



# COPING WITH COVID-19

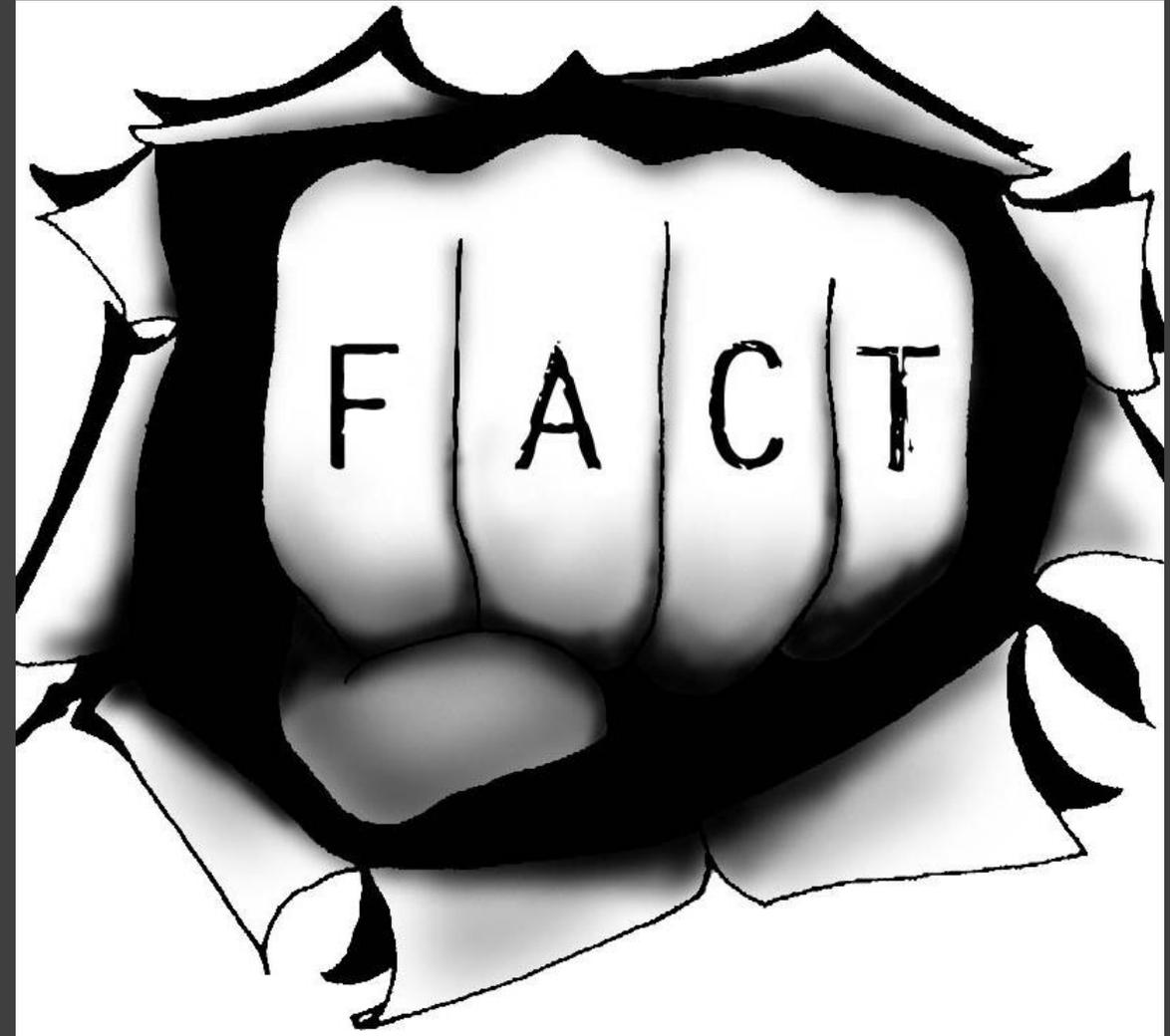
Created by THE CHILD CENTER OF NY- SBMH OF LICHS

# FIRST... THE FACTS

According to the CDC, symptoms include:

- Fever
- Cough
- Tiredness
- Shortness of Breath

*\*Symptoms may appear 2-14 days after exposure.*



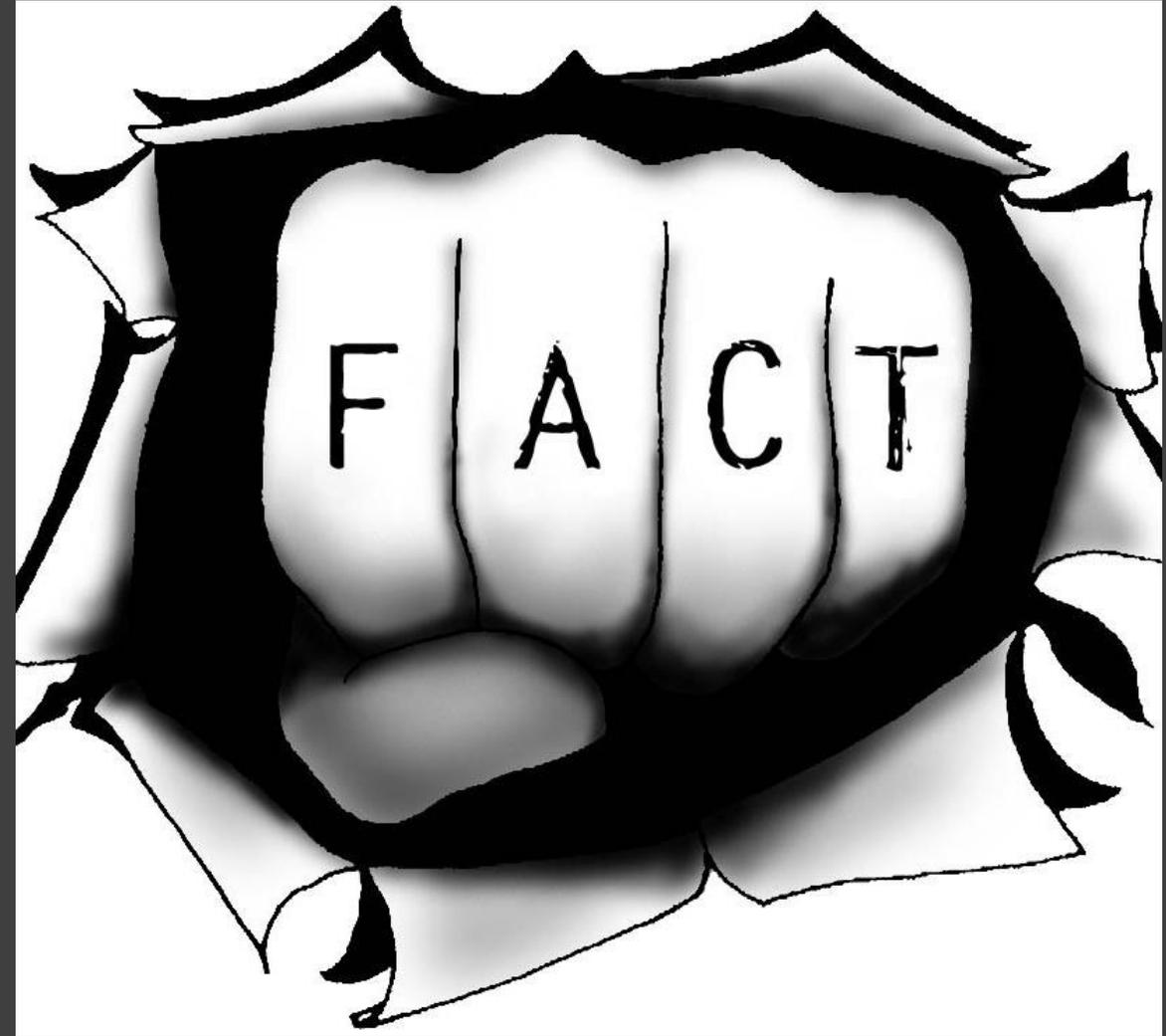
# FIRST... THE FACTS

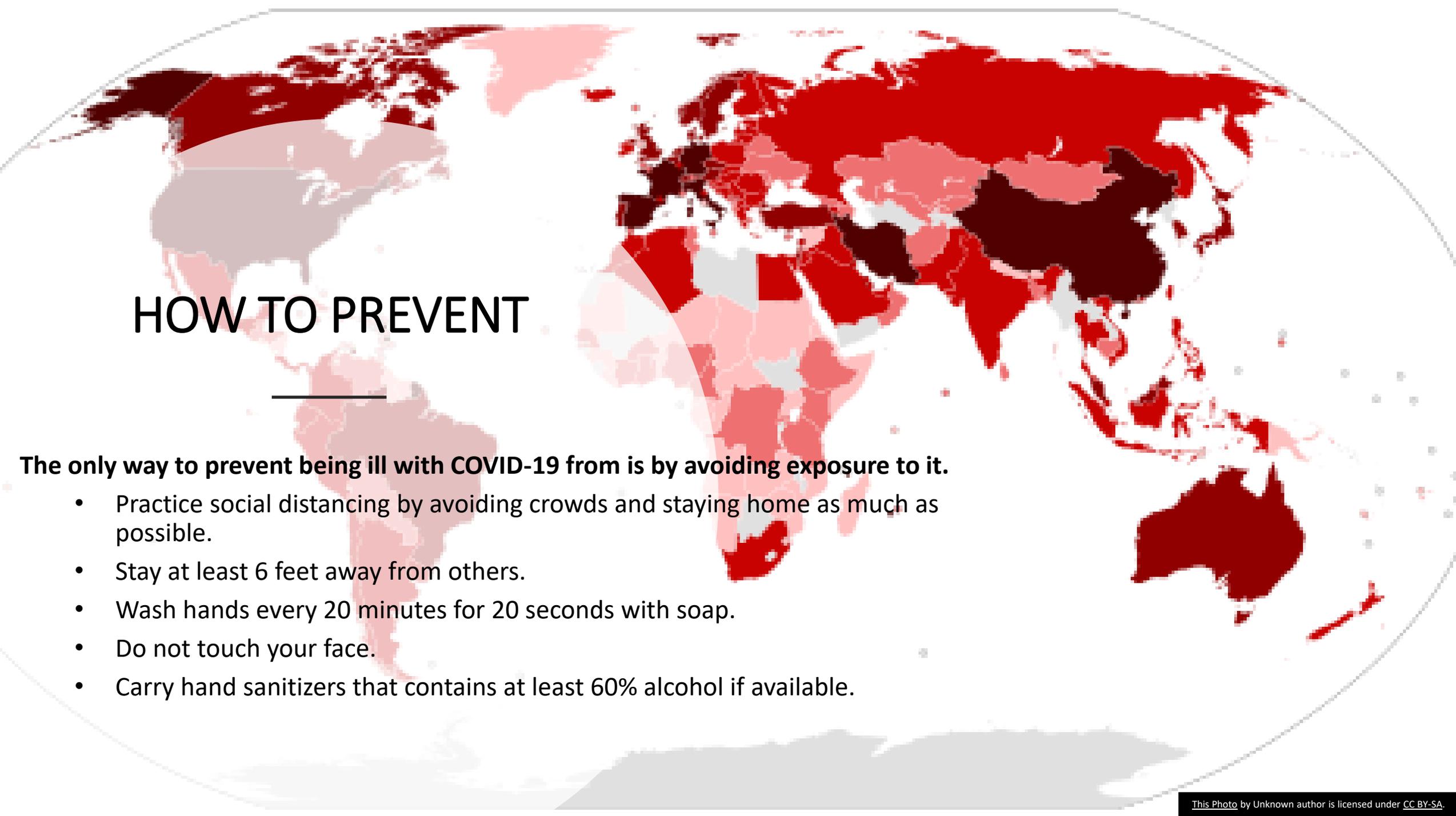
## Contracted through:

- Respiratory droplets produced by an infected person's cough or sneeze even when airborne and haven't hit the floor yet.
- The virus will stay on hard surfaces such as steel, metals, and on plastic for several hours.
- Coughing or sneezing into your hands and then touching other surfaces such as doorknobs will leave the virus on them.

## People that are high risk:

- Older people
- People with underlying health issues such as asthma, diabetes, heart disease and other respiratory illnesses.





# HOW TO PREVENT

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**The only way to prevent being ill with COVID-19 from is by avoiding exposure to it.**

- Practice social distancing by avoiding crowds and staying home as much as possible.
- Stay at least 6 feet away from others.
- Wash hands every 20 minutes for 20 seconds with soap.
- Do not touch your face.
- Carry hand sanitizers that contains at least 60% alcohol if available.



# MYTHS ABOUT COVID-19

*Don't believe all that you read online! Check and recheck your sources!*

It is just another flu. *“Differences between coronavirus and influenza and more common viruses still in circulation are that we know that the coronavirus binds to receptors in the lower part of the airways, and that accounts for the fact that so frequently, but not always, dry cough along with fever and fatigue are three of the symptoms that are most commonly associated with COVID-19.”*

Ordering or buying products shipped from China will make a person sick. *Scientists note that most viruses like this one do not stay alive for very long on surfaces, so it is not likely you would get COVID-19 from a package that was in transit for days or weeks.*

Taking a hot bath will protect you from the virus. *Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower.*



# MYTHS ABOUT COVID-19

*Don't believe all that you read online! Check and recheck your sources!*

Hydroxychloroquine, a drug to treat malaria and lupus flares has been proven effective to treat the coronavirus. *This hypothesis, put forward by some, including Professor Didier Raoult of the IHU Méditerranée Infection in Marseille, was dismissed by other eminent infectious disease specialists and dismissed as fake news recently by the Ministry of Health. Stocking up on this drug will make it difficult for people to get who need it.*

If you are young and healthy, you have nothing to worry about. *People of all ages can be infected by the new coronavirus (2019-nCoV). Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.*

# Mental Health and COVID 19

**According to the CDC, stress during an infectious disease outbreak can include:**

- *Fear and worry about your health and the health of your loved ones.*
- *Changes in sleep or eating patterns*
- *Difficulty sleeping or concentrating*
- *Worsening of chronic health problems*
- *Increased use of alcohol, tobacco, or other drugs*

# Mental Health and COVID 19

## **If that's you, you're not alone.**

Millions of people are experiencing major life changes (job loss, school closure, etc.).

Lifestyle changes can be hard to accept. Especially since we're told the way we unite is by staying apart from one another and removing that social support can make it more difficult for everyone.

As of March 25, 2020, NYS mental health professionals agreed to volunteer their time and expertise for the hotline at absolutely no charge to callers. If you need extra support, call the state's hotline at 1-844-863-9314 to schedule a free appointment.

# HOW TO COPE

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## PROTECT YOUR MIND

- **Limit social media use and time spent watching the news** (*don't feed into the thoughts of worrying that you'll miss the latest news- if it's important, you will find out sooner or later*)
- **Structure your schedule especially when you are working/learning from home** (*establish consistency and normalcy*)
- **Re-establish control over areas of your life you can improve in during this quarantine** (*this can help you cope with the "loss of control you may feel over COVID19"*)
- **Learn and/or improve on a skill that you may already have** (*develop more self-confidence and sense of self*)

# HOW TO COPE

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**SOMETIMES WE  
NEED TO  
DISTRACT  
OURSELVES!**

- Read a book
- Practice Yoga
- Practice Mindfulness
- Exercise
- Craft/Draw/Paint
- Dance
- Watch a movie
- Video chat your friends/family
- Create a TikTok/or funny video
- Write a poem/song
- Take a bath/shower
- SELF-CARE!
- Picnic indoors
- Learn a new language
- Create a family scavenger hunt
- Have a virtual game night (via Airconsole) or movie night (via Netflix party)
- Cook/Bake
- Clean
- Organize
- Rearrange your room
- Family board games/puzzles
- Video games
- Look into colleges
- Take a virtual tour of a museum
- Write a letter to someone
- Crosswords/Sudoku
- Learn something new
- Listen to audiobook
- Create a vision board
- Listen to a podcast
- Discover a place around the world (virtually)

## What is Positive Thinking?

Positive thinking doesn't mean that you keep your head in the sand and ignore what's going on.

Positive thinking just means that you approach unpleasantness in a more positive and productive way. You think a better situation or maybe the best is going to happen, not the worst.

Our automatic thoughts can be positive or negative. Some negative thoughts may arise from misconceptions that you create because of lack of information/evidence.

So be informed and check your sources about COVID19 and challenge your own anxious thoughts!

Information provided by Mayo Clinic

# THE POWER OF POSITIVITY during a crisis

## How to Practice Positive Thinking

You can learn to turn negative thinking into positive thinking.

- Check yourself. Periodically during the day, stop and evaluate what you're thinking. If you find that your thoughts are mainly negative, try to find a way to put a positive spin on them.
- Practice positive self-talk. If a negative thought enters your mind, evaluate it rationally and respond with affirmations of what is in your control. Think about things you're thankful for in your life currently.
- Be open to humor. Give yourself permission to smile or laugh, especially during difficult times. Seek humor in everyday happenings.
- Surround yourself with positive people. Make sure those in your life are positive, supportive people you can depend on. Check who you are following on social media. Unfollow or mute people on social media who are bombarding your newsfeed with endless articles about COVID19.
- Follow a healthy lifestyle. Aim to exercise for about 30 minutes on most days of the week. You can also break it up into 10-minute chunks of time during the day. Exercise can positively affect mood and reduce stress.

Information provided by Mayo Clinic

# THE POWER OF POSITIVITY during a crisis

# Real "Good News" about COVID19

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- Of about 80,000 people sick from COVID19 in China, more than 70% recovered and been discharged from hospitals. (Source: WHO)
- "A team of 10 scientific researchers from the Erasmus Medical Center in Rotterdam and Utrecht University say they are the first in the world to discover an antibody capable of fending off an infection by COVID19. The discover could lead to an antiviral medication." (Source: NL Times, Erasmus Magazine)
- A 103 year old Chinese grandmother has made a full recovery from COVID19 after being treated for 6 days in Wuhan, China. (Source: Daily Mail UK, MSN, Euro Weekly News)
- Cleveland Clinic has developed a COVID19 test that gives results in hours, not days. (Source: FOX 8 News, News 5 Cleveland, Cleveland Clinic)



# Real "Good News" about COVID19

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- South Korea recoveries are starting to outnumber new infections. (*Sources: BNO Newsroom, NBC News*)
- China is testing give different vaccine options, claiming it could have a vaccine by next month. (*Source: South China Morning Post. New York Post*).
- Multiple potential COVID19 vaccines are currently in development and testing, with at least 3 in the U.S. (*Source: NBC News*)
- Air pollution has plummeted in cities with high numbers of quarantined individuals. (*Source: Washington Post. Georgia Tech University*).
- Australian researchers are in the midst of testing two drugs as cures to the virus (*Source: BBC News*)



# Let's Spread Positivity by Helping Each Other

Communities are coming together to help their neighbors: Neighbors across the country are stepping up to make grocery runs for those who can't leave their homes. Local services have also reached out to the Seattle community to encourage those in need of help, to utilize the opportunities available to them.

Numerous businesses have stepped up to solve the crisis. Restaurants, sports, and businesses are all stepping up to combat the community effects of the novel coronavirus. The sports world is raising money for stadium employees, Uber Eats is divvying out free delivery to help independent restaurants, professional soccer players are entertaining viewers with a FIFA tournament, restaurants are doling out free food to those in need, and Bill Gates is giving out millions of dollars to speed up development of a coronavirus treatment, to name just a few out of dozens.

# Let's Spread Positivity by Helping Each Other

## WHAT CAN YOU DO?

- Call/Video chat with friends/family to keep them inside and to have them feel supported
- Practice social distancing to flatten the curve- think about the healthcare workers who are sacrificing their health and safety for us.
- Only share facts you have evidence to back up and if possible, spread "good news."
- Smile and be kind to others. Everyone is going through a rough time.
- Only buy what you need and assist any elders in your neighborhood with shopping.
- Support small businesses during this time if you can! Tip well when having takeout or delivery.
- Buy gift cards of small businesses to help them stay in business.

# RESOURCES: MENTAL HEALTH

## Mental Health Support

- For people quarantined with an abuser: 1.800.942.6906
- [Immigrants Rising Virtual Wellness Gatherings](#) (first one is on March 18)
- [NYC Well - helping nyc in need](#)
- [Mutual Aid \(NYC\) Network](#)
- [Minka Brooklyn Virtual Meditation and Reiki](#)
- [Virtual Counseling for John Jay College Immigrant Students](#)
- March 20 [Instagram Live Chat - Mental Health for the Undocumented Community](#)
- [Crisis Text Line](#)
- [Trans LifeLine](#)
- [VirusAnxiety Online Resource](#)
- [Stay at home online music festival](#)

# RESOURCES: HOUSING

## Housing

*Effective Monday, March 16th at 5 pm housing court is pretty much closed as evictions and hearings are all suspended indefinitely. You can still access the court for illegal lockouts, housing code violations and repair orders.*

- Met Council on Housing Hotline 212-979-0611
- Housing Court Answers' Hotline 212-962-4795
- Hotline for tenants: 212-979-0611

## **Internet**

- [US providers offering free wifi or special accommodations](#)
- [Free hotspots](#) Xfinity
- [Free broadband for students](#) Altice

# RESOURCES: SUPPORT

## Support

- [NYC United Against Coronavirus](#)
- [All up to date information from the City about the virus](#)
- [NYC Public School Meals from 7:30AM-1:30PM](#)
- NYC Department of Consumer and Worker Protection [Report Price Gouging](#)
- [NYS Unemployment Assistance](#) (If you worked with a valid work permit)
- [Know Your Rights - Public Charge](#)
- [Action NYC Immigration Legal Services](#)
- [Spreadsheet list of support](#) Created by Dr. Isabel Martinez of JJAY
- [Queens Mutual Aid Network](#)
- [Bronx Mutual Aid Network](#)
- [Brooklyn Mutual Aid Network](#)
- [Manhattan Mutual Aid Network](#)
- [Staten Island Mutual Aid Network](#)

# RESOURCES: FUNDS

## Funds

- [NYSYLC Emergency Funds for Undocumented Youth and Families](#)
- [Emergency COVID Relief for Sex Workers in New York](#)
- [NYC Covid19 support for Black Folks in NYC](#)
- [Abolition Action Group Grocery Fund Request Form](#)
- [Homegirl Emergency Fund](#)
- [Abolitionist Mutual Aid Fund for Incarcerated Comrades](#)
- [WOC Artist Relief Fund](#)
- **Manhattan and Brooklyn** [RAISE Undocu Workers Fund](#)
- [Cinema Workers in NYC](#)
- [NYC Low Income Artist and Freelancer Relief Fund](#)
- [Mutual Aid Fund for LGBTQI+ BIPOC Folks](#)
- [Betancourt Macias Family Scholarship Foundation, Emergency Funds](#)

# RESOURCES: FOOD

## Food

- [Invisible Hands Delivery Service](#)
- [Food Bank NYC](#)
- [Food hub is tracking what places are giving away free food and delivery](#)
- [The Door Food Supplies March 16-20 from 12-3pm](#)
- **Manhattan** Free vegan lunches will be available between 12pm-2pm at Honeybee's & Mother of Pearl - 95 Avenue A, New York, NY
- **Manhattan** Free vegan lunches will be available between 12pm-2pm Avant Garden - 130 E 7th Street, New York, NY
- **Manhattan** Free vegan lunches will be available between 12pm-2pm Ladybird & Night Music - 111 E 7th Street, New York, NY
- **Queens** Farine Baking Company 74-24 37th Avenue, Jackson Heights, Queens
- Farine Baking Company in Jackson Heights is providing food for people in need, financially challenged, or just hungry and can't afford to purchase. Free Kids Menu: kids burger, hot dogs, mac & cheese, chicken fingers, small mixed salad.
- [Queens New Immigrant Community Empowerment](#) gives food to day laborers
- **BRONX**
  - [Chefs for America Free Meals](#)
  - [Mamajuana Cafe will be providing a lunch bag for the children from 11am-1pm and 4pm-8pm](#)
  - **Acri Café** serving kids breakfast and lunch (212) 924-2424
  - **Abundant Life Tabernacle** 2692 3rd Avenue, Bronx, NY 10454 (718) 292-8734
    - Pantry Hours: Tuesdays & Thursdays, 12:30am-2:00pm
    - Please bring picture ID and proof of address

# RESOURCES: FOOD

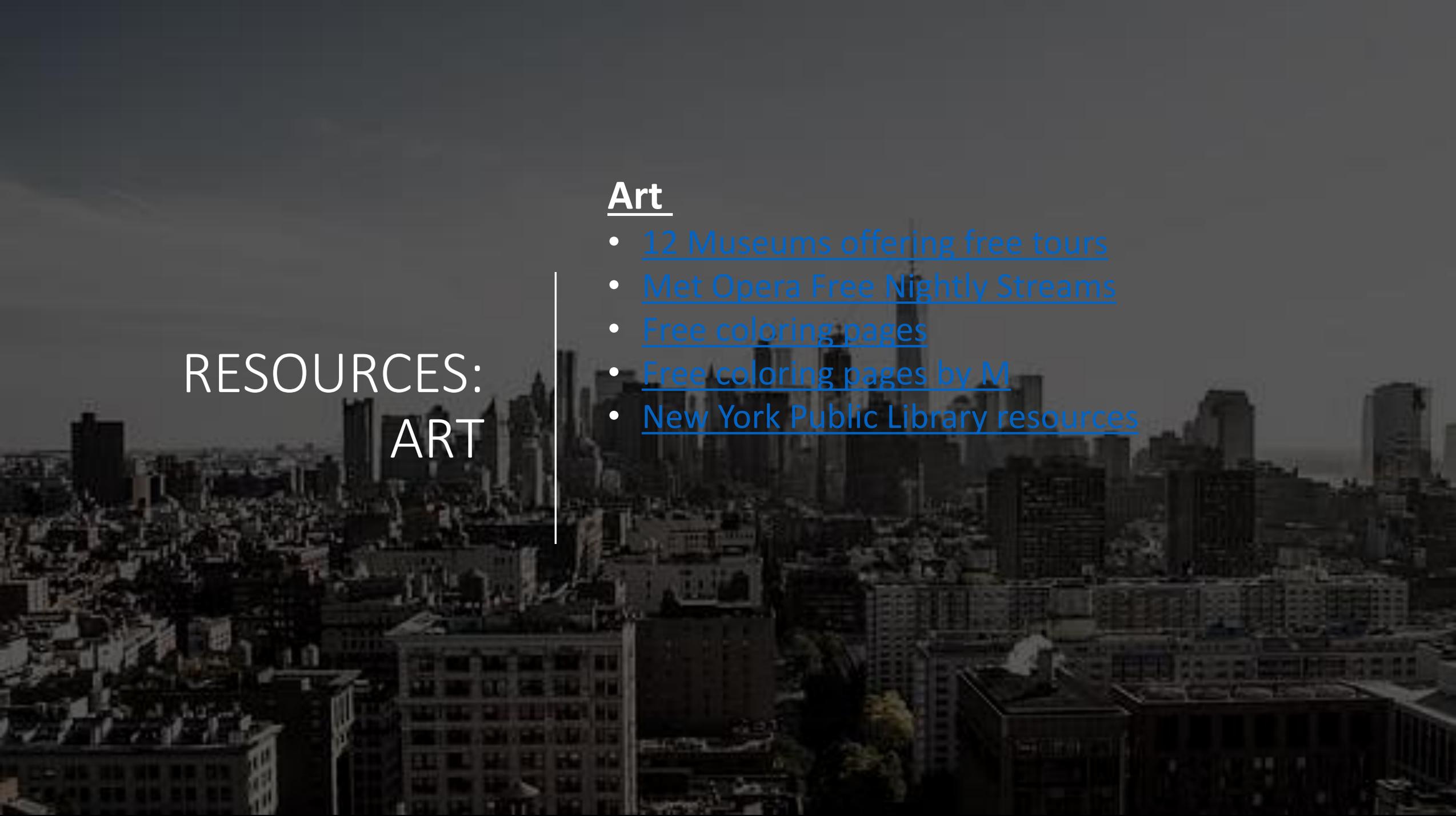
## Food Continued

- **Catholic Charities Rusty Staub Mobile Food Pantry at Highbridge Community Life Center** 1527 Jesup Avenue, Bronx, NY 10452 (212) 371-1011
  - Mobile Food Pantry Hours: Fridays, 10:00am-2:30pm
- **Door of Salvation Ministries** 460 E 134th Street, Bronx, NY 10454 (718) 993-5532
  - Pantry Hours: Monday - Friday, 2:00pm-5:00pm
- **Highbridge Advisory Council** 880 River Avenue, Bronx, NY 10452 (718) 992-8539
  - Pantry Hours: Monday - Friday, 2:00pm-5:00pm
- **Missionaries of Charity** 335 E 145th Street, Bronx, NY 10451 (718) 292-0019
  - Pantry Hours: Shelter | Soup Kitchen, 9:30am
- **Missionary Church of Christ** 937 Teller Avenue, Bronx, NY 10451 (718) 588-4545
  - Pantry Hours: 2nd & 4th Wednesday of the month: 9:00am-11:00am
- **Salvation Army — Bronx Citadel** 425 E. 159th Street, Bronx, NY 10451 (718) 665-8472
  - Pantry Hours: Tuesday, 10:00am (120 person limit)
  - Soup Kitchen: Mondays, Wednesdays, Fridays: 1:00pm-2:00pm
  - To receive food, individuals must reside in: 10451, 10452, 10454, 10455, 10459, 10465, 10472, 10473, and 10474.
- **St. Crispin's Food Pantry** 420 E 156th Street, Bronx, NY 10455 (718) 665-2441
  - Pantry Hours: Mondays starting 10:00am

# RESOURCES: BILLS

## Bills Assistance

- [Message from ConEdison](#): During this incredibly challenging time, we know you're counting on your power. We are not expecting any interruptions of your service because of the coronavirus (Covid-19). Please know you will not lose your power now because you're having trouble making payments.
  - Your service will not be shut off for non-payment.
  - Waiving new late-payment fees.
  - Suspending no-access fees if we can't read your meter.
  - No fees for making payments with credit cards or debit cards.
  - Suspending fees for refusing smart meter installations
  - Most customers can arrange for payment extensions and agreements online through **My Account**.



# RESOURCES: ART

## Art

- [12 Museums offering free tours](#)
- [Met Opera Free Nightly Streams](#)
- [Free coloring pages](#)
- [Free coloring pages by M](#)
- [New York Public Library resources](#)

# Presentation References:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

<https://www.healthline.com/health-news/5-covid-19-myths>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/2019-novel-coronavirus-myth-versus-fact>

<https://www.wbir.com/article/news/local/as-seen-on-tv/how-to-stay-positive-cope-with-stress-and-anxiety-during-covid-19-pandemic/51-c9d634d3-5cc0-4668-9ef2-1c798adba27c>

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950>

<https://www.anxiety.org/authors/sarah-krill-williston-med-phd>

<https://www.seattlepi.com/coronavirus/article/good-news-about-novel-coronavirus-15141530.php>

# Thank You From TCCNY Staff at LICHS!

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Please reach out if in need of mental  
health services:

[Chrissiechua@childcenterny.org](mailto:Chrissiechua@childcenterny.org)

[Brookerudolph@childcenterny.org](mailto:Brookerudolph@childcenterny.org)

[Naziakhandaker@childcenterny.org](mailto:Naziakhandaker@childcenterny.org)

[Yazmincoyomani@childcenterny.org](mailto:Yazmincoyomani@childcenterny.org)

