










# Helpful Resources During the COVID-19 (Coronavirus) Crisis




## Basic Resources

Name	What is it?	Where do I find it?	Anything else to know
<b>Hunger Hotline</b>  Operation Food Search	Call or text to find food closest to you	785-503-3310	Check out this website for more food resources: <a href="https://www.operationfoodsearch.org/emergency-response-2020/">https://www.operationfoodsearch.org/emergency-response-2020/</a>
<b>Spectrum Internet Assist Program</b> 	Spectrum will provide free internet service for families with children for the next 60-days. This program ends May 16 <sup>th</sup> .	Call 1-844-488-8395 to enroll	You must be on the National School Lunch Program or a CEP program to qualify
<b>Helping Hand Me Downs</b> 	Provides clothing, diapers and other household goods to families on a first-come, first-serve basis.	6728 Page Avenue, 63121 1809 S. 8 <sup>th</sup> Street, 63104 314-514-5987	Locations have different hours! Check before you go: <a href="http://helpinghandmedowns.org/faqs">http://helpinghandmedowns.org/faqs</a>
<b>Rx Outreach</b> 	Non-profit, online pharmacy that can help you save on prescriptions and get free home delivery.	Online	Enroll online at: <a href="https://rxoutreach.org/how-to-enroll-in-rx-outreach/">https://rxoutreach.org/how-to-enroll-in-rx-outreach/</a>
<b>7 Cups</b> 	Online resource that has a 24/7 free, mental health chat staffed by volunteer listeners.	Online	<a href="https://www.7cups.com/">https://www.7cups.com/</a>

## COVID-19 Information

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<b>Mercy COVID-19 Information</b> 	Provides information on the virus and local supports for getting help. They have a clinical support line to be virtually screened until there are drive-through screening options.	Call 314-251-0500 for their clinical support	<a href="https://www.mercy.net/service/covid-19/">https://www.mercy.net/service/covid-19/</a>
<b>UNICEF – How to talk to children about COVID-19</b> 	8 tips to help guide the conversation if your kids ask tough questions about what's going on right now.	Online	<a href="https://www.unicef.org.au/blog/news-and-insights/march-2020/how-to-talk-to-your-children-about-coronavirus">https://www.unicef.org.au/blog/news-and-insights/march-2020/how-to-talk-to-your-children-about-coronavirus</a>
<b>Missouri COVID-19 Hotline</b> 	Accurate and up-to-date information on COVID-19. 24-hour hotline providers guidance on COVID-19.	24-hour hotline: 877-435-8411	
<b>St. Louis Post Dispatch Store Closing List</b> 	Updated list of stores and retailers changing their hours due to COVID-19	Online	<a href="https://www.stltoday.com/business/local/closed-retail-stores-in-st-louis-region-cutting-hours-or/article_4e2c90fe-d824-595f-9578-c99323dded2e.html#tracking-source=home-trending">https://www.stltoday.com/business/local/closed-retail-stores-in-st-louis-region-cutting-hours-or/article_4e2c90fe-d824-595f-9578-c99323dded2e.html#tracking-source=home-trending</a>

## Family-Friendly Resources

Name	What is it?	Where do I find it?	Anything else to know
<b>Lunch Doodles with Mo Willems</b> 	Popular children's author has a YouTube conversation with kids every day at 1pm	YouTube	<a href="https://www.youtube.com/playlist?list=PL14hRq_d0PELGbKihHuTqx_pbvCLqGbOkF">https://www.youtube.com/playlist?list=PL14hRq_d0PELGbKihHuTqx_pbvCLqGbOkF</a>

<p><b>Scholastic Learn at Home</b></p> 	<p>Day-to-day projects to keep kids reading, thinking, and growing while they're at home</p>	<p>Online</p>	<p><a href="https://classroommagazines.scholastic.com/support/learnathome.html?caching">https://classroommagazines.scholastic.com/support/learnathome.html?caching</a></p>
<p><b>Netflix Party</b></p> 	<p>A Chrome Extension that lets you share a screen and chat with friends and family while you Netflix!</p> <p>Requires everyone to have a Netflix account</p>	<p><a href="https://www.netflixparty.com/">https://www.netflixparty.com/</a></p>	<p><a href="https://chrome.google.com/webstore/detail/netflix-party/oocalimimngaihdkbihfgmpkcpnmlaoa?hl=en">https://chrome.google.com/webstore/detail/netflix-party/oocalimimngaihdkbihfgmpkcpnmlaoa?hl=en</a></p>
<p><b>Eats Amazing</b></p> 	<p>YouTube channel that has fun, kid-friendly recipes</p>	<p>Online</p>	<p><a href="https://www.youtube.com/channel/UCIG5-ZkfEdM2ssm26d8a1A">https://www.youtube.com/channel/UCIG5-ZkfEdM2ssm26d8a1A</a></p>
<p><b>GoNoodle</b></p> 	<p>Website with movement and mindfulness videos designed to entertain your kids. Focuses on the whole child</p>	<p>Online and through an iOS app</p>	<p><a href="https://family.gonoodle.com/">https://family.gonoodle.com/</a></p>
<p><b>San Diego Zoo – Kids</b></p> 	<p>Online activities, videos, and games about animals! Watch live cams of the animals</p>	<p>Online</p>	<p><a href="https://kids.sandiegozoo.org/">https://kids.sandiegozoo.org/</a></p>
<p><b>Project Explorer</b></p> 	<p>Online educational video site that has options from around the world</p>	<p>Online</p>	<p><a href="https://www.projectexplorer.org/kids-home">https://www.projectexplorer.org/kids-home</a></p>
<p><b>Monterey Bay Aquarium</b></p> 	<p>Online animal and fish cameras to watch from your couch</p>	<p>Online</p>	<p><a href="https://www.montereybayaquarium.org/animals/live-cams">https://www.montereybayaquarium.org/animals/live-cams</a></p>