



Coronavirus

Stay Well

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
 - English <https://bit.ly/3b7X91k>
 - Simplified Chinese <https://bit.ly/2Ka7o9r>
 - Spanish <https://bit.ly/3eqlhgl>,
 - PBS Video in English <https://to.pbs.org/3cm8YRG>
- How to talk to children and youth about Coronavirus in
 - English <https://bit.ly/2RLIFfX>
 - Spanish <https://bit.ly/2XGJScd>
 - Amharic <https://bit.ly/2yqCln9>
 - Chinese <https://bit.ly/2KdALYs>
 - Korean <https://bit.ly/3ad1Wx5>
 - French <https://bit.ly/2xEbrbB>
 - Vietnamese <https://bit.ly/2xANsKm>
 - Bahasa <https://bit.ly/3crSx6i>
- Steps for Handwashing in
 - English <https://bit.ly/3abdAJ3>
 - Spanish <https://bit.ly/2wEh2xY>
 - Traditional Chinese <https://bit.ly/3evTJrd>
 - Simplified Chinese <https://bit.ly/2XFsDIb>
 - Korean <https://bit.ly/2xrEsY2>
 - Armenian <https://bit.ly/2RKl9jr>
 - Tagalog <https://bit.ly/3clOk4e>
 - Arabic <https://bit.ly/2RCPqRh>
 - Farsi <https://bit.ly/2XRQxk7>
 - Cambodian <https://bit.ly/3erGmbB>
 - Russian <https://bit.ly/2ypk89x>

- Japanese <https://bit.ly/3bkLKvq>
- Vietnamese <https://bit.ly/2ygOZoS>
- What if I'm sick in
 - English <https://bit.ly/2XFPwLz>
 - Spanish <https://bit.ly/34HS2Cv>
- Preventing the spread of respiratory illness in the home in
 - English <https://bit.ly/2yfJd6V>
 - Spanish <https://bit.ly/2z43xZj>
 - Traditional Chinese <https://bit.ly/3etF8wn>
 - Simplified Chinese <https://bit.ly/3css7Sd>
 - Korean <https://bit.ly/2VMAuBt>
 - Armenian <https://bit.ly/2ynm7et>
 - Tagalog <https://bit.ly/3erndqa>
 - Arabic <https://bit.ly/2Kb0XTB>
 - Farsi <https://bit.ly/3cohAat>
 - Cambodian <https://bit.ly/2K8AKVO>
 - Russian <https://bit.ly/3bhnni2>
 - Japanese <https://bit.ly/2yi22q6>
 - Vietnamese <https://bit.ly/2RFQbcc>

Clinics & Healthcare

- COVID-19 Testing Information & Eligibility for Los Angeles County residents; page available in multiple languages <https://bit.ly/34JEHtB>
- List and map of free clinics across the U.S. for the uninsured. <https://bit.ly/2ykB1Ce>
- In California, undocumented immigrants are entitled to emergency and pregnancy-related services. Please contact your county human services agency. <https://bit.ly/2RXb3Mr>
- Map of Hand Washing Stations & Refresh Spots in Los Angeles County. <https://bit.ly/2RGtzbp>
- For LAUSD students certain Health and Wellness Centers are open <https://bit.ly/2RGtzbp>

Health & Wellness

- Taking Care of Your Emotional Health in
 - English <https://bit.ly/2RIUbsC>
 - Spanish <https://bit.ly/3aHzQKY>

- Coping with Stress During Infectious Disease Outbreaks in
 - English <https://bit.ly/2XTaGX1>
 - Spanish <https://bit.ly/2VgjQe4>
 - Arabic <https://bit.ly/3cqLcEk>
 - Armenian <https://bit.ly/3euTDQz>
 - Simplified Chinese <https://bit.ly/2Kd5GUY>
 - Traditional Chinese <https://bit.ly/2Ke2usd>
 - Farsi <https://bit.ly/2VDdS6f>
 - Japanese <https://bit.ly/34MaZ79>
 - Khmer <https://bit.ly/2Vf0ICP>
 - Korean <https://bit.ly/2XGZ6xV>
 - Russian <https://bit.ly/2ylu8AK>
 - Tagalog <https://bit.ly/2KaptEt>
 - Vietnamese <https://bit.ly/2RLxILL>
- 51 mindfulness exercises for children, family, and youth in English <https://bit.ly/3et2Tox> and Spanish <https://bit.ly/3et2Tox>
- 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. <https://bit.ly/2KamDil>
- 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) <https://bit.ly/2yop7qZ>