



COVID-19 News Articles and Resources

Updated April 9, 2020

The KCN will be in communication with local CASA programs about COVID-19 guidance, including with staff, board members, and volunteers. Refer to the page [posted on our website](#) for programmatic information. We will be sharing additional news articles and resources that may be useful. If you would like to see resources about specific topics, please [contact us](#).

News Articles & General Information

- [Special COVID-19 health insurance enrollment period begins; Kyians have until May 15 to choose a plan](#)
- [Improve how your mask protects you \(Feb. 10\)](#)
- [When to Quarantine \(CDC guidance Feb. 11\)](#)
- [Red Zone Counties Recommendations & Daily Incidence Rate Map](#)
- [Kids, Families and COVID-19: Pandemic Pain Points and the Urgent Need to Respond](#)
- [How the CARES Act changes deducting charitable contributions](#)
- Home internet assistance options designed to make communication services affordable for low-income families. The following programs are designed to offer robust internet access to underserved rural areas ensuring affordability: (shared by KY Lt. Gov)
 - [Lifeline Program](#): A program funded by the [FCC](#) to expand subsidized broadband options for low-income families by allowing households to have two connections over mobile and fixed broadband; full list of providers available [here](#).
 - [Broadband Now](#): A system collecting and analyzing internet provider's coverage and availability to make the most accurate search available. Results are specific to your area and help consumers find and compare [local internet options](#).
- [Substance Use Disorder Resources](#)
- [Our COVID-19 Tracker Gives You County-Level Data on the Coronavirus](#)

Vaccine Information

- [*Kentucky opens COVID-19 vaccinations to all over 16 beginning April 5](#)
- [*Pfizer says COVID-19 vaccine shows '100% efficacy' in adolescents](#)
- [COVID-19 Vaccine Distribution Update from Foundation for a Healthy Kentucky](#)
- [CDC says it's safe for vaccinated people to do these activities](#)
- [Vaccine experts answer your questions about Pfizer, Moderna and Johnson & Johnson vaccines](#)
- [Vaccine Phases Update \(Jan. 4\)](#)
- [Why you should still wear a mask and avoid crowds after getting the COVID-19 vaccine](#)

*New resource as of last update

Self-Care Guidance for CASA Staff, Board Members, and Volunteers

- [Act Now to Get Ahead of a Mental Health Crisis, Specialists Advise US](#)
- [Mental Health and COVID-19 – Information and Resources Taking Care of Your Mental Health in the Face of Uncertainty](#)
- [COVID-19 Pandemic is Causing Kentuckians to Make Many Lifestyle Changes; Simple Tips to Get Active](#)
- [Coping with Coronavirus: Managing Stress, Fear, and Anxiety](#)

Working with Children & Families Guidance for CASA Volunteers

- [New P-EBT benefits are coming! and P-EBT FAQs](#)
- [How to help kids build resilience amid COVID-19 chaos](#)
- [COMIC: A Kids' guide to coping with the pandemic \(and a printable zine\)](#)
- ['The isolation and anxiety is real' | Free mental health resources for Kentucky students during pandemic](#)
- [The pandemic has researchers worried about teen suicide](#)
- [Virtual Family Time: Tips for Families](#)
- [5 Ways to get your kids to wear masks](#)
- [How CASA/GAL volunteers can connect with children in the new school year](#)
- [Resources for managing stress and enhancing protective factors](#)
- [Recommended Therapeutic Books for Children](#)
- [Tools for Virtually Interacting with Infants & Young Children](#)
- [Fostering Inequity: How COVID-19 Amplifies Dangers for LGBTQ+ Youth in Care](#)
- [Sesame Street's Grover Helps Kids Adapt to Life During Pandemic](#)
- [Childhood and Coronavirus: How Times of Crisis Shape Kids](#)
- [My Name is Coronavirus](#)
 - This book is a resource shared by the Dept. for Behavioral Health, Developmental and Intellectual Disabilities for a friendly way to discuss COVID-19 with children.
- [Talking with Children about Coronavirus Disease 2019: Messages for Parents, School Staff, and Others Working with Children](#)
- [Coronavirus Disease-2019 \(COVID-19\) and Children](#)
- [How to Talk to Kids and Teens About the Coronavirus](#)
- [5 Best Kid Friendly Video Chat Apps to Keep Them Safe](#)
- [Resources for the LGBTQ Community Around COVID-19](#)
- [Coronavirus Precautions for Foster Youth](#)
- [Coping with Coronavirus: Support for the Autism Community](#)

Education Resources

- [*The return to in-person learning can be stressful for kids, some tips to help prepare](#)

- [Parent and Family Digital Learning Guide](#)
- [Is your child stressed out by school? Here's how to help](#)
- [Podcast: Back to school with COVID?](#)
- [KY-SPIN Special Education Process \(Ages 3-21\)](#)
- [With Schools Closed, Kids with Disabilities Are More Vulnerable Than Ever](#)