Website
Spectrum <i>Free Internet for 60 days for K-12 or College Student Households</i>	(844) 488-8395 Website
U.S. Department of Housing and Urban Development <i>60 day hold on evictions and foreclosures; see website for details</i>	1-800-Call-FHA Website
FOOD RESOURCES	
Food Forest <i>Free grocery delivery – can accommodate SNAP/EBT payment options</i>	Website
Freestore Foodbank <i>Prepackaged food bags available for pick-up Monday-Friday from 8am-3:45pm</i>	112 E Liberty Street Cincinnati, Ohio 45202 (513) 482-4500 Website
Cincinnati Public Library <i>Free meals available for pick-up for children 18 years and under Monday-Friday at various times and locations while school is out</i>	Various Locations Website
Cincinnati Public Schools <i>Free meals available for pick-up for children 18 years and under at various schools on Monday, Wednesday, and Friday.</i>	Various School Locations (513) 363-0800 Website
Kentucky Food Resources <i>Food and community resources available in Kentucky</i>	Website
St. Vincent de Paul - Ted And Becky Catino Choice Food Pantry <i>Offering pre-packed food boxes; Recommended that applications for food assistance be made over the phone and a pick-up time scheduled</i>	513-421-0602 Website
Waggle Breakfast and Bowls <i>Free Meal For Avondale Students (ages 17 and under); Monday - Friday 8am - 10am. Offer is valid 3/16 - 4/8.</i>	3440 Burnet Avenue Cincinnati, OH 45229 513-221-1307 Website
EDUCATIONAL RESOURCES	
Cincinnati Public Library <i>eBooks, eAudiobooks and online video storybooks just for kids</i>	Website
Cincinnati Public Schools <i>Online educational packets by grade</i>	Website
KAHN Academy <i>Online learning resources for students by grade</i>	Website
Ohio Department of Health <i>Virtual Exhibits for online learning and fun</i>	Website
Scholastic Learn at Home <i>Free learning experiences by grade level</i>	Website
Staples <i>Providing free homework printing for students and parents to print homework and lessons packets</i>	(513) 321-5777 Website
Storyline <i>Famous people reading stories aloud</i>	Website



ENTERTAINMENT/ EXERCISE

Artswave <i>Visual Art Experiences</i>	Website
Cincinnati Children's HealthWorks! <i>Youth Fitness Videos, Nutrition and Healthy Living Tips</i>	Fitness Videos Website
Cincinnati Zoo and Botanical Gardens <i>Join the Cincinnati Zoo for an online Safari and Learning Adventure</i>	Daily; 3pm EST Website
Go Noodle <i>Free website and app to get kids up and moving</i>	Website
Great Parks of Hamilton County <i>An online hub for nature activities you can do from home</i>	Website
Imago Rangers <i>Daily outdoor activities</i>	Website
Melodic Connections <i>Lunchtime Live – Musical Session</i>	Daily; 12pm EST Website
Misson2Move <i>Live physical education classes</i>	Weekdays; 2pm EST Website
PBS Kids <i>Free online games and videos</i>	Website
YMCA <i>Online workout videos</i>	Website