



Resources for Families during COVID-19

Updated 4-6-2020

A Safer-at-Home order has been issued for the State of Florida and Hillsborough County effective Friday, April 3, 2020. Details on www.HCFLGov.net/StaySafe

Alerts (Sign Up)

- Hillsborough County Alerts – <https://www.hillsboroughcounty.org/en/residents/public-safety/emergency-management/stay-safe>
- City of Tampa text TAMPAREADY to 888-777
- City of Tampa in Spanish – text TAMPALISTA to 888-777

Centers for Disease Control (CDC)

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Travel Notices <https://wwwnc.cdc.gov/travel>
- New [Social Distancing, Quarantine, and Isolation](#)
- New [Use of Cloth Face Coverings to Help Slow the Spread of COVID-19](#)
- New [Cloth Face Coverings: Questions and Answers](#)
- New [COVIDView: A Weekly Surveillance Summary of U.S. COVID-19 Activity](#)
- New [Airline Catering Truck Drivers and Helpers](#)
- New [Aircraft Maintenance Workers](#)
- New [Airline Customer Service and Gate Agents](#)
- Updated [How to Prepare](#)
- Updated [CDC's role in helping cruise ship travelers during the COVID-19 pandemic](#)
- Updated [Cases in the U.S.](#)
- Updated [Testing in the U.S.](#)

Child Abuse Prevention

- Child Abuse Hotline 1-800-96-ABUSE (22873)
- Prevent Child Abuse America <https://preventchildabuse.org/>
- Prevent Child Abuse Florida <http://www.preventchildabusefla.org/>
- The Ounce of Prevention Fund <https://www.ounce.org/index.asp>
- Healthy Families Florida <http://www.healthyfamiliesfla.org/index.asp>
- Healthy Families Hillsborough <http://healthystartcoalition.org/the-programs/386-2/>
- Child Welfare Information Gateway <https://www.childwelfare.gov/topics/preventing/preventionmonth/>
- Prevention Strategies <https://www.cdc.gov/violenceprevention/childabuseandneglect/prevention.html>
- Help Guide <https://www.helpguide.org/articles/abuse/child-abuse-and-neglect.htm>
- Florida Department of Children and Families <https://www.myflfamilies.com/service-programs/child->

[welfare/child-abuse-prevention-month.shtml](https://www.welfare.org/child-abuse-prevention-month.shtml)

- Mary Lee's House <https://maryleeshouse.org/>
- Champions For Children <https://cfctb.org/>
- Children's Home Network <https://www.childrenshomenetwork.org/child-abuse-prevention>
- Eckerd Connects <https://eckerd.org/family-children-services/foster-and-adoption/eckerd-connects-community-alternatives-hillsborough/>
- Crisis Center <https://www.crisiscenter.com/about-us/history/>

Childcare

- YMCA Youth/child relief care for essential workers. For up-to-date information call 813-224-9622, <https://www.tampaymca.org/>
- Early Learning Coalition of Hillsborough County www.elchc.org/child-care-resource-referral/

Department of Health COVID-19 Call Center Available 24/7

- Florida DOH (866) 779-6121
- Email COVID-19@flhealth.gov

Disabilities

- <https://www.tampagov.net/accessibility/covid-19>
- Autism Speaks, 1-888-AUTISM2 - Autism Response Team (ART), for families who need guidance and support with regards to disrupted routines, coping, home and online learning, etc., <https://www.autismspeaks.org/covid-19-information-and-resources>

Education/Learning Resources (Virtual)

- Hillsborough County Public Schools <https://www.sdhc.k12.fl.us/>
To be prepared, we are asking every student, parent and teacher to know their [Edsby](#) account username and password and for every student to also know his or her [Clever](#) account username and password. Please use either Chrome, Safari, or Firefox to access these resources. Instructions for accessing [Edsby](#) (for student assignments, grades and parent-teacher communication) Instructions for accessing [Clever](#) (for online textbooks and learning software)
Call Hotlines:
 - eLearning Support (813) 272-4785
 - Technology Support (813) 272-4786
 - Mental Health Support (813) 272-4787
 - General Questions (813) 272-4788
- Florida Department of Education <http://www.fldoe.org/em-response/resources-families.shtml>
- <https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html>
- <https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>
- Hillsborough County Public Library <https://www.hcplc.org/books/ebooks>
- <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- Scholastic <https://classroommagazines.scholastic.com/support/learnathome.html>
- WEDU PBS At-Home Learning <https://mailchi.mp/wedu/at-home-educational-resources-from-wedu-pbs?e=66e7eafea>
- PBS Kids <https://pbskids.org/>
- myON at home <https://readonmyon.com/>
- Glazer Museum at Home <https://glazermuseum.org/gcmathome>
- [Virtual Learning Resources](#)
- Audible is offering no-cost streaming of children's stories in six different languages. This could be used for entertainment, to help with bedtime and encourage learning about new topics.

<https://stories.audible.com/start-listen?linkId=84820275>

- Reading Videos Activities www.cosmickids.com
- Home School Type with a Daily Schedule by School Grade www.khanacademy.org
- Virtual Zoo Cams <https://Kids.sandiegozoo.org/videos>
- ABCmouse is offering first month free
<https://www.abcmouse.com/abt/homepage?8a08850bc2=T2913508998.1585064692.6539>
- Teaching remotely for grades K-12, free resources and strategies
<https://classroommagazines.scholastic.com/support/learnathome.html>
- Parent Lunch and Learn - Helping Your Child Cope (Virtual Webinar) March 27, 11:30am-12:30pm
Florida Diagnostic and Learning Resources System, partnered with Florida Virtual School-FLVS
Discussions with mental health professionals, coping experts, etc.
<https://impact.fdlrs.org/x/events/view/?id=347&pw=64820a5e>
- Project Gutenberg, Thousands of no-cost children's e-book downloads
https://www.gutenberg.org/wiki/Category:Children%27s_Bookshelf
- Just For Kids: A Comic Exploring The New Coronavirus
<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
- Talk Read Sign Tampa Bay <https://talkreadsingtampabay.org/>
- Computer Mentors' open registration for student enrollment in online coding and software training
<https://computermentors.org/>
- Autodesk supports distance learning globally for students, teachers impacted by COVID-19
<https://www.autodesk.com/education/covid19>
- Amazon Future Engineer offers free online virtual robotics and coding classes for any student or teacher affected by COVID-19 in the US. https://gocoderz.com/amazon-future-engineer/?fbclid=IwAR2EtmJwx_JSaMesRJKshZ9Snpr9HcnN20oy7qkP6HOI1bc5DVNgcFuZ9Y
- Live Science <https://www.livescience.com/coronavirus-kids-activities.html>
- NASA offers students and teachers help and ideas to create awesome science projects
<https://go.nasa.gov/2IN2JK7><https://go.nasa.gov/2IN2JK7?fbclid=IwAR1XX76iMo4aFdpcXttkbWXM64YH_zZT2McGmod0r31oYRoBo75_Ne-e-1k>
- Kaplan Live <https://www.kaplanco.com/live?vid=mindfulness>
- Sesame Street <https://www.sesamestreet.org/caring>
- Step Up for Students https://www.stepupforstudents.org/for-parents/public-service-page-for-parents/?utm_campaign=Outreach%20e-blast&utm_source=hs_email&utm_medium=email&utm_content=85535726&hsenc=p2ANqtz-s4eR-lfJ0liUrhFaro8fTwuWi4BZ_VxjAe6VhTO18D6UIPwJDGrEO7g_Pvzhyz7ul2ULAGbwCB36llQg-WnHEXpBSjbpjZabSkmtZMOAEb47D3Mw&hsmi=85535726
- Wolframalpha - Compute expert-level answers using algorithms, knowledgebase and AI technology
<https://www.wolframalpha.com/>
- Social & Emotional Learning <https://myframeworks.org/>

Elderly

- For seniors who attend dining centers or meal sites, or receive services through adult day care centers and home delivered meals should call (813) 272-5160 for information about the continuation of services.
- In Temple Terrace - If you or someone you know (an elderly or ill neighbor, friend or relative) needs help in getting groceries or other supplies including medication, the City of Temple Terrace can help. Call (813) 506-6406 between 9am and 5pm or email lhayes@templeterrace.com
- Florida Department of Elderly Affairs <http://elderaffairs.state.fl.us/>

Employment

- Publix <https://storejobapplication.publix.com/JacOnlineBI/en/Logout/Loading/>
- Shipt <https://www.shipt.com/shopper-application/>
- CVS
<https://jobs.cvshealth.com/howtoapply?prefilters=none&CloudSearchLocation=none&CloudSearchValue=none>
- Walmart <https://careers.walmart.com/>
- ALDI <https://careers.aldi.us/search-jobs/Tampa%2C%20FL/61/4/6252001-4155751-4158712-4174757/27x94752/-82x45843/50/2>
- Amazon <https://www.amazon.jobs/en/location/tampa-area-florida>
- Costco <https://www.costco.com/job-opportunities.html>
- Domino's <https://jobs.dominos.com/dominos-careers/opportunities/in-store>
- Wawa <https://wawa.wd1.myworkdayjobs.com/careers>
- Instacart <https://shoppers.instacart.com/>
- Walgreens is adding 10,000 people: <https://jobs.walgreens.com/>
- Dollar General <https://www.careerarc.com/.../dollar-general-c.../campaign/45977>
- Dollar Tree <https://www.dollartree.com/careers>
- 7-Eleven <https://careers.7-eleven.com/careers/home>
- PepsiCo <https://pepsifrontlinecareers.com/>
- Pizza Hut <https://jobs.pizzahut.com/>
- Papa John's <https://jobs.papajohns.com/>
- Jet's Pizza <http://www.jetspizza.com/>
- Thorntons <https://www.thorntonsinc.com/careers/apply>
- Need Reemployment Assistance? Here's a Way to Seek Help
https://www.hillsboroughcounty.org/en/newsroom/2020/03/20/covid-19-draining-your-income-heres-a-way-to-seek-help?fbclid=IwAR04om1PslOnn59g90qAxl9LtCoetbGGKFiU-BH724zpiQo7-dSc_nMrX10
- Career Source Tampa Bay COVID-19 Job Resource Toolkit <https://www.careersourcetampabay.com/>

Entertainment

- Billboard – Free concerts <https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams>
- NPR-Virtual concerts <https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>
- 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch (Video)
<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- 5 National Parks Offer Virtual Tours You Can Take From the Comfort of Home (Video)
<https://www.travelandleisure.com/trip-ideas/national-parks/virtual-national-parks-tours>
- Massive List of Museums, Zoos, and Theme Parks Offering Virtual Tours
<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>
- Big Life Journal [Stay-at-Home Care Package](#) ideas for indoor and outdoor activities for kids and teens
- Keeping parents sane during lockdown with all the best links to free kids quarantainment
<https://www.quarantain.me/>

Families First Coronavirus Response Act

- The Families First Coronavirus Response Act, phase II, will provide paid leave, food assistance and tax credits to individuals in the U.S. affected by the novel coronavirus <https://www.cda.org/Home/News-and-Events/Newsroom/Article-Details/coronavirus-response-act-takes-effect-april-2-expands-fmla-and-paid-sick-leave-requirements#>

Financial Assistance – Rent, Basic Needs & Income Assistance

- ASO is currently operating as normal, consider using BOCC funds first for rent.
- Tampa Electric/TECO has suspended disconnections for non-payment at least through the end of March.
- Hillsborough County Sheriff's Office has discontinued all eviction executions until April 20. Please contact your landlord for clarification if needed.
- Florida residents whose employment has been affected by COVID-19 can apply for Reemployment Assistance benefits. Florida Reemployment Assistance Program can help you get monetary compensation while unemployed. For information on eligibility and the application process click <https://www.stateofflorida.com/articles/florida-unemployment/>
- Dave Ramsey's Financial Peace University is offering a free trial. <https://www.daveramsey.com/>

Fitness & Self-Care

- Meditation - weekday 5 min live meditation at 3pm
<https://www.tenpercent.com/coronavirussanityguide>
- Parallax workouts <https://www.youtube.com/user/BodfitUFS/videos>
- Crunch Fitness offering free online workout classes for the next 45 days
<https://www.prevention.com/fitness/workouts/a31911811/crunch-fitness-workouts-free/>
- 13 free online workouts to try while you're stuck at home
<https://www.sbnation.com/2020/3/19/21185741/free-online-workout-classes-to-stream-youtube-app-yoga-total-body-exercise-hiit>
- 25+ Fitness Studios and Gyms Offering Live-Stream Workouts during the Coronavirus Outbreak. These free classes are available to anyone
<https://www.goodhousekeeping.com/health/fitness/a31792038/coronavirus-live-stream-workout-classes/>
- Yoga for children and families
 - <https://www.cosmickids.com/>
 - Youtube: <https://www.youtube.com/user/CosmicKidsYoga>
- 15 Ways to Practice Self-Care <https://qz.com/1818622/how-to-practice-self-care-during-coronavirus/>
- 10 ways to take care of yourself during coronavirus <https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus>
- Self-care while working during Covid-19 <https://hr.uw.edu/coronavirus/self-care/>
- Therapy Assistance Online (TAO Connect) is offering its [Mindfulness Library](#) available to anyone. The library contains exercises to help enhance mindfulness practices, including:
 - Mindful walking
 - Mindful eating
 - Mindful breathing
 - Guided imagery
 - Letting go
 - Meditation

Food/M meal Assistance (Free)

- Find a Food Pantry <http://feedingtampabay.org/find-a-pantry/>
 - Feeding Tampa Bay 813-254-1190
 - Feeding Tampa Bay Current Calendar of Drive Thru food pantries
feedingtampabay.org/mobile-pantries/
- Summer Break Spot <https://summerbreakspot.freshfromflorida.com/>
- Grab and Go lunches from Hillsborough County Schools

https://www.sdhc.k12.fl.us/doc/2661/superintendents-office/resources/coronavirusgrabngo/?utm_source=web&utm_medium=button&utm_campaign=coronavirus

- Bible-Based Fellowship Church, 8718 North 46th Street, 813-980-0559, Tuesday and Thursday only, need ID and bring a grocery bag
- Calvary's Community Cupboard, 1424 E College Ave, Ruskin, FL 33570, (813) 641-7790, Tuesdays from 7:30-11:00 am, drive through only
- Crosswind Church, 1510 W Hillsborough Ave, Tampa, FL 33603, (813) 238-2348, Tuesdays at 5 pm
- ECHO Brandon distributing food during COVID-19 www.echofl.org
 - Brandon Campus: 507 Parsons St., Brandon, 813-685-0935, Monday - Friday 8:30am -12:30 pm
 - Riverview Campus: 7807 Capitano St., Riverview, 813-540-9880, Tuesday - Friday 9:am - 1 pm
- Fresh Food Market handing out nonperishable items Fridays @ 11am - until they run out. They are also providing hot meals to the community Saturdays @ 12 - 2pm.
- Grocery Delivery Service Hotline Number: 813-749-1115 Oldsmar residents over the age of 65 may call the Emergency Grocery Delivery Service Hotline, Monday-Friday 9am-5pm to request home delivery of groceries. An Oldsmar Cares volunteer will make a follow-up phone call from a 949 area code to determine needs and schedule delivery. To limit exposure, this will be a "Drop-off at the Door" service only.
- Guided Path 11am-4pm Monday-Friday, must bring photo ID and names & birthdays of all family members., (813) 405-4437 www.Guidedpathfoundation.com
- Lake Magdalene United Methodist Church- Food Pantry, 2902 W Fletcher Ave, Tampa, FL 33618, 10am to 4pm, Monday to Thursday, 813-961-1254, need ID
- Meal Site Map: <https://bit.ly/2Uf46aI> 813-209-1000
- Meals on Wheels <https://mowtampa.org/>
- Metropolitan Ministries <https://www.metromin.org/what-we-do/food/> working with our [#MetroBrigAlDe](https://www.metromin.org/what-we-do/food/) meal site partners to continue serving to-go meals at 25 locations daily
- MLK Community Center is offering free meals to children's and families to those affected by the closures in the area. At 11 am and 6 pm they will be handing out the food. Families do not need to present anything and just need to show up at the indicated times. MLK Community Center, 2200 N Oregon Ave, Tampa, FL 33607, (813)259-1667
- Now Faith Fellowship, 603 Elnor St, Plant City, FL 33563, 813-704-4897 providing food packages for families April 4th at 8am
- Our Lady of Guadalupe Food Pantry, 16650 US Hwy 301 S, Wimauma, Sat 7:30 am-10:30am, 813-633-2384
- Paul Food Pantry, 12708 N Dale Mabry. Mon & Thurs 9am-12pm, 813-961-3023
- Santa Maria Mission Food Pantry, 14004 N 15th St, Tampa, FL 33613, Tue 9:30am-1pm, 813-910-3575
- St. Anne Food Pantry, 106 11th Ave NE, Ruskin, Wed, 9am-12pm, 813- 645-1714
- Tampa Bay Harvest, 13149 N Dale Mabry Hwy, Unit #T, N Dale Mabry Hwy, Tampa, FL 33618, Wednesday 9am -1pm
- Uber Eats \$0 Delivery Fee on any order from a local restaurant <https://www.ubereats.com/>
- United Way - if you need food assistance, paying housing bills, accessing free childcare, or other essential services to contact 2-1-1 or locate your local 211 help line <http://www.211.org/services/covid19>
- Village Presbyterian Church Community Food Pantry, 13115 S Village Drive, Sunday 12pm-2pm, Wednesday: 9am-12pm, 813-963-2772, need ID
- United Food Bank of Plant City 813-764-0625

Government Agencies Dedicated to COVID-19

- [Centers for Disease Control \(CDC\)](#)
- [U.S. Chamber of Commerce](#)
- [U.S. Department of Health and Human Services](#)
- [U.S. Department of Education](#)
- [U.S. Department of Agriculture](#)
- [U.S. Department of Labor](#)
- [U.S. Department of Homeland Security](#) announced the new deadline for REAL ID enforcement 10/1/21

- [U.S. Department of State](#)
- [U.S. Department of Veterans Affairs](#)
- [U.S. Environmental Protection Agency](#)
- [U.S. Food and Drug Administration Coronavirus Updates](#)
- [Centers for Medicare and Medicaid](#)
- [National Institutes of Health \(NIH\)](#)
- [World Health Organization \(WHO\)](#)

Grandparents taking care of Grandchildren

- Kinship Intake Line 1-888-920-8761. <https://www.childrenshomenetwork.org/kinship>
A Family Support Coordinator will contact you to schedule a thorough in-home assessment to determine your needs.
 - Legal aid
 - Food
 - Clothing
 - Counseling
 - Apply for public benefits, like cash assistance, food stamps, Medicaid

Health

- Florida Department of Health in Hillsborough is moving to appointments only for Immunization Services, call 813-307-8077 for an appointment
- The Family Healthcare Foundation provides free and confidential application assistance for Florida KidCare, Medicaid, the Health Insurance Marketplace, and the Hillsborough County Health Care Plan. Due to COVID-19, virtual and web-based services are available for the health and well-being of all. Call our Navigators at (English) 813-995-1066 / (Español) 813-965-0207 or make an appointment online at <http://familyhealthcarefdn.org/enroll>. For questions about Florida KidCare, please call 813-362-1413.
- Tampa Family Health Centers Call Center 813-397-5300
- Florida Medicaid FLMedicaidManagedCare@ahca.myflorida.com

Hillsborough County

- <https://www.hillsboroughcounty.org/en/residents/public-safety/emergency-management/stay-safe>
- YouTube Channel <https://www.youtube.com/user/HillsboroughCounty>

Hillsborough County Public Schools Coronavirus Update

- https://sdhc.k12.fl.us/doc/2650/communications/resources/coronavirus/?utm_source=web&utm_medium=redirect&utm_campaign=coronavirus

Homelessness

- Manifestations' Empowerment House, 3703 N 30th Street, Tampa, FL 33610, (813) 241-6919

Hotline City of Tampa

- City of Tampa residents and business owners can call the Tampa Recovery Hotline at 1-833-872-4636 from 8am-8pm Monday through Friday until further notice for the following resources:
 - Social Services: Residents can call this hotline to ask questions and get information on food assistance, senior services, financial resources, and more.
 - Business Relief: Business owners can also get resources through this hotline, including information on the [Small Business Bridge Loan](#), the City's TAMPABIZ text-alert system, and

other local, state, and federal resources as they become available to alleviate the burden of COVID-19.

- In addition to this hotline, residents and business owners can also take advantage of the following City of Tampa Resources:
 - Visit our new COVID-19 platform at tampagov.net/COVID-19 for FAQs, coronavirus information on symptoms, prevention, and treatment, the latest executive orders, and more
 - Text TAMPAREADY or TAMPALISTA to 888-777 for real-time emergency alerts in English or Spanish
 - Text TAMPABIZ to 888-777 for updates on business resources
 - See a list of canceled City of Tampa events at tampagov.net/event-status
 - Follow the City of Tampa on social media for updates, Facebook live coverage, and more
 - facebook.com/cityoftampafl
 - twitter.com/cityoftampa
 - instagram.com/cityoftampa
 - Print resources (English and Spanish): tampagov.net/COVID-19
 - The City of Tampa is also establishing a Social Services Task Force and an Economic Development Task Force to further meet the needs of our community.
 - To reach the Tampa Recovery Hotline, please call 1 (833) TPA-INFO (1-833-872-4636). The call center will be open 8am-8pm Monday through Friday until further notice.

Internet/WiFi (Free or low cost)

- Spectrum/Charter Communications is offering free internet for 60 days 1-844-488-8398 or go to www.hillsboroughschools.org/coronavirus
- COMCAST is offering free internet for 60 days the program's website says to apply by April 30. <https://www.actionnewsjax.com/more/coronavirus-comcast-program-offering-60-days-free-internet-low-income-families/SDKFIBQP6VGCZIXOCWBIJLV6CA/>
- Internet Essentials <https://www.internetessentials.com/>
- Xfinity www.xfinity.com/wifi
- AT&T <https://m.att.com/shopmobile/internet/access/>
- Cox Communications https://www.cox.com/residential/internet/connect2compete.html?sc_id=cr_dm_camp_z_c2c_vanity

IRS & Taxes

- Filing for annual income tax has been changed to July 16, 2020
- IRS has posted answers to frequently asked questions on the filing and payment tax relief provided in response to the ongoing COVID-19 emergency www.irs.gov/coronavirus <http://www.irs.gov/coronavirus?fbclid=IwAR2y5-oqyufQNXtYGPDo14dy7kMNMqYtc4c-EslMld24Q7aYzJ3AvYfJ-IM>
- All tax offices in Hillsborough County are closed <https://www.hillstax.org/>

Legal Services

- Bay Area Legal Services www.bals.org, 800-625-2257, Florida Senior Legal Helpline 888-895-7873, Florida Veterans Legal Helpline 866-486-6161

Mental Health/Stress

- The following 24/7 crisis hotlines provide free, confidential emotional support:
 - Crisis Center of Tampa Bay: Dial 211 or visit crisiscenter.com
 - National Suicide Prevention Lifeline: Call 1-800-273-8255 or visit suicidepreventionlifeline.org

- Veterans Crisis Line: Call 1-800-273-8255 and press 1 or visit veteranscrisisline.net
- National Suicide Prevention Lifeline: 1-800-273-8255
- Helping Teens Cope with the Stress of Isolation <https://possibilitiesforchange.org/how-to-help-teens-cope-with-the-stress-of-isolation/>
- CDC - Manage Anxiety & Stress <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- <https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>
- NPR – Feeling Anxious? Quick Tool to center your soul <https://tinyurl.com/vosm2pa>
- Ten Percent Happier – Coronavirus Sanity Guide www.tenpercent.com/coronavirussanityguide
- PBS-How to talk to your kids about Coronavirus : <https://tinyurl.com/sctrge>
- 0 to 3 -Tips for Families: Coronavirus <https://tinyurl.com/wh4n6jp>
- Telehealth support groups to provide support without contact. Any woman who is struggling with depression/anxiety and is currently pregnant or has a child can call Beth Kuehling, LMCH, St. Joseph's Women's Hospital Perinatal Support Program (813) 872-3925

Military/Veterans

- The Florida Veterans Foundation has teamed up with the American Legion of Florida to create the COVID-19 Project Vet Relief Fund. This will help with emergency assistance for those veterans who are affected by this pandemic around the state of Florida. Find the application form, requirements and guidelines listed on the website at www.HelpFLVets.org.
How You Can Help. Funds need to be raised to accommodate the increased needs of our veteran community, so please donate so that together we can assist all those who need our support. Visit www.HelpFLVets.org to donate and learn more.

Multilingual Resources

- IFLA
https://www.ifla.org/node/92972?og=73&utm_source=NCFL+Literacy+NOW&utm_campaign=43b3e1d6b8-3.27.20&utm_medium=email&utm_term=0_ddbeaff477-43b3e1d6b8-58622409

Non-Profit Businesses and Staff

- https://nlctb.org/resources/covid-19-nonprofit-resource-hub/?utm_source=newsletter&utm_medium=email&utm_content=a%20digital%20resource%20hub%20for%20nonprofits&utm_campaign=3.24.20%20email%20covid%20resource%20hub

Paid Sick Leave (Emergency)

- Many workers are being forced to choose between their paycheck, their health, and the health of the people around them. The Families First Coronavirus Response Act provides two weeks of emergency paid sick leave to as many as 87 million American workers, while reimbursing employers for the cost. To learn more about how the bill provides emergency paid sick leave to eligible workers, click [here](#).

Pets

- The [Humane Society of Tampa](#) is providing dog and cat food to the public through food assistance and their Animals program as needed. 3607 N Armenia Ave, Tampa, FL 33607, 813-876-7138
- Hillsborough County Pet Resources - households in need of short term help with dog or cat, 813-744-5660

Scams/Price Gouging

- Scams or price gouging
<https://bit.ly/2xqTb4W><https://bit.ly/2xqTb4W?fbclid=IwAR0_znIfiiyyHxGYACBGgICjxJY_FlbPI5RLQtYuHuMIFxDEA8dZAI5m_lw
- Reporting price gouging – Florida Office of the Attorney General
<http://myfloridalegal.com/pages.nsf/0/308348F71208C29085256EED00604673?OpenDocument>

Small Business Assistance

- Many small businesses in Tampa are impacted by the coronavirus, and the first funding package provides an estimated \$7 billion in low-interest Small Business Administration loans to affected small businesses. The Florida Small Business Emergency Bridge Loan Program is currently available to small business owners located in all Florida counties that experienced economic damage as a result of COVID-19. Visit <https://floridadisaster.biz/> to apply.

Social Services

- Tampa <https://www.tampagov.net/emergency-management/covid-19/social-services>
- In accordance with the federal Families First Coronavirus Act, the Department of Children and Families (DCF) will waive work requirements for individuals participating in the Supplemental Nutrition Assistance Program (SNAP) and Temporary Assistance for Needy Families (TANF) program.
- DCF and the Department of Economic Opportunity have partnered to apply good cause statewide for TANF and SNAP recipients normally subject to participate in mandatory work requirements as a condition to receive program benefits effective immediately. The temporary relief of mandatory work requirements will alleviate any undue burden during this public health emergency on individuals normally required to participate in these programs with no disruptions to the receipt of cash and/or food assistance benefits.
- To check the status of your benefits, report changes, receive information faster by opting in to receive electronic notifications, and upload documents 24 hours a day 7 days a week, log into your MyACCESS account here: <https://www.myflorida.com/accessflorida/>
- If you have questions about your benefits and the temporary relief of work requirements during this time, please contact the Department of Children and Families customer center at 850 300 4DCF or visit the website at <https://www.myflorida.com/accessflorida/>
- ACCESS All storefronts and lobbies are closed, use the self-service portal at <https://www.myflorida.com/accessflorida/> Returning documents, fax to 1-866-886-4342 or mail them to ACCESS Central Mail Center, PO Box 1770, Ocala, FL 34478-1770. If you need to certify there is an automatic two month extension. Customer service 851-300-4323.
- ACCESS partners still serving families:
 - American Pace, 8762 West Waters Ave, Tampa 33615, 813-906-2666, M-F 8:30am-4pm, Assistance for SENIORS only
 - Career Source bilingual Access assistance over the phone call 813-930-7400, x 7618 Abraham Alberto, x 7488 Eileen Diaz
 - Florida Family Primary Care Center of Tampa, Plant City, 1302 S. Collins Ave, Plant City, 33563, M-F 8am-5pm, 813-848-0228, one person in office at a time, in person assistance available
 - Help Us Help U, 3220 Cove Bend Drive, Tampa, 33613, M-F 9am-6pm, 813-615-0742, Self-Serve Site, can send faxes to DCF and complete applications using their computers.
 - Suncoast Community Health Center- Tom Lee, 14254 State Road 574, Dover, 33527, 813-349-7700, Mon, Wed, Thu 7:30am-5pm, in person assistance, meets with first 14 people of the day
 - Suncoast Community Health Center- Ruskin, 2814 14th Avenue SE, Ruskin, 33570, 813-349-7864, M-F 8am-5pm, in person assistance, walk in or appointment

- Suncoast Community Health Center- Wimauma, 5121 State Road 674, Wimauma, 33598, 813-349-7880, M & F 8am-5pm, in person assistance, walk in or appointment
- EBT Cards <https://www.myflorida.com/accessflorida/> 1-888-356-3281
- The Spring of Tampa Bay - any victims and survivors who need support, 813-247-SAFE (7233) 24/7 Hotline or 1-800-799-7233 for the National Domestic Violence Hotline or if you're unable to speak safely, you can log onto <http://thehotline.org/?fbclid=IwAR22sPsZx2mD9uakc2NWvEJ1UIOkN5LAGPX2nf-8BxF-x8p-n04iP3eblmU> or text "LOVEIS" to 22522
- Hispanic Services Council 813-936-7700, <https://www.hispanicservicescouncil.org/>
- United Way of the Suncoast <https://unitedtoact.org/unitedwaysuncoast/coronavirus-assistance-center>
- Florida Youth Shine Tip Sheets loss of income: [Freaked About Finances Tip Sheet](#) and [Reemployment Assistance](#). Guidance for Professionals who work with Transition Age Youth [COVID-19 Tips for Professionals](#).
- Big Brothers Big Sisters Tampa Bay <https://bbbstampabay.org/resources-bigs-little-families-covid-19/>

Social/Physical Distancing

- [How to Care for Yourself While Practicing Physical Distancing](#)
- Social Distancing <https://medium.com/@ariadnelabs/social-distancing-this-is-not-a-snow-day-ac21d7fa78b4>

Storage

- U-Haul For a limited time, the storage company is offering college students 30 days of free self-storage at U-Haul owned and operated facilities <https://www.uhaul.com/Home/>

Student Financial Aid/Loans/Grants

- Federal Student Aid <https://StudentAid.gov/coronavirus><<https://studentaid.gov/coronavirus?fbclid=IwAR0swD-nPAXHGzfPUO-743wWPoZtFNa4I6-1HnnrZOTwtP5SRPZraR8Oyol>>
- Federal Pell Grant <https://bit.ly/2wpMQH1><<https://bit.ly/2wpMQH1?fbclid=IwAR0sjnooZkfNe7UT-lptYk8hF3LjDTu4OXHmelksUsW3VZ2bc2xwdGX8HE>>

Supplies

- The Pregnancy Care Center of Plant City has essential baby supplies for families in need during the COVID-19 situation. If you are in need, please call 813-759-0886 to arrange pick-up of diapers, wipes, or formula. If you have essential baby items you can donate, please call 813-759-0886.

Support

- Supporting Teenagers and Young Adults During the Coronavirus Crisis <https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>
- Supporting Families During COVID-19 <https://childmind.org/coping-during-covid-19-resources-for-parents/>
- Talking to Tweens and Teens About Coronavirus <https://www.pedialliance.com/talking-tweens-and-teens-about-coronavirus>
- COVID-19 (Coronavirus 2019) Resource Center for Parents <https://www.pedialliance.com/covid-19>
- Pregnant Women: March of Dimes <https://www.marchofdimes.org/>

Testing for Covid-19

- Hillsborough County <https://www.hillsboroughcounty.org/en/newsroom/2020/03/13/covid-19-coronavirus-testing-procedure>
- BayCare drive-through coronavirus testing. If you have a fever or have developed a new cough or shortness of breath in the last 14 days and meet one of these additional requirements:
 - Personally have traveled internationally or on a cruise.
 - Personally traveled to or from California, Washington, Oregon or New York. These are areas of widespread community transmission.
 - Had personal close contact with someone who tested positive for COVID-19.
 - Are 65 years or older with a serious chronic health condition, such as heart disease or cancer.
 - Are immunocompromised.

BayCare drive-thru testing centers are open every day, 9 a.m. to 12 p.m., at these locations:

- 900 Carillon Parkway, Suite. 106, St. Petersburg
- 4821 U.S. Highway 19, New Port Richey
- 3351 N McMullen-Booth Road, Clearwater
- 3440 W Dr. MLK Jr. Blvd., Suite 100, Tampa
- 17512 Dona Michelle Drive, Suite 5, Tampa
- 2442 Bloomingdale Ave., Valrico
- 36245 U.S. Highway 27, Haines City, FL 33844
- The Families First Coronavirus Response Act ensures that COVID-19 testing is *free to anyone* in the U.S., including the uninsured. To learn more about how the bill provides universal no-cost COVID-19 testing, [click here.](#)
- Tampa General Hospital Urgent Care Clinics
 - 4505 Gunn Highway, Tampa
 - 799 W Lumsden Road, Brandon

Requirements: Testing is only available for patients who meet clinical guidelines. Patients can call 813-925-1903 and a customer service representative will conduct a screening interview. Those who meet the criteria will be seen and evaluated and the appropriate test will be performed.

- AdventHealth Tampa: 3100 E Fletcher Ave. Patients who meet the testing criteria may be given addresses for other testing sites.
Requirements: AdventHealth Tampa uses an actual machine to test patients with a physician's order who meet criteria established by the Centers for Disease Control and Prevention.
- Drive-through testing at Raymond James Stadium, people need to be pre-screened and pre-registered with the county <https://www.wtsp.com/mobile/article/news/health/coronavirus/raymond-james-stadium-tampa-coronavirus-testing/67-02e53c05-39bc-47d2-8c0f-607403a3b0b0>

Teens & Young Adults

- Resources for Teens & Young Adults During COVID-19
<https://www.teenconnecttampabay.org/post/resources-for-teens-young-adults-during-covid-19>
- Advocates for Youth <https://linktr.ee/advocatesforyouth>

Transportation

- The Hillsborough Area Regional Transit Authority (HART) will be operating all modes of transit on a Sunday service schedule with regular fares beginning April 1, 2020. HART Administrative Offices and Customer Service Centers will remain open. It is recommended riders travel for essential or emergency purposes only. Any adjustments will be made as needed based on changing conditions. HART Updates <https://gohart.blogspot.com/2020/03/hart-covid-19-update.html>

Unemployment

- Florida Unemployment Benefits <https://www.stateofflorida.com/articles/florida-unemployment/>

Utilities

- Tampa Electric is suspending disconnections for non-payments through the end of March.
 - Share program will provide a bill credit to help pay energy costs if you qualify <https://www.tampaelectric.com/company/community/share/> or call 888-223-0800 weekdays from 7:30am to 6pm
- Duke Energy will also not disconnect any customer's service for non-payment, in order to give customers experiencing financial hardship extra time to make payments.

WIC

- Women who are pregnant or moms who have an infant and/or child less than 5 years of age call 813-307-8074 for services.

Working from Home

- Working, Parenting, And Teaching From Home <https://www.npr.org/2020/03/17/816631571/coronavirus-triple-duty-working-parenting-and-teaching-from-home>
- 9 Creative Ways to Stay Connected to Your Coworkers When You're All Working From Home <https://www.google.com/amp/s/www.themuse.com/amp/advice/team-culture-relationships-remote-work>

MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

Blessing Manifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

Grab-and-Go FOOD LOCATIONS

Nutritious meals at **NO COST** to children 18 and under

March 23–27 from 9 a.m. to 1 p.m.

Children can receive food one time each day,
which will include both breakfast and lunch

North and West

Alonso High School
Chamberlain High School
Leto High School
Jefferson High School
Smith Middle School
Wharton High School

Central

Armwood High School
Blake High School
Brandon High School
Hillsborough High School

King High School
Madison Middle School
Middleton High School
Spoto High School

South and East

Durant High School
East Bay High School
Lennard High School
Plant City High School
Reddick Elementary School
Rodgers Middle School
Strawberry Crest High School

HOW TO CARE FOR YOURSELF WHILE PRACTICING PHYSICAL DISTANCING

EAT HEALTHFULLY

to keep your body in top working order.

EXERCISE

Workout at home or take a solo jog
around the neighborhood.

PRACTICE RELAXATION THERAPY

Voluntarily tensing and relaxing muscle groups can help
you relax voluntarily when feeling overwhelmed or anxious.

LET LIGHT IN

Increased exposure to light can
improve symptoms of depression.
Open the shades and let more
sunlight in.

BE KIND TO YOURSELF !

Treat yourself with the same
compassion you would a friend.

STAY CONNECTED

Stay connected to loved ones
with phone calls, text
messages, video chats and
social media.

MONITOR MEDIA CONSUMPTION

Balance media consumption with
other activities you enjoy.

LEARN MORE AT [MHFA.ORG](https://www.mhfa.org)

*Information provided in the Mental Health First Aid curriculum.
*Mental Health First Aid is managed, operated, and disseminated
by the National Council for Behavioral Health.

Fathering in 15™ is an “online learning experience.”



That means:•It builds pro-fathering knowledge, attitudes, and skills in an online environment. It engages dads visually and interactively to deliver an enjoyable user experience. It's “responsive,” which means we designed it for use on any device that you or a dad wants to use (i.e. desktop, tablet, or smartphone). It even includes an option for you or a dad to print out the content. For your FREE participation in Fathering in 15™ please contact one of the following Fatherhood coordinators.

Ricardo Busquets/ bilingual
813-712-6324

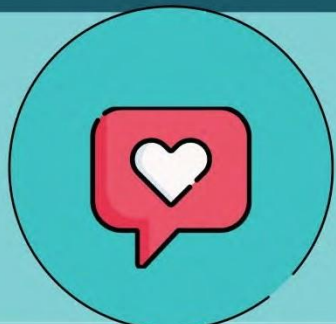
Michael Thomas
813-712-6333

REACHUP
where there's a will, we are the way

beXthere
FOR YOUR KIDS

www.reachupincorporated.com or call 813-712-6300

Helping children cope with stress during the 2019-nCoV outbreak



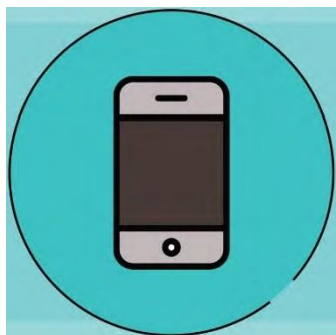
Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

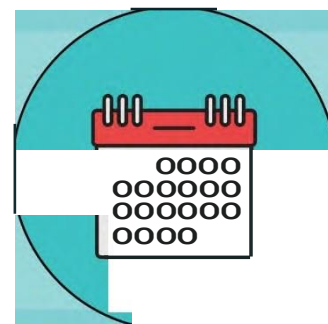
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

Workshop Series

Stepping Stones

For Parents/Caregivers Of Children Ages 18 months to 18 years old, with autism, intellectual, and developmental disabilities

Saturdays
10:00am- 12:30pm
April 4th - June 30th

Includes:

Parenting Education Using
 the Triple P curriculum

Relationship Education
 - support

- Help teach new behaviors
- Implement behavior change strategies in high-risk home and community situations
- Learn strategies to promote positive behavior and deal with misbehavior

- Communication
- Dealing With Stress
- Problem Solving

Family Support

Financial Health

Call Today!! (813) 673-4646 x5101
Pre-Registration REQUIRED!



Positive
 Parenting
 Partnership

This program is offered to you at no cost. The Positive Parenting Partnership (P3) offers evidence-based parent & relationship education interventions.

The service is provided at no cost to participants. The Positive Parenting Partnership (P3) offers evidence-based parent & relationship education interventions. The service is provided at no cost to participants. The Positive Parenting Partnership (P3) offers evidence-based parent & relationship education interventions.

Discover More
www.cfctb.org/P3
P3@cfctb.org
 813-673-4646 x5101



Free Of Charge!!

**Refreshments Served At
 Every Workshop**

**Family Champion Assigned
 To Every Participant**

**Incentives Throughout
 The Workshop**

Where:
**Virtual
 Classes**

Champions for Children
 3108 West Azeele Street
 Tampa, FL 33609



Coronavirus: How eyes may play a role in its spread

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c:ontactusat:
Preserve Vision Aorida
(813) 87 2020
www.pvfta.org
jwh<tingtonepvfta.org



Get the Jatest public health
ifonnation from the
center for Disease eontrol and
P<evention (CDC):

<http://wvvr«Corpnivn15fQY>

Get the latest research hformation
from National Institutes of HNhh:
<https://wwwnlgov/coronavirus>

A Guide to Reemployment Services



Reemployment Assistance

To apply:

If you have lost your job and you need help with unemployment benefits call: 1-800-204-2418 or go online at the following link:

www.floridajobs.org/Reemployment-Assistance-Service-Center/reemployment-assistance/claimants



Job Search Assistance

Looking for Job?

If you need assistance looking for a new job call: 813-930-7400 or go online at the following link:

www.careersourcetampabay.com



Family Assistance

Looking for services?

If you or your family need assistance with social programs or support, call: 211 or go online at the following link:

211tampabay.org



CareerSource
TAMPA BAY

A proud partner of the AmeriCorps JobCenter network

This program is fully supported by federal funding: <https://careersourcetampabay.com/about-us>. An equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. A voice telephone number on this document may be reached by persons using TTY (TDD) equipment via the Florida Relay Service at 711.

EMPLOYEE RIGHTS

PAID SICK LEAVE AND EXPANDED FAMILY AND MEDICAL LEAVE UNDER THE FAMILIES FIRST CORONAVIRUS RESPONSE ACT

The **Families First Coronavirus Response Act (FFCRA or Act)** requires certain employers to provide their employees with paid sick leave and expanded family and medical leave for specified reasons related to COVID-19. These provisions will apply from April 1, 2020 through December 31, 2020.

... PAID LEAVE ENTITLEMENTS

Generally, employers covered under the Act must provide employees:

Up to two weeks (80 hours, or a part-time employee's two-week equivalent) of paid sick leave based on the higher of their regular rate of pay, or the applicable state or Federal minimum wage, paid at:

- 100% for qualifying reasons #1-3 below, up to \$511 daily and \$5,110 total;
- % for qualifying reasons #4 and 6 below, up to \$200 daily and \$2,000 total; and
- Up to 10 weeks more of paid sick leave and expanded family and medical leave paid at % for qualifying reason #5 below for up to \$200 daily and \$12,000 total.

A part-time employee is eligible for leave for the number of hours that the employee is normally scheduled to work over that period.

• ELIGIBLE EMPLOYEES

In general, employees of private sector employers with fewer than 500 employees, and certain public sector employers, are eligible for up to two weeks of fully or partially paid sick leave for COVID-19 related reasons (see below). *Employees who have been employed for at least 30 days prior to their leave request may be eligible for up to an additional 10 weeks of partially paid expanded family and medical leave for reason #5 below.*

• QUALIFYING REASONS FOR LEAVE RELATED TO COVID-19

An employee is entitled to take leave related to COVID-19 if the employee is unable to work, including unable to **telework**, because the employee:

- | | |
|---|---|
| <ol style="list-style-type: none">1. is subject to a Federal, State, or local quarantine or isolation order related to COVID-19;2. has been advised by a health care provider to self-quarantine related to COVID-19;3. is experiencing COVID-19 symptoms and is seeking a medical diagnosis;4. is caring for an individual subject to an order described in (1) or self-quarantine as described in (2); | <ol style="list-style-type: none">5. is caring for his or her child whose school or place of care is closed (or child care provider is unavailable) due to COVID-19 related reasons; or6. is experiencing any other substantially-similar condition specified by the U.S. Department of Health and Human Services. |
|---|---|

.. ENFORCEMENT

The U.S. Department of Labor's Wage and Hour Division (WHD) has the authority to investigate and enforce compliance with the FFCRA. Employers may not discharge, discipline, or otherwise discriminate against any employee who lawfully takes paid sick leave or expanded family and medical leave under the FFCRA, files a complaint, or institutes a proceeding under or related to this Act. Employers in violation of the provisions of the FFCRA will be subject to penalties and enforcement by WHD.



WAGE AND HOUR DIVISION
UNITED STATES DEPARTMENT OF LABOR

For additional information
or to file a complaint:
1-866-487-9243
TTY: 1-877-889-5627
dol.gov/agencies/whd

WH1422 REV/03/20



Announcement:: Temporary Office Closure

If you have trouble understanding English or need help communicating with the Department of Children and Families (DCF) Economic Self-Sufficiency Program, please call (850) 300-4323.

To protect our customers, DCF is limiting the amount of person-to-person contact by temporarily closing its storefronts and lobbies.

We remain committed to supporting our customers during this public health emergency and apologize for any inconvenience.

The fastest way to make changes or check on the status of your benefits is by using the Self-Service Portal at

<https://www.myflorida.com/accessflorida> .

You can apply or reapply for benefits, report changes including your mailing address, upload documents to your account, check the status of your application and benefits all by using the Self-Service Portal.

The following options are additional resources to assist you during this temporary closure:

Returning Documents: *If you need to return a document, you may drop off the document in the secured drop box located outside this facility. This drop box will be checked each day Monday-Friday. Documents dropped off after 5 p.m. will be dated received the following day. You may also fax documents to 1-866-886-4342 or mail them to the following address:*

ACCESS Central Mail Center

P.O. Box 1770

Ocala, FL 34478-1770

Applying for Assistance, Checking your Case Status, or Reporting Changes:

Please call our customer service center at 850-300-4323 for telephonic service (TTY 1-800-955-8771) or visit <https://www.mvflorida.com/accessflorida/> for assistance with the SNAP, TANF, or Medicaid programs. Paper applications are located outside of this facility for your convenience and can be returned as described above.

Completing your Interview: *Customers are required to complete an interview to receive benefits. Complete your interview by telephone at 850-300-4323 (TTY 1-800-955-8771).*

Ordering an Electronic Benefits Transfer (EBT) Card: *Customers can order an EBT card, get information about EBT transactions, or report an EBT card as lost or stolen at <https://www.mvflorida.com/accessflorida/> or by calling 1-888-356-3281.*

For information regarding DCF program areas and how COVID-19 may impact the services being provided, please visit <http://www.mvflfamilies.com/COVID-19>.

Florida Medicaid Health Care Alert

March 31, 2020

Provider Type(s): All

COVID-19: Maintain Medicaid Recipient Eligibility and Extend Time to Complete Application Process

The Agency for Health Care Administration and Department of Children and Families have been working together to ensure current Medicaid recipients maintain benefits during the 2019 novel coronavirus (COVID-19) state of emergency. To that end, we are taking the following actions.

Maintain Medicaid Eligibility

We will maintain Medicaid eligibility for current recipients through the last day of the month of the state of emergency. **This means no Medicaid recipient will lose Medicaid eligibility during the state of emergency.** We are working on notifying recipients who may have received a termination notice in the month of March that their benefits will continue.

Extend Time to Complete Medicaid Application

During this state of emergency, individuals applying for Medicaid may be unable to submit all the documentation required to process their application. Beginning with applications received in February 2020, we are extending the timeframe for individuals to submit any necessary paperwork to **120 days** from the date the application was received. If the Medicaid application is approved, the individual's Medicaid eligibility effective date will still be the first day of the month that the initial application was received. See example below.

Date Initial Application Received

March 7, 2020

Deadline to submit all Paperwork

July 4, 2020

Medicaid eligibility effective date

March 1, 2020

For updates on implementing these policy initiatives, please visit our COVID-19 information site at <https://myflfamilies.com/covid19/access.shtml> or contact the Department of Children and Families at 850-300-4323 (TTY 1-800-955-8771).

QUESTIONS? FLMedicaidManagedCare@ahca.myflorida.com

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<8 LO GILA TE S

14-DAY

quarantine

WORKOUT PLAN

QUARANTINE
CARDO

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SANITIZED ARMS

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bas x 1 min
- Prayer

pulses x 1min

Walnut
crshers x 1
minSarecrow x
1minGoal po
pnchers x
1min... f't'lilk jugs x 1
minPLUMPPANDEMIC
BOOTY

D

Bridges x
50Single
bridge R x
25

bridg Lx

Pbjr ted
butt ft R x 30Cross butt
kick R x 20Pointed
butt ft Lx 30Cross butt
kick Lx 20LONG, LEAN &
CLEAN LEGS

D

Alt. lunges
x 20Plie quats x
25
Narrowsuat pulses
x 5

R x 1e leg lift

Side leg lift
Lx 25Straddl
scissors x 0EMPTY SHELVES
SCULPT

D

Charleston
kicks R x 20Wall slt x 1
min
Charleston

kicks Lx 20

Up
down owns
x 20stra t 1e
heel x 30strawht leg
gelle LxEab
crun hx 20SOCIAL DISTANCE
STRETCHES IN BED*

D

Straddle
circles x 1minHamstrlnp
stretc R x
1minHastrlnp
stretc Lx
1minHapp
baby x 1min

Pikex 1min

Snr twist
R x 1minSfln9 twist
Lx 1minQUIET
CARDO

C

Airsquats x
30
t. lunges

x 2

una•

puse x 25

puse x 25

Walkin

pue k ks

Side
Squats R x 20Side squats
Lx 20NOMORE
CORONA CORE

D

IT arm roll
up R x 25
-arm

rolup L x 25

DoBleg

lift x

Single
drop x 20

Cross

crunch R x 30

Cro
crunc Lx 30Plank 1g lee
cross x 2COUCH POTATO
UPPER BODY

D

Tricep dips
x 25
Couch

clmbs x 20

Couch taps

x 20

Angl
wings x 30

Angel

wlngs x 30

Doble
tBge Arms xCouch arm
balance x 20NEVER BORED
BOOTY

D

leg M ftalx 0
Strai t leg

lift R x

Hamstring

extension R x
25

:termal

leg lift Lx 30

Strahleg x
lift LxHamstrln
extension L
25Lutterfl
bridges x 0NOT OUT OF
STOCK THIGHS

D

Side le/l
triangle x
20

sicscie leg

R x 2

Le3f, 1c R x
15fw 15bwd

Sid IKI

ang elx

Bl cle leg

Lx 2

Latiirc. Lx
15fw 15bwdFroggers x
25TONED UNLIKE
TOILET PAPER
TOTAL BODY

D

1 Squat
lunges x 20Curt
ungekick R x
20Curtsy
lunge kick Lx
20Russian
twists x 30Leg outs
x

20

Shoulder
t'lfs alt leg
li s x 20

20

Shoulder
t'lfs alt leg
li s x 20

20

STOP HOARDING
START STRETCHING

D

Butterfl
head tircles
x 1min

Cradle the

baby R x 1
minCradle th•
baby Lx 1minSide to side
straddles x 1

min

Straddlex 1
minBow pose x
1minBr,ck hug x
1min

'C



Do 4 rounds of each circuit for a daily 30 min. apartment friendly workout.
Check the ☒ when you're done! * = do once. Have fun and be safe! - @blogilates

