



We are constantly being bombarded with information about COVID-19 and what we should and shouldn't be doing right now. It's *all* the news is covering, it's plastered *all* over social media, and it's *all* anyone is talking about. And frankly, it's *all* a bit exhausting trying to keep up. That's why we want to provide you with the facts from the experts so you can have the most recent information regarding safety measures to put in place as our state slowly begins to re-open.

We'd also like to provide a refresher on two important resources. Please read below for more information on internet assistance as you continue to navigate eLearning as well as food assistance during this time.



Centers for Disease Control and Prevention Guidelines

The CDC's website (<https://www.cdc.gov/>) is a great resource for current information regarding the pandemic. For a quick reference of what you should know about COVID-19 and how to protect yourself and others, check out this pamphlet - <https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>.

With all of the unknown, a lot of people have been scared to go outside or let their kids outside to play. Staying physically active is one of the best ways to keep your mind and body healthy! Per the CDC guidelines, you and your children are allowed to visit parks, trails, and open spaces as a way to relieve stress, get some fresh air and vitamin D, stay active, and safely connect with others.

It is still important that you follow the steps below to protect yourself and others while getting fresh air:

DO

- Visit parks or recreational areas that are close to your home
- Play outside (draw with chalk, play catch, get some sunshine, go for a walk)
- Stay at least 6 feet away from others ("social distancing")
- Wash your hands when you come back inside

DON'T

- × Visit parks if you are sick or were recently exposed to COVID-19
- × Visit crowded parks
- × Use playground equipment (swings, monkey bars, balls, etc.)
- × Use hot tubs, spas, water playgrounds, or water parks



Indiana's Plan of Action










































Governor Holcomb announced a five stage plan to slowly re-open Indiana as safely as possible. For more information on the five stages, check out this article:

<https://www.indystar.com/story/news/health/2020/05/01/coronavirus-indiana-what-we-learned-governor-eric-holcomb-update/3060909001/> or look at this easy graphic below.

BACK ON TRACK INDIANA PLAN EXPLAINED

KEY

 CLOSED/VIRTUAL ONLY	 ESSENTIAL ONLY	 75% CAPACITY	 FULLY OPEN WITH SOCIAL DISTANCING
 PICKUP AND DELIVERY ONLY	 50% CAPACITY	 OPEN WITH RESTRICTIONS	

	STAGE 1: March 24 - May 4	STAGE 2: May 4 - 23	STAGE 3: May 24 - June 13	STAGE 4: June 14 - July 3	STAGE 5: July 4 and Beyond
Social Gatherings	10 People or Fewer	25 People or Fewer	100 People or Fewer	250 People or Fewer	250+ People Permitted
Facial Coverings	Recommended	Recommended	Recommended	Optional	Optional
Government Offices	Closed to the Public	Limited Public Access	Limited Public Access		
Manufacturing, Industrial					
Office Settings		Remote Work Encouraged	Remote Work Encouraged		
Retail					
Restaurants		 May 11th			
Bars and Clubs					
Gyms					
Personal Services		 May 11th*			
Entertainment and Tourism					
Religious Services		Services May Convene Following Guidelines Starting May 8th	Services May Convene Following Guidelines	Services May Convene Following Guidelines	

Note: This roadmap is subject to change based on CDC guidance and other new information. Local governments may impose more restrictive guidelines. Stage 2 will begin on May 11 for Lake and Marion counties and May 18 for Cass County.

*Visit backontrack.in.gov for more information and guidelines for reopening Indiana and industry specific guidance for face coverings, etc.



#BackOnTrack

backontrack.in.gov

This piece was created on May 4, 2020. If you see different information published on a more recent date, please use the most current recommendations.



Face Coverings

As our community starts to reopen and rebuild, face coverings can be worn as we go on more errands, return to work, and come into contact with people outside of your home. There are many ways that you can make face coverings with items that you already have at home!

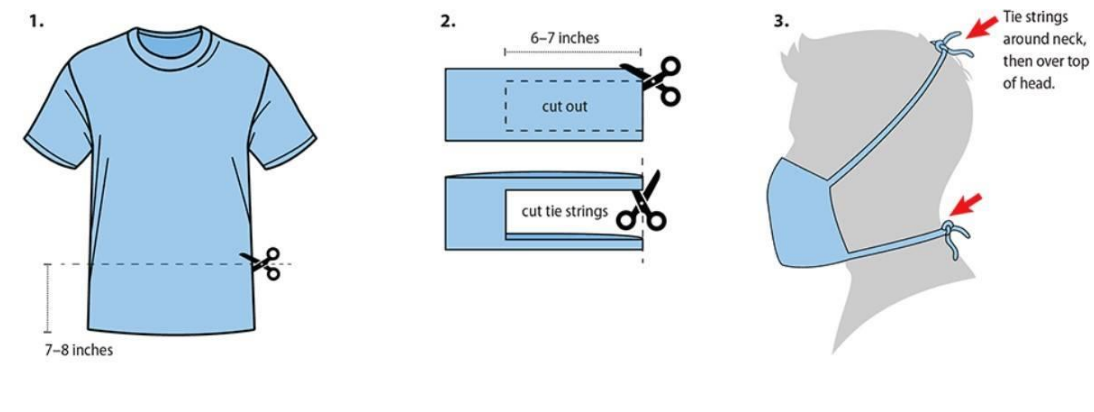
- Face coverings made with a bandana and two rubber bands or hair ties:
<https://www.youtube.com/watch?v=lbk6NsTPjfw->
- Face coverings made from a t-shirt

Quick Cut T-shirt Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial



The CDC has recommendations regarding cloth face coverings as well as how to **safely** and **effectively** wear them:

- Important Information About Your Cloth Face Coverings: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/cloth-face-coverings-information.pdf>
- How To Safely Wear And Take Off A Cloth Face Covering: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/cloth-face-covering.pdf>



Internet Assistance

- Internet service providers – both cable and wireless companies – are offering temporary discounts for internet access for **families living in Indianapolis**. These discounted plans can provide internet service to support eLearning. You often have more than one option for internet service and can contact all companies listed below to determine which plan best meets your needs.

VENDOR	PLAN NAME	PHONE # AND WEBSITE
AT&T	Access	Online: att.com/access Phone Number: 1-855-220-5211
Comcast	Internet Essentials	Online: InternetEssentials.com Phone Number: 1-855-846-8376
Charter Communications/ Spectrum	Spectrum Internet Assist & Spectrum Broadband	Online: policy.charter.com/coronavirus Phone Number: 1-844-488-8395
Sprint	Various	Online: sprint.com/COVID-19 Phone Number: 1-866-275-1411
T-Mobile	Various	Online: T-mobile.com/support/account/covid-19-updates Phone Number: 1-800-937-8997
Verizon	Single Device Plan	Online: https://www.verizon.com/plans/ - single Phone Number: 1-888-684-1888
Verizon	Prepaid	Online: vzw.com/prepaid Phone Number: 1-800-2-JOIN-IN (1-800-256-4646)

- All Counties:
 - Comcast: <https://www.internetessentials.com/>
 - Spectrum: To enroll in the program, call 1-844-488-8395



Food Assistance

- This Food Assistance Map can provide you with locations of pantries and food drives near your home – just type in your address!
 - <https://www.in.gov/fssa/dfr/5768.htm>
- Find food pantries by county: <https://www.indyhunger.org/find-help/>
- Apply to have free food and delivery at Full Cart: <https://fullcart.org/>
- IPS Meal Locations and times: <https://www.wishtv.com/news/local-news/ips-adds-dinner-to-free-meal-distribution-on-mondays-wednesdays/>



You can find more information about community resources, coping skills, and family activities on the BBBSCI website: <http://www.bebigforkids.org/resources/resources-for-parents/>.



If you are currently on our waitlist and your family has had a change in contact information, location, or interest in the program, please contact us! These changes can impact wait times and communication with the organization.

Below is our contact information:

Karly Lieske
Matching Specialist
(317) 472.3721
klieske@bbbsci.org

Karen Schenk
Youth Enrollment Specialist
(317) 472.3744
kschenk@bbbsci.org

For Upcoming Events in Your Community, Check Out These Websites:

Marion County Commission on Youth: <https://mccooyouth.org/events/>

Indy With Kids: <https://indywithkids.com/events/>

Indy's Child: <https://indyschild.com/indianapolis-family-calendar/>

