

Updated: March 27, 2020

Cincinnati Community,

At Cincinnati Children's, ensuring the health of children and families is a priority. The list below summarizes community resources and services families may find helpful related to COVID-19. This document will be updated as new programs and services emerge.

If you know of additional resources or updates, email [communityrelations@cchmc.org](mailto:communityrelations@cchmc.org).

### COVID-19 INFORMATION, HOTLINES AND COMMUNITY RESOURCES

<b>Ohio- Department of Health COVID-19 Hotline</b> <i>Questions about symptoms or testing</i> <a href="https://coronavirus.ohio.gov">coronavirus.ohio.gov</a>	(833) 427-5634 <a href="#">Website</a>
<b>Kentucky- State COVID-19 Hotline</b> <i>Questions about symptoms or testing</i> <a href="https://govstatus.egov.com/kycovid19">govstatus.egov.com/kycovid19</a>	(800) 722-5725 <a href="#">Website</a>
<b>Indiana- Public and Provider Toll- Free Phone Number</b> <i>Questions about symptoms or testing</i> <a href="https://coronavirus.in.gov/">coronavirus.in.gov/</a>	(877) 826-0011 <a href="#">Website</a>
<b>United Way – 211</b> <i>Get connected to community resources 24 hours a day/ 7 days a week</i>	211 or (513) 721-7900 <a href="#">Website</a>
<b>Centers for Disease Control</b> <a href="https://www.cdc.gov/coronavirus">www.cdc.gov/coronavirus</a>	<a href="#">Website</a>
<b>Cincinnati Health Department</b> <a href="https://www.cincinnati-oh.gov/health/covid-19/">www.cincinnati-oh.gov/health/covid-19/</a>	<a href="#">Website</a>
<b>Cincinnati Children's Hospital Medical Center</b> <a href="https://www.cincinnatichildrens.org/patients/coronavirus-information">www.cincinnatichildrens.org/patients/coronavirus-information</a>	<a href="#">Website</a>

### HANDWASHING AND ENVIRONMENTAL HYGIENE (per CDC Guidelines)

<b>Centers for Disease Control</b> <i>How to Protect Yourself</i>	<a href="#">Website</a>
<b>World Health Organization</b> <i>Coronavirus Disease (COVID-19) Advice for the Public</i>	<a href="#">Website</a>
<b>Cincinnati Children's Hospital Medical Center</b> <i>Video: Stop Germs from Spreading: Wash Your Hands</i>	<a href="#">Website</a>
<b>American Academy of Pediatrics</b> <i>Novel Coronavirus – Protective Measures</i>	<a href="#">Website</a>

### MEDICAL RESOURCES

<b>Free Home Delivery of Medications</b> <i>CVS and Walgreens will deliver medications to homes</i>	<a href="#">CVS</a> <a href="#">Walgreens</a>
<b>Cincinnati Children's School Based Health Center at Rockdale Academy</b> <i>Sick visits for children 0-18 by appointment and well-child visits for children aged 5 and under; to practice social distancing - appointments preferred</i>	335 Rockdale Avenue Cincinnati, OH 45229 (513) 363-4704 <a href="#">Website</a>

## MENTAL HEALTH RESOURCES

<b>American Academy of Pediatrics</b> <i>How to Prepare for the Possibility of School or Childcare Closures</i>	<a href="#">Website</a>
<b>Centers for Disease Control</b> <i>Helping Children Cope with Emergencies</i> <i>Managing Anxiety and Stress</i>	<a href="#">Website</a> <a href="#">Website</a>
<b>Cincinnati Children's</b> <i>Child Mental Health Services and Telehealth Availability: 513-803-8107</i> <i>Steps To Help Ease Kids' Fears and Anxieties About COVID-19</i> <i>Taking Care of Your Family's Mental Health During COVID-19</i>	(513) 803-8107 <a href="#">Website</a> <a href="#">Website</a>
<b>Mental Health Access Point</b> <i>Crisis stabilization services in Hamilton County for adults and children</i>	(513) 558-8888
<b>Mobile Crisis Team/ Psychiatric Emergency Services</b> <i>University Medical Center Psychiatric Emergency Room – available 24/7</i> <i>Clinical team trained to respond to mental health emergencies in the community; M-F – 8am-12am; Sat/Sun – 11:30am-7:30pm</i>	(513) 584-8577
<b>Ohio Department of Health</b> <i>How to talk to your kids about COVID-19</i>	<a href="#">Website</a>
<b>PBS</b> <i>How to Talk to Your Kids about Coronavirus</i>	<a href="#">Website</a>
<b>Quartz</b> <i>How to give your kids stability when coronavirus closes schools</i>	<a href="#">Website</a>
<b>Shine</b> <i>Resources for anxiety and mental health in a global climate of uncertainty</i>	<a href="#">Website</a>
<b>YWCA Domestic Violence Hotlines</b> <i>Crisis counseling, risk assessment, information and referrals, safety planning and support 24 hours a day</i>	Main Number: (513)-241-7090 Toll Free: (888) 872-9259 Hamilton County: (513) 872-9259 Clermont, Brown, Adams Counties: (513) 753-7281

## HOME/ UTILITY RESOURCES

<b>AT&amp;T</b> <i>Will not suspend service for customers</i>	(800) 288-2020 <a href="#">Website</a>
<b>Cincinnati Water Works</b> <i>Will restore water service to homes and not complete shutoffs</i>	513-591-7700
<b>Duke Energy</b> <i>Will not suspend service for nonpayment</i>	(800) 544-6900 <a href="#">Website</a>
<b>Hamilton County Ohio - Home Evictions</b> <i>Home Evictions are on hold for 30 days; contact Housing Opportunities Made Equal for questions about rights</i>	(513) 721-4663 <a href="#">Website</a>
<b>Ohio Unemployment Benefits</b> <i>Unemployment and insurance benefits due to Coronavirus</i>	(877) 644-6562 <a href="#">Website</a>
<b>Spectrum</b> <i>Free Internet for 60 days for K-12 or College Student Households</i>	(844) 488-8395 <a href="#">Website</a>
<b>U.S. Department of Housing and Urban Development</b> <i>60 day hold on evictions and foreclosures; see website for details</i>	1-800-Call-FHA <a href="#">Website</a>

## FOOD RESOURCES

<b>Food Forest</b> <i>Free grocery delivery – can accommodate SNAP/EBT payment options</i>	<a href="#">Website</a>
<b>Freestore Foodbank</b> <i>Prepackaged food bags available for pick-up Monday-Friday from 8am-3:45pm</i>	112 E Liberty Street Cincinnati, Ohio 45202 (513) 482-4500 <a href="#">Website</a>
<b>Cincinnati Public Library</b> <i>Free meals available for pick-up for children 18 years and under Monday-Friday at various times and locations while school is out</i>	Various Locations <a href="#">Website</a>
<b>Cincinnati Public Schools</b> <i>Free meals available for pick-up for children 18 years and under at various schools on Monday, Wednesday, and Friday.</i>	Various School Locations (513) 363-0800 <a href="#">Website</a>
<b>St. Vincent de Paul - Ted And Becky Catino Choice Food Pantry</b> <i>Offering pre-packed food boxes; Recommended that applications for food assistance be made over the phone and a pick-up time scheduled</i>	513-421-0602 <a href="#">Website</a>
<b>Waggle Breakfast and Bowls</b> <i>Free Meal For Avondale Students (ages 17 and under); Monday - Friday 8am - 10am. Offer is valid 3/16 - 4/8.</i>	3440 Burnet Avenue Cincinnati, OH 45229 513-221-1307 <a href="#">Website</a>

## EDUCATIONAL RESOURCES

<b>Cincinnati Public Library</b> <i>eBooks, eAudiobooks and online video storybooks just for kids</i>	<a href="#">Website</a>
<b>Cincinnati Public Schools</b> <i>Online educational packets by grade</i>	<a href="#">Website</a>
<b>KAHN Academy</b> <i>Online learning resources for students by grade</i>	<a href="#">Website</a>
<b>Ohio Department of Health</b> <i>Virtual Exhibits for online learning and fun</i>	<a href="#">Website</a>
<b>Scholastic Learn at Home</b> <i>Free learning experiences by grade level</i>	<a href="#">Website</a>
<b>Staples</b> <i>Providing free homework printing for students and parents to print homework and lessons packets</i>	(513) 321-5777 <a href="#">Website</a>
<b>Storyline</b> <i>Famous people reading stories aloud</i>	<a href="#">Website</a>

## ENTERTAINMENT/ EXERCISE

<b>Artswave</b> <i>Visual Art Experiences</i>	<a href="#">Website</a>
<b>Cincinnati Children's HealthWorks!</b> <i>Youth Fitness Videos, Nutrition and Healthy Living Tips</i>	<a href="#">Fitness Videos</a> <a href="#">Website</a>
<b>Cincinnati Zoo and Botanical Gardens</b> <i>Join the Cincinnati Zoo for an online Safari and Learning Adventure</i>	Daily; 3pm EST <a href="#">Website</a>
<b>Go Noodle</b> <i>Free website and app to get kids up and moving</i>	<a href="#">Website</a>
<b>Great Parks of Hamilton County</b> <i>An online hub for nature activities you can do from home</i>	<a href="#">Website</a>



**ENTERTAINMENT/ EXERCISE**

<b>Imago Rangers</b> <i>Daily outdoor activities</i>	<a href="#">Website</a>
<b>Melodic Connections</b> <i>Lunchtime Live – Musical Session</i>	Daily; 12pm EST <a href="#">Website</a>
<b>Misson2Move</b> <i>Live physical education classes</i>	Weekdays; 2pm EST <a href="#">Website</a>
<b>PBS Kids</b> <i>Free online games and videos</i>	<a href="#">Website</a>
<b>YMCA</b> <i>Online workout videos</i>	<a href="#">Website</a>