

COVID-19 Resources

- Centers for Disease Control [\(CDC\) Coronavirus Site](#)
- New York State Department of Health [Coronavirus Site](#)
- World Health Organization [Coronavirus disease \(COVID-19\) advice for the public](#)
- CDC [Factsheets](#) (available in Spanish)

County COVID-19 websites:

- **Ulster County:** <https://ulstercountyny.gov/coronavirus>
- Dutchess County: <https://www.dutchessny.gov/Departments/DBCH/2019-Novel-Coronavirus.htm>
- Sullivan County: <http://sullivanny.us/Departments/Publichealth/Coronavirus>
- Rockland County: <http://rocklandgov.com/departments/health/coronavirus-covid-19/>

If you suspect COVID-19 call:

Orange County:

- **Hotline:** 845-643-3909
- **Testing:** A testing site has been set up at Anthony Wayne Recreation Facility in Rockland County. People must call 1-888-364-3065 and meet criteria to get tested. This is open to Orange County residents.

ULSTER COUNTY

COVID-19 HOTLINE: [845-443-8888](tel:845-443-8888)

New York

NYS CORONAVIRUS INFORMATION HOTLINE: [888-364-3065](tel:888-364-3065)

School Meals:

- **Orange County School Meal Resources:**
http://www.ouboces.org/files/filesystem/ouboces-2020-covid19-schoolmealdistributionsites_rev3-16b-20.pdf

- **Ulster County:** Look on <https://ulstercountyny.gov/coronavirus>

Food Pantries:

Orange County: <http://cceorangecounty.org/covid-19/food-during-covid-19>

Ulster County: <https://www.ulstercorps.org/agencies/food-pantries/>

Mental Health

● Orange County Crisis Center, which connects people with services for mental illness, substance abuse, developmental disabilities, or who need referrals for food and hunter issues: 800-832-1200

- <https://cssp.org/our-work/projects/protective-factors-framework/>
- <https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/index.html>

Resources if you find you or your family in financial hardship:

- O& R at: 1-877-434-4100 for inquiries regarding payment options etc.
- Central Hudson Utilities: 845-452-2700.
- Orange County DSS: 845-291-4000 to confirm if the FUEL FUND is closed or not.
- Catholic Charities: 845-344-4242 X 1370.
 - Contact: Nubia
- Jewish Family Services: 845-341-1173.
- The Consumer Financial Protection Board has information ranging from what to do if you have trouble paying your bills, are facing income loss, or have a problem with a financial service.
- <https://www.consumerfinance.gov/about-us/blog/protect-yourself-financially-from-impact-of-coronavirus/>
- The Attorney General of New York State has detailed information on Coronavirus resources and warnings on current consumer scams.
- <https://ag.ny.gov/>
- Orange County
 - **Business Relief Line:** Businesses can register for support through calling 845-802-9150.
 - **Orange County Office of Community Development** – Contact Bill Fioravanti, Economic Development Director at 845-360-0231 and/or bfioravanti@orangecountygov.com for small business questions throughout the crisis period.
- Community Foundation of Orange and Sullivan County <https://cfosny.org/community-foundation-of-orange-and-sullivan-launches-orange-and-sullivan-covid-19-response-fund-with-185-thousand-commitment-from-initial-funders/>
- **Price Gouging Hotline** – the following number is for individuals to call if they feel that businesses are price gouging - 1-866-966-7226 during the COVID-19 pandemic.

- Orange County Department of Social Services: 845-291-4000
- SNAP (formerly known as “Food Stamps”): Apply online at mybenefits.ny.gov

Internet Providers: Many have options for eligible low income families at reduced rates or free for 60 days. Also, if having hardship paying internet service bills call your company to discuss.

- [Altice USA](#)
- [Comcast](#)
- [Spectrum](#)
- [AT&T](#)

Child Care

Child Care Council – 845-294-4012 to be provided throughout the crisis period to families calling about daycare/childcare needs. The office is open Monday-Friday 8:30am-4:30pm. Their staff are available to process new applications and will prioritize healthcare providers and emergency responders.

Healthy Kids Program – starting Tuesday, March 17th, Healthy Kids is providing emergency full-day childcare in three locations to care for children from ages 6 weeks to age 12. The programs will continue until schools resume. Operates high quality and affordable before/after school programs since 2003.

- Is in over **60** public schools and **19** counties.
- Is licensed by New York State.
- Staff are fingerprinted and background checked.
- Fees are 100% parent paid-no school contributions.
- Offers sliding scale fees, DSS accepted."

For more information: ****Spaces are very limited****

- Email questions to registration@healthykidsprograms.com or
- Questions about Union Avenue Childcare: Melissa: 845-249-2632.
- Questions about 70 & 103 Hooker Avenue Childcare: Cassandra: 845-330-0199

First Location:

Union Avenue Community Fitness Center located at 565 Union Avenue, New Windsor, NY 12553

- All children ages 4 through 12 are welcome provided they are not showing any sign of illness (fever, coughing, ...).
- Daily rates and hours:
 - \$50/per day (no half-day rates available at this time) DSS accepted.
 - Extended hourly rate: \$5/hour
 - Hours of operation: Monday-Friday 6:30am - 6:30pm

Second Location:

Healthy Kids Programs at the Reformed Church building located at 70 Hooker Avenue, Poughkeepsie, NY 12601

- All children ages 4 through 12 are welcome provided they are not showing any sign of illness (fever, coughing, ...).
- Daily rates and hours:
 - \$50/per day (no half-day rates available at this time) DSS accepted.
 - Extended hourly rate: \$5/hour
 - Hours of operation: Monday-Friday 6:30am - 6:30pm

Third Location:

Healthy Kids Early Learning Center located at 103 Hooker Avenue, Poughkeepsie, NY 12601

- All children ages 6 weeks to age 3 are welcome provided they are not showing any sign of illness (fever, coughing, ...).
- Daily rates and hours:
 - \$75/per day (no half-day rates available at this time) DSS accepted.
 - Extended hourly rate: \$10/hour
 - Hours of operation: Monday-Friday 6:30am - 6:30pm

Family Engagement Resources

How to talk to children about COVID-19

- <https://parenting.nytimes.com/childrens-health/coronavirus-kids-talk>
- <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

Library Resources: Need a library card but easy to do online and get a digital version to access e books etc. Great options for everyone!!

- <https://www.overdrive.com/apps/libby/>
- **Ramapo Catskill Library System digital downloads:** <https://rcls.overdrive.com/>
- **Mid Hudson Library System digital downloads:** <https://mhls.overdrive.com/>
- **List of Libraries by County Orange, Rockland, Sullivan and Ulster**
<http://www.nysl.nysed.gov/libdev/libs/publibs/3rc.htm#071>

- NY Public Library: Only interested in borrowing e-books and e-audiobooks? Consider a virtual library card. Using your Android or iOS device, download [SimplyE](#)—The New York Public Library's free e-reader app—to get started. *Residents of New York State over the age of 13 are eligible to apply.*

Educational Resources for Youth

- Learning Enrichment Books for grades k-5:
<http://www.ouboces.org/news.cfm?story=2882&school=0>
- Khan Academy Kids- Free online educational resources: <https://khankids.zendesk.com/hc/en-us/articles/360040315632-How-to-use-Khan-Academy-Kids-for-remote-learning>
- Supporting Your Child’s Literacy Development at Home Tutorial, National Center on Improving Literacy <https://improvingliteracy.org/module/supporting-your-childs-literacy-development-home-tutorial>
- Virtual Tours and Interactive Virtual Field Trips and live web cams
https://docs.google.com/spreadsheets/d/1NGi3CzD0gY7Dq83dtX_Oa4LDVdU0qkew251N6LQk-Fw/htmlview?usp=sharing&sle=true
- Speech Ideas: http://www.ouboces.org/files/filesystem/speech_ideas.pdf
- Media recommendations for entertainment
<https://www.medialit.org/>
<https://www.commonensemedia.org/>
- Hand-picked, age-appropriate media suggestions to keep the whole family engaged.
 - [Best Music Apps and Games for Kids](#)
 - [New Kids' TV Shows](#)
 - [50 Books All Kids Should Read Before They're 12](#)
 - [Best Family Movies](#)
 - [Common Sense Selections](#) highlighting the best movies and TV shows
 - [Sibling Watch-Together TV](#)
 - [Best Documentaries for Kids and Families](#)
- Tools to help parents and caregivers keep kids focused and learning at home.
 - [17 Apps to Help Kids Stay Focused](#)
 - [Apps That Act Like Math and Science Tutors for Homework Help](#)
 - [Free Educational Apps, Games, and Websites](#)

- [Top Time-Management Apps](#)
- Lunchtime Doodles with Mo Willems :

https://m.youtube.com/watch?v=MjaYnyCJDdU&fbclid=IwAR06cC9-cPaiuCRkVH-YVujhiafd_nGBx4QumFGnchzc4ZQF-PKrsT-zpWA&feature=youtu.be

Music

- Thirty-day free access to its entire library of performances. Just use the voucher code "BERLINPHIL" by March 31 at [Digital Concert Hall](#).
- **Detroit Symphony Orchestra**
- The [DSO Replay](#) allows listeners to stream past shows for free. Sign up required.
- **Chamber Music Society of Lincoln Centre**
Both live streams and past shows are available [here](#). No sign up required.
- **The Metropolitan Opera**
One past concert is streamed live every day at 7.30am (Malaysian time) for free on its [homepage](#). The live stream link will be up for 20 hours. Find out the full list of performances [here](#).
- Many UK organizations livestream concerts and make them available via YouTube or other channels. Check out the [Wigmore Hall](#), which has a huge array of their past chamber music concerts free to watch, or try the [BBC Scottish Symphony Orchestra](#) or the [London Symphony Orchestra](#)'s YouTube channels.
- An article listing many of the above and more streaming options for opera, concerts and more. <https://www.cnn.com/style/article/what-to-do-at-home-streaming-art-museums-concerts-coronavirus-trnd/index.html>

Stress Management:

Journal

Meditate

Set intentions for the day

Family meetings

Device free meals

Physical Activity

Limit Screen Time

Puzzles

Board Games

Card games

Reading

Agriculture in the Classroom: Resources for Parents/Teachers

- **How Does it Grow? Video Series by PBS America's Heartland**
 - This video series follows food from farm to fork. Learn more about potatoes, asparagus, mushrooms, cranberries, garlic, cauliflower, spinach, oranges and more. These videos are a great way to introduce secondary students to food science, cooking, and to increase understanding of the source of our food.
 - <https://www.youtube.com/user/howgrowvideo>
- NY Agriculture in the Classroom- Ag Literacy Week
 - <https://www.agclassroom.org/ny/programs/literacy.php#book>
- National Ag in the Classroom
 - <https://www.agclassroom.org/index.cfm>

4H Resources

- 5 Ways to Keep Kids Engaged and Learning at Home
 - <https://4-h.org/about/blog/5-ways-to-keep-kids-engaged-and-learning-at-home/>
- 4H Healthy Living Activity Guide: 30 hands on educational activities
 - <https://4-h.org/about/inspire-kids-to-do/#main-form>
- 4H Inspire Kids to Do Activity Guide
 - <https://4-h.org/about/inspire-kids-to-do/activity-guide/>
- Kids Guide to Mindfulness:
 - <https://4-h.org/about/blog/inspire-kids-to-do-kids-guide-to-mindfulness/>
- 4H Stem Lab: Stem Activities
 - <https://4-h.org/parents/stem-agriculture/youth-stem-activities/>

Nutrition

- MyPlate:
- ChopChop: <https://www.chopchopfamily.org/learn-to-cook/recipe>

Physical Activity Guidelines, Tools and Resources

- <https://health.gov/moveyourway>