



COVID-19 Resources

prepared by Clinic in the Park, an American Academy of Pediatrics,
OC Chapter Project

From the American Academy of Pediatrics-OC Chapter Website:

Practical guidelines & key local resources in Orange County on COVID-19:

<https://www.aap-oc.org/covid-19-resources/>

No Child Hungry

Our goal is to identify food insecurity, poverty, and health issues experienced by our OC families, and to assist these families in getting the support and services they need.

Website:

<https://www.aap-oc.org/initiatives/no-child-hungry/>

Instructions:

1. Using a mobile device, text "FOOD4U" for English or "COMIDA" for Spanish to (833) 300-4888
2. You will receive a welcome message which will connect you to the Waste Not OC or Second Harvest Food Bank interactive food maps
 - a. Call or text: (855) 233-3362
 - b. Or go online to the Waste Not OC-[Find a Pantry Near Me](#) or Second Harvest Food Bank-[Food Assistance Helpline](#)
 - i. Enter a Zip Code to find free food near you

Contact:

Email: info@aap-oc.org

Reach Out and Read

Reach Out and Read[®] is a national program which prepares America's youngest children to succeed in school by partnering with doctors to prescribe books and encouraging families to read together.

Website:

Visit website for free online resources for Parents to support their child's literacy development

<https://www.aap-oc.org/initiatives/reach-out-and-read/>

Contact:

Email: info@aap-oc.org

Mental Health Resources for Children and Young Adults

These are community resources for mental health and ADHD specific programs in Orange County.

Website:

Visit website for free online resources for Parents to support their child and/or young adult's mental health.

<https://www.aap-oc.org/initiatives/no-child-hungry/>

Contact:

Email: info@aap-oc.org

Free School Meals for Children.

<https://www.aap-oc.org/wp-content/uploads/2020/03/Free-School-Meals-list.pdf>

Additional Resources

General Information from the Orange County Health Care Agency

http://www.ochealthinfo.com/phs/about/epidasmt/epi/dip/prevention/novel_coronavirus

Information from our local food banks

<http://www.ocgov.com/about/emergency/assistance/food>

[HealthyChildren.org](http://www.healthychildren.org) has a constantly updated page on [coronavirus](#) and a new resource on [social distancing](#).

American Academy of Pediatrics (National)

Tips for [helping parents find ways to occupy children](#) during these challenging times.

Spanish Resources

World Health Organization (WHO) website, they have various information on the COVID 19 in Spanish: <https://www.who.int/es/emergencies/diseases/novel-coronavirus-2019>

Mental health during emergencies in Spanish: <https://www.who.int/es/news-room/fact-sheets/detail/mental-health-in-emergencies>

HealthyChildren.org

<https://www.healthychildren.org/spanish/paginas/default.aspx>