



Office of the ... DEPARTMENT OF SOCIAL SERVICES

C O U N T Y O F M O N O

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TO: Resource Family of Mono County

FROM: Mono County Dept. of Social Services – Resource Family Approval

DATE: 4.6.2020

SUBJECT: COVID 19- Staying Healthy and Being Prepared

Hello RFA families!

Hope all are well, staying home and keeping safe during these times of COVID 19. I wanted to reach out to each of you and let you know that we are thinking about you and appreciate what you do for Mono County children. Considering COVID 19, here are something you could do to plan with your families and the children in your care.

RESOURCES FOR PARENTS/CAREGIVERS: Develop an adequate emergency plan using the following strategies:

- Keep an adequate supply of water, food, pet food, and household supplies in the home, including connecting families with available community resources.
 - Contact health care provider, pharmacist, or insurance provider about keeping an emergency supply of medications at home if needed.
 - Keep a working thermometer and over-the-counter medicine to treat fevers on hand.
 - Ask about employers' preparedness plans, including sick-leave policies and telework options.
 - There are local community resources for food, utility, and financial assistance.
- <https://www.imaca.net/>, Website: MonoHealth.com/Coronavirus or Call: 211
- Learn about the preparedness plans of their children's childcare facilities, schools, and/or colleges.
 - Develop backup plans for childcare during temporary school closures, or in the even a primary caregiver becomes ill.
 - Stay healthy and practice self-care
 - Maintain a routine is import with educational activities. Talk with the child's teacher to obtain grade appropriate activities. Include ideas for keeping children busy and active and for managing stress while under stay at home orders.

- Develop a plan for what will happen if someone in the home becomes ill or tests positive for the virus:
 - o If the primary caregiver becomes ill, who will supervise children?
 - o Who can bring meals and/or provide food?
 - o Who can care for the children if the caregiver is hospitalized?
 - o What is the plan to keep the ill person away from others?
- Talk with children about COVID-19, validating known fears, and providing calm, empathetic and empowering verbal support and referring them to trustworthy and developmentally appropriate sources of information.

We will get through this and please reach out if there are any needs! I will also be sending additional resources and activities.

Thank you for all,

Krista Cooper
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