Change can feel overwhelming, especially when it comes rapidly. Through these rapid changes, it is essential to take care of our health and wellness and to do our part to slow the spread of COVID-19. Below you will find a list of resources for more information on the coronavirus as well as resources to support your family’s health and wellness.

**Coronavirus Information**

- **What you need to know in**
  - PBS Video in English [https://to.pbs.org/3cm8YRG](https://to.pbs.org/3cm8YRG)

- **How to talk to children and youth about Coronavirus in**
  - Vietnamese [https://bit.ly/2xANsKm](https://bit.ly/2xANsKm)

- **Steps for Handwashing in**
Clinics & Healthcare

- In California, undocumented immigrants are entitled to emergency and pregnancy-related services. Please contact your county human services agency. [https://bit.ly/2RXb3Mr](https://bit.ly/2RXb3Mr)
- For LAUSD students certain Health and Wellness Centers are open [https://bit.ly/2RGtzbp](https://bit.ly/2RGtzbp)

Health & Wellness

- Taking Care of Your Emotional Health in
• Coping with Stress During Infectious Disease Outbreaks in
  o English https://bit.ly/2XTaGX1
  o Arabic https://bit.ly/3cqLcEk
  o Armenian https://bit.ly/3euTDQz
  o Khmer https://bit.ly/2Vf0ICP
  o Russian https://bit.ly/2ylu8AK
  o Vietnamese https://bit.ly/2RLxIL

• 51 mindfulness exercises for children, family, and youth

• Calendar of mindful exercises in English, Spanish, Catalan, Chinese, Czech,
  Dutch, Esperanto, French, German, Hungarian, Italian, Japanese, Latvian,
  Lithuanian, Polish, Portuguese, Russian, Spanish, Swedish, Turkish, Ukrainian.

• Smiling Mind, daily meditation and mindfulness exercises for the family (in
  English) https://bit.ly/2K8kp3z

• LAUSD has Yoga for the Mind and Body Videos (in English)
  https://bit.ly/3etTT2s

• Cosmic Kids Yoga, yoga, meditation and relaxation videos for children ages 3-
  10 (in English) https://bit.ly/3aq4A5x

• MyPlate https://bit.ly/2VdKK6n, USDA website and phone app with
  information on eating healthy, family-friendly recipes, and nutritional
  information (in Spanish https://bit.ly/3bi7vM2)

• Just Dance Kids, online ‘Just Dance’ videos for children ages 0-12 (in English)