

Managing 10 Common Issues in the Second Wave of COVID-19

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Groceries





Groceries

It is important for all of us to stay as healthy as possible, including the food we eat. Try to keep a sufficient supply of nutritious food at home. These items can include fresh fruits, nuts, and vegetables. You can also purchase low-sodium canned vegetables, low-sugar canned fruit, pasta, and rice.

If you or a family member has a food allergy, it is best to be prepared ahead of time rather than worrying about getting the foods you need.

To limit exposure to COVID-19 in stores, reduce your visits as much as possible. Because prices may increase as the pandemic continues, try to purchase what you can while items are at a more reasonable price. You can purchase one or two extra cans, bags, or containers of your favorite items – without hoarding.

You may consider food delivery options that are available in your area. Another option is to coordinate a pandemic ‘pod’ or ‘bubble’ of a group of family or friends who have agreed to specific safety restrictions to reduce the risk of contracting and spreading the virus. Select a person from this pod to be responsible for grocery shopping to prevent others from exposure to the virus in the community.





Groceries

Use your social media networks to ask for help if you are unable to afford food or feel unsafe going to the grocery store. There are many thoughtful and generous people in the community who want to help and can assist you 'contact-free.' If you can help someone else, let others know in social networks.

You child may be eligible to receive school meals through the National School Lunch Program and the School Breakfast Program. Ask your child's school district for more information.

If you are in immediate need of food and are unable to afford it, contact the USDA National Hunger Hotline at 1-866-3-HUNGRY. Local community or religious organizations may be able to assist you in locating a food bank or food pantry. During the COVID-19 pandemic emergency, food stamp (SNAP) recipients may be able to receive additional funding. Enrollment for food programs for pregnant women, families, seniors, and people with disabilities can be done remotely. Contact your health care provider, library, or your state's social service agency (<https://www.usa.gov/state-social-services>) to get the help you need.



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Work-related Issues





Work-related Issues

There are many factors that affect a person's employment during the pandemic. Whether you are working from home, returning to work, or balancing both, it is important to maintain open communication with your employer to communicate needs, challenges, and potential solutions, including telework, if possible.

To prepare for fully-remote work, set up a plan for communication, file sharing, and distribution or exchange of other documents or materials. Ask your employer what provisions need to be in place to support the most effective work efforts. Visit the US Department of Labor website for answers to some frequently asked questions: <https://www.dol.gov/agencies/whd/pandemic/ffcra-questions>.

For information about employee paid-leave rights, visit: <https://www.dol.gov/agencies/whd/pandemic/ffcra-employee-paid-leave>.





Work-related Issues

If it is essential that you physically need to be at a work site, inquire what safety measures are being put into place.

The CDC has a helpful resource with information about returning to work: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/returning-to-work.html>

The US Department of Labor has developed guidance for workplace safety: <https://www.dol.gov/coronavirus>.





Child's Education





Child's Education

Schools are providing education to students in a variety of ways. Those schools that are offering in-person or hybrid classes are faced with ongoing challenges relating to staff, student, and/or family exposure to COVID-19, the flu, and other illnesses. If your child is attending school in person, follow your school district's safety procedures to help keep children, staff, and families healthy and safe.

If your child's school has not communicated a plan for fully-remote learning, reach out to your district's administrators to ask about preparations being made if the education program does become fully-remote. Be sure to ask what supplies would be needed. To work and communicate remotely, your child may need a computer as well as access to internet services. Find out if your child can use a school-issued computer when in-person school is not available. Establish a plan, including contact information, with student aides, support staff, and/or paraprofessionals in order to continue educational supports.



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Child's Education

Contact your child's district case manager and the special services staff to establish a plan for the continued implementation of your child's IEP during remote learning.

Helpful tools and resources for implementing or modifying an IEP at home and school can be found at:

<https://www.rwjbh.org/patients-visitors/what-you-need-to-know-about-covid-19/covid-19-parent-resources/>

Additional information regarding special education services for children with disabilities during COVID-19 can be found at:

<https://www2.ed.gov/policy/speced/guid/idea/memosdcltrs/qa-provision-of-services-idea-part-b-09-28-2020.pdf> .

Helpful resources to support your child with remote learning is available at: <https://www.understood.org/pages/en/school-learning/for-educators/distance-learning/>.



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Stress Relief



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Stress Relief

Understandably, many people have feelings of anxiety and concern as a result of the pandemic. These stresses can impact you and your family in a variety of ways.

It's important to prioritize self-care. Take some time each day to practice stress management techniques that work for you. These can include exercise, meditation, mindfulness, and time outside. Each day, be sure to take some breaks from social media and upsetting content. Be sure to reach out to others and stay connected. Seek help if you are overwhelmed or feel unsafe. The United Way supports 211, a free and confidential service that helps people across North America find the local resources they need 24 hours a day, 7 days a week. For more information, visit: <https://www.unitedway.org/our-impact/featured-programs/2-1-1>



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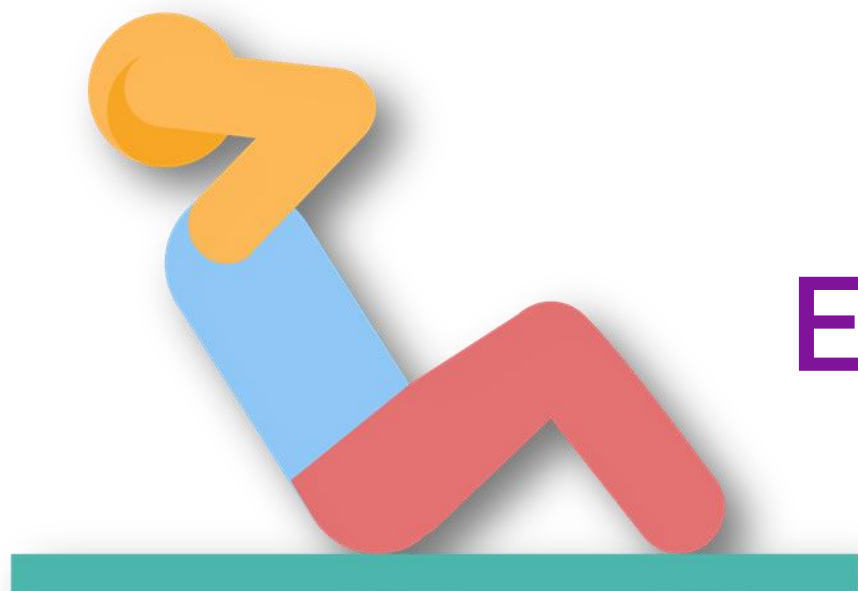
Stress Relief

The Autism Science Foundation has developed helpful resources to help families with many challenges related to the pandemic. Visit: <https://autismsciencefoundation.org/covid-19-resources/>

Children's Specialized Hospital has conducted webinar presentations to provide help with stress reduction, school-related challenges, challenging behaviors, and more. You can find these and other helpful supports at: <https://www.rwjbh.org/patients-visitors/what-you-need-to-know-about-covid-19/covid-19-parent-resources/>

The CDC provides information and suggestions to support mental health during COVID-19 at: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>





Exercise Plan





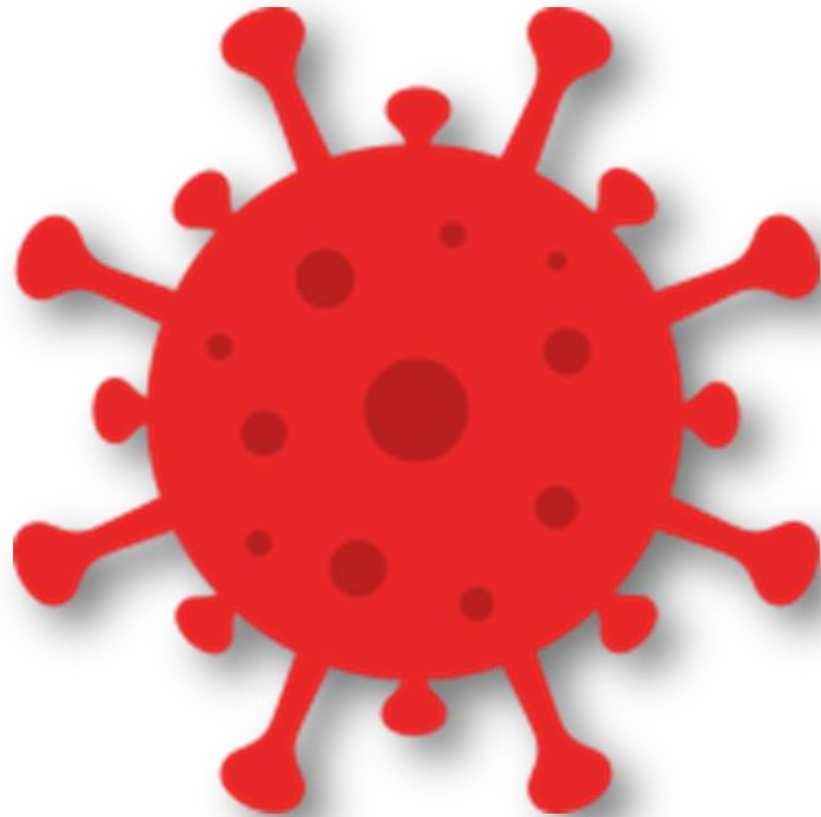
Exercise Plan

Your regular workout routine at a gym may be unsafe or unavailable due to the COVID-19 pandemic. Exercise can be helpful for the mind and body as well as help reduce stress and anxiety related to managing life in a pandemic. Talk to your health care provider if you are starting or changing your exercise routine.

There are many ways to create alternative fitness routines in and around your home. Try to start slowly and simply and increase your level so it is not overwhelming. Start by walking up and down the stairs a few times, dancing to music, or taking a walk around your home. Using yoga mats, jump ropes, hand/feet weights, resistance bands, balls, and stationary bicycles are some ways to substitute exercises done in a gym.

Look online for videos and ideas to establish an exercise plan that works for you.





COVID-19 Testing



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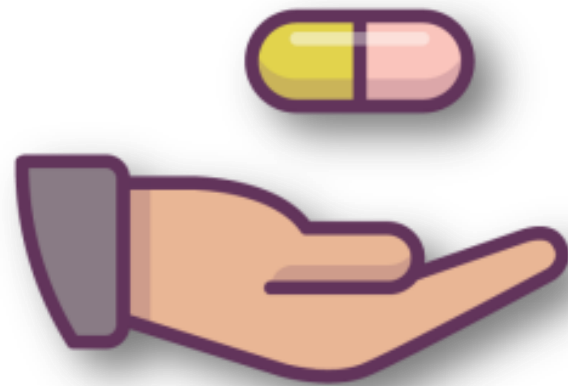
COVID-19 Testing

Health care providers now have various methods to test people for COVID-19. Based on your various family, friend, co-worker, and community interactions, it may be important to get tested to know if you have contracted the virus. You can find out more about COVID-19 exposure and testing at: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Contact your municipality or local library to find out the availability, locations, and cost of drive-up and other testing sites. If your doctor's office has in-person COVID-19 testing, inquire about scheduling and their specific policies. You or a family member may be in a high risk group and may have different requirements.

The following link provides guidance for community-based testing sites <https://www.hhs.gov/coronavirus/community-based-testing-sites/index.html>





Medication



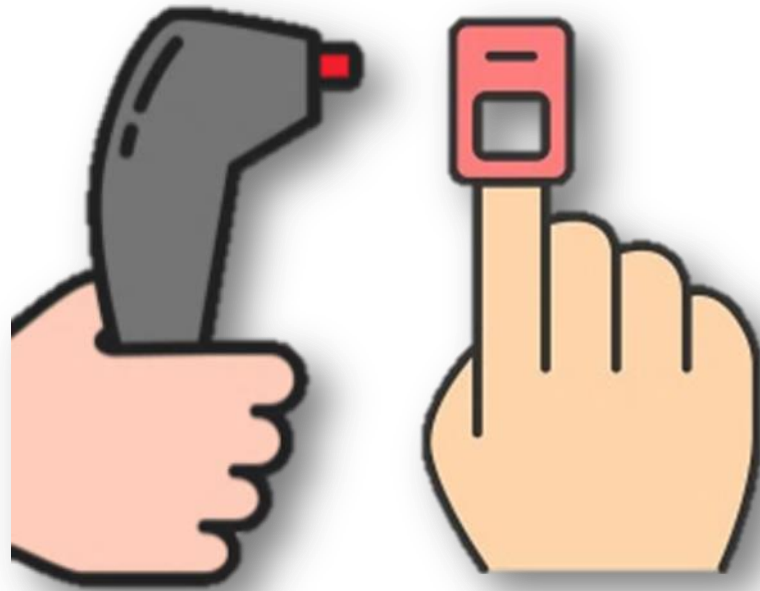


Medication

Be prepared by having a three-month emergency supply of your essential prescription and over-the-counter medications.

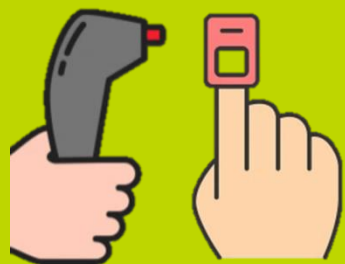
Don't wait. Contact your health care providers as soon as possible. They may be busy and unable to fill your prescriptions quickly and your drug store may not have a continuous supply of the medicines you need.





Pulse Oximeters and Thermometers





Pulse Oximeters and Thermometers

COVID-19 is a virus that affects a person's respiratory system, and can prevent the lungs from circulating oxygen to the body as needed.

A pulse oximeter is a small device that is able to measure blood oxygen levels in a person's body. Not everyone with COVID-19 will develop low oxygen levels and a pulse oximeter should not be used to screen for COVID-19. This device can help to check oxygen levels, particularly for those who have pre-existing medical issues such as lung disease, heart disease, and/or obesity.

Fever is a common symptom of COVID-19. It is helpful to have a thermometer on hand. Touchless or infrared thermometers help to reduce the amount of contact and spread of germs. Learn more about these thermometers at:

<https://www.healthychildren.org/English/tips-tools/ask-the-pediatrician/Pages/are-infrared-thermometers-safe.aspx>





Sanitizing and Disinfecting



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Sanitizing and Disinfecting

Try to keep a reasonable supply of hand sanitizer, disinfectant wipes, masks and household cleaners. To reduce the spread of germs, it is important to make sure highly used items are cleaned regularly. On a daily basis, disinfect areas such as tables, counter tops, light switches, doorknobs, desks tops and handles, hard back chairs, computer keyboards, phones, tablets, toilets, and sinks.

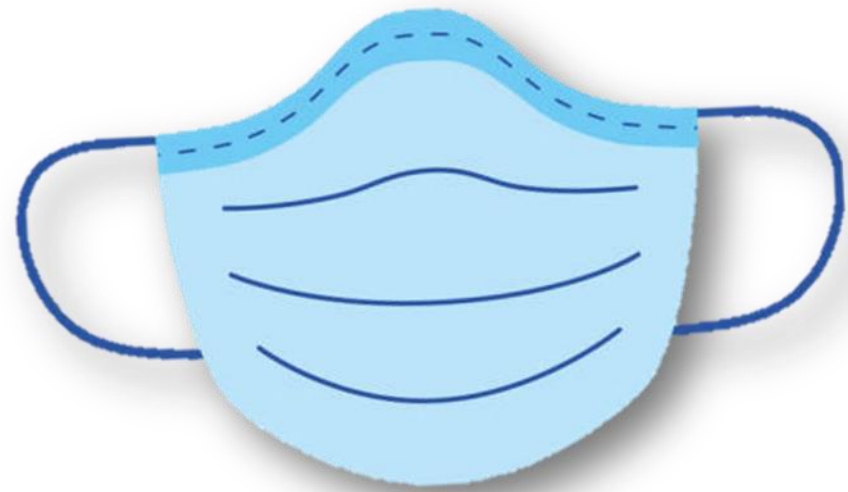
The CDC has provided helpful guidance for sanitizing and disinfecting. Visit: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>



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Masks and Personal Protective Equipment





Masks and Personal Protective Equipment (PPE)

COVID-19 can be spread when we breathe, cough or sneeze. Wearing a mask reduces spread from person to person. Wearing a face mask and social distancing help prevent the virus from spreading. Children under the age of two and those with breathing challenges should not wear face masks.

When wearing a face mask, make sure it covers both the nose and mouth. After using the face mask, remove it and be sure to wash hands. Disposable masks should be thrown in the trash and fabric masks should be washed in the washing machine.

More information, resources, and educational tools about using PPE are available at: <https://www.rwjbh.org/patients-visitors/what-you-need-to-know-about-covid-19/covid-19-parent-resources/>



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autismsciencefoundation.org

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Through a partnership with Kohl's Cares,
Children's Specialized Hospital is improving
access to care for children with
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