

COVID-19

The 4S to Supporting Self and Others

1

Seek Help and Support

If you, your loved one, or someone you support feels overwhelmed and stressed, call to consult with your health provider or a trained mental health professional. You can also call Maryland 2-1-1 or [click](#) to find your local 2-1-1 or visit www.uwcm.org/main/. Make time to listen to someone talk about their concerns and questions.

2

Stay Connected

Use social media, texts and phone calls to virtually check in with your loved one, someone you support, a family member, or neighbor. This helps to maintain social connection which can help foster a sense of normality and provide opportunity for sharing of feelings and relieving of anxiety and stress. [Click here](#) for tips on managing your anxiety and stress.

3

Set News Boundaries for Good Health and Mental Health

Set limits around watching the news and following the media coverage and know when to unplug from the news. Encourage yourself, someone you support, a family member, or friend to get fresh air if social distance allows; maintain routines to the extent possible; eat well and get enough sleep.

4

Share the Facts

Engage in honest and developmentally appropriate conversation about the coronavirus and share the facts. Verify information from family, friends or social media through appropriate channel such as the [U.S. Centers for Disease Control and Prevention website page](#). See [link](#) for printable factsheets.

For more information, visit MCDD.KennedyKrieger.org, call 443-923-9555 or email Training.MCDD@KennedyKrieger.org



Maryland Center for Developmental Disabilities
at Kennedy Krieger Institute
Building Partnerships. Changing Lives.

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Helpful Resources for Providers and Community Members

American Academy of Child & Adolescent Psychiatry

- https://www.aacap.org/App_Themes/AACAP/Docs/latest_news/2020/Coronavirus_COVID19_Childr en.pdf

Autism Speaks

- <https://www.autismspeaks.org/science-news/what-should-autism-community-know-about-coronavirus-outbreakk>

Center for Disease Control and Infection

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

Free Community Wi Fi for All

- <https://www.fox13now.com/comcast-offers-free-xfinity-wifi-nationwide-amid-covid-19-pandemic>

Johns Hopkins

- <https://coronavirus.jhu.edu/>

Kennedy Krieger Institute

- <https://www.kennedykrieger.org/coronavirus>

Maryland Department of Health Guidance for Community Providers of Services for Individuals with Developmental Disabilities

- <https://files.constantcontact.com/f401fd14401/eb8f4ef7-2c74-4695-93a2-1ae6450b010f.pdf>

Maryland Food Bank

- <https://mdfoodbank.org/find-food/>

Natural Child traumatic Stress Network

- <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

Social Story Book for Children about COVID-19: “Something Strange Happened in my City”

- Audiobook: <https://www.youtube.com/watch?v=zWltPK3vUXs&feature=youtu.be>
- PDF copy: https://fdafdaa5-78a3-4b52-a60c-bbc1ed5e8667.filesusr.com/ugd/d4e6d3_94633e79af82468b8adc6edcc362ea41.pdf

Substance Abuse and Mental Health Services Administration

- <https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-During-an-Infectious-Disease-Outbreak/sma14-4894>

UNICEF Coronavirus Disease

- <https://www.unicef.org/coronavirus/covid-19>

World Health Organization

- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

