

COVID 19 Quick Guide:

Staying Healthy:

- Practice Social Distancing
- Stay home as much as you can
- Avoid public spaces
- Keep at least 6 feet between you and others if you do have to go out

Symptoms of COVID-19 can include:

- **Fever**
- **Cough**
- **Shortness of breath**
- **Diarrhea**

Some people have little to no symptoms while others are severely ill. The list is not all inclusive. Please contact your doctor with any questions you may have.

If you have any of the following **Emergency Warning Signs** for COVID-19, seek medical attention immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

Call 911 if you have a medical emergency: Notify the operator that you have, or think you might have, COVID-19. If possible, put a cloth face covering before help arrives.

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Symptoms-Testing.aspx>

If diagnosed with Covid-19: follow medical advice given by physician

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf>

Information and Guidance: overall information on the Coronavirus

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>

The State of PA is under a Stay at Home Order:

<https://www.governor.pa.gov/newsroom/gov-wolf-sec-of-health-pennsylvania-on-statewide-stay-at-home-order>

New PA Health Order that requires that masks must be worn by employees, customers at essential businesses in PA:

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Stop-the-Spread.aspx>

Westmoreland County Updates:

<https://www.co.westmoreland.pa.us/>

Resources

Shopping for Essentials: Many stores have online options for delivery or curbside pickup

Medical Appointments: If you have a scheduled appointment that has not yet been cancelled, contact your medical provider to see if the appointment is necessary

If the appointment is necessary talk with your doctor to determine if they offer video appointments.

Dial 211 (Call line to help connect with local resources): <https://www.uwp.org/211gethelp/>

<http://pa211sw.org/covid-19/> for COVID-19 specific resources

The Statewide Support & Referral Helpline: to respond to those struggling with anxiety and other challenging emotions due to the COVID-19 emergency. Staff at the Helpline refer callers to community-based resources that can further help to meet individual needs. *The toll-free, round-the-clock support line is officially operational. The number to call is 1-855-284-2494. For TTY, dial 724-631-5600.*

Westmoreland Community Action: 724-834-1260 or 800-816-0022

<https://westmorelandca.org/programs/>

Food Assistance:

Feeding the Spirit: <https://www.feedspirit.org/> pop-up meal distribution

Food Pantries: Food pantries continue to operate throughout Pennsylvania, although some have updated hours and all are working on ways to connect people with food without risking contact. (724) 468-8660 or <https://westmorelandfoodbank.org/receive-assistance/find-a-pantry/>

Meals for Students: Through the Pennsylvania Department of Education. These meals will be available at no cost to low-income children while schools are temporarily closed to children under age 18. For more information, contact your local school district.

https://westmorelandca.org/wp-content/uploads/2020/03/School-District-Food-Offering_3.25.20.pdf

Grocery Help for Low-Income Individuals: The Supplemental Nutrition Assistance Program (SNAP) helps families, older adults, and individuals pay for groceries. Emergency SNAP applications can be expedited and issued in five days. Pennsylvanians can call the Helpline at 1800-692-7462 or <https://www.compass.state.pa.us/compass.web/Public/CMPHome>.

Food for Women, Children, and Families: WIC helps with nutrition for pregnant women, nursing women, postpartum women, and infants and children younger than 5. Apply by calling the toll-free hotline at 800-WIC-WINS or <https://www.pawic.com/OnlineApplication.aspx>

Meals for Older Adults: Area Agencies on Aging continue to provide meals for older adults throughout the COVID-19 pandemic. Call Westmoreland County Area Agency on Aging: (724)830-4444 and request that you be connected with meals or the website is: <https://www.co.westmoreland.pa.us/2753/Westmoreland-County-Meals-on-Wheels-Prog>

Employment-If you job has been impacted by COVID-19: An application can be filed on the statewide unemployment compensation toll-free number at 1-888-313-7284 or online 24/7: <https://www.uc.pa.gov/Pages/default.aspx>

Mail: A [paper application](#) can be mailed to a UC service center.

Videophone service: For individuals who use American Sign Language (ASL) videophone service is available every Wednesday from noon to 4 p.m. at 717-704-8474

Financial Support:

Catholic Charities: Phone: (724) 837-1840

Salvation Army: Phone 724-834-3335

Credit Cards: If you have seen a reduction in pay due to COVID-19 and are struggling to make your credit card or loan payments, contact your lender right away. For guidance visit the Consumer Financial Protection Bureau <https://www.consumerfinance.gov/ask-cfpb/if-i-cant-pay-my-mortgage-loan-what-are-my-options-en-268/>

Mortgage or Rent: If you can't cover your mortgage payment or rent, contact your lender or landlord immediately. You can also contact: Consumer Financial Protection Bureau
<https://www.consumerfinance.gov/ask-cfpb/if-i-cant-pay-my-mortgage-loan-what-are-my-options-en-268/>

Westmoreland County Housing Authority (WCHA): Phone: [724-832-7248](tel:724-832-7248) Or Toll Free: [1-800-WCHA-NOW](tel:1-800-WCHA-NOW)

<https://www.wchaonline.com/>

Rental assistance: <https://www.hud.gov/states/pennsylvania/renting>

Utilities: On March 6, 2020, Pennsylvania Public Utility Commission Chairman signed an (as long as Governor Tom Wolf's Proclamation of Disaster is in effect) prohibiting terminations by utilities that are under the PUC's jurisdiction, including:

- Electric
- Natural Gas
- Water
- Wastewater
- Telecommunication
- Steam

(If you are struggling to pay your utility bills, contact your service provider for possible emergency assistance programs.)

Transportation:

Westmoreland County Transit Authority: 1-800-242-2706 

<https://www.westmorelandtransit.com/go-westmoreland/medical-assistance-transportation-program/>

Free Home Internet:

Comcast – if on public assistance and do not have a current subscription
<https://www.internetessentials.com/>

Charter Communications- 60 days of free Spectrum internet to new customers with college or K-12 students in the home: <https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-new-K12-and-college-student-households-and-more>

Helping Children Cope:

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html>

Fred Rogers Center:

<https://www.fredrogerscenter.org/what-we-do/child-wellness/coronavirus-response>

Early Intervention:

WCSI is able to provide support: 1-800-353-6467

Individuals and families are still able to call Service Coordinators for assistance during this trying time.

Therapy Related: Speech



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Things to do at home:

Virtual Story Times:

https://calendar.google.com/calendar/embed?src=bookroo.com_96n0g7n2s6tl1iit34bmev3ea0@group.calendar.google.com&ctz=America/New_York&utm_source=Bookroo&utm_campaign=60c1caa4e2-EMAIL_CAMPAIGN_2020_03_24_04_48_COPY_01&utm_medium=email&utm_term=0_4a478f77c9-60c1caa4e2-148900653&pli=1

- ABCMouse Code: SCHOOL6739
- Online Preschool: <https://playtolearnpreschool.us/resources/>
- Talking to children about COVID 19: www.verywellfamily.com

Virtual Play Groups:

<https://www.facebook.com/PlayToLearnPS>

<https://www.grohplayrooms.com/virtual-play-dates>

<https://www.mrnaturesmusicgarden.com/>

<https://doncaster.mumbler.co.uk/kids/playgroups-classes/virtual-playgroups-classes/>

<https://www.strongstart.co.ke/register>

Behavioral/Mental Health:

WCSI is able to provide support: 1-800-353-6467

WCSI offers telephone options to help in this crisis. Clients are still able to call case managers as needed for assistance with helping their clients during this trying time.

Westmoreland County Crisis Hotline 1-800-836-6010

The Crisis Hotline is available 24/7 to provide assistance for individuals in crisis or for individuals seeking assistance for another person in crisis.

Crisis Text Line: Text “PA” to 741-741

Safe2Say: 1-844-723-2729  or <https://www.safe2saypa.org/>

Veteran Crisis Line: 1-800-273-TALK  (8255) www.veteranscrisisline.net

Get Help Now Hotline (for substance use disorders): 1-800-662-4357 

5 Best Apps to Manage Panic Attacks (Android and OS),

<http://www.calmmoment.com/mindfulness/best-apps-for-anxiety-and-panic-attacks/>

FREE App to help people in recovery:

https://www.addictionpolicy.org/post/free-app-to-support-people-in-recovery-during-covid-19-outbreak?fbclid=IwAR2IRfqwyH8EwpiHnM7zf2Z77pxndnE5coBcsLWzDIBkuGwqreNbLh0M_iY

Westmoreland County Substance Abuse Treatment Providers:

<https://www.co.westmoreland.pa.us/DocumentCenter/View/3440/Drug--Alcohol-Provider-List>

Intellectual Disabilities and Autism:

WCSI is able to provide support: 1-800-353-6467

Individuals and families are still able to call Supports Coordinators for assistance during this trying time.

Regional Integrated Human Services (RIHS) Toll Free: 1 (800) 267-7062 Office: (724) 836-6215

MyODP: Coronavirus Updates, Announcements, Webinars, Individual & Family Resources, and Provider Resources

<https://www.myodp.org/mod/page/view.php?id=26808>

Council for Intellectual Disability:

<https://cid.org.au/wp-content/uploads/2020/03/Staying-home-during-Coronavirus-CID-Mar2020.pdf>

AID in PA is a resource collection for Pennsylvanians in the autism and intellectual disability communities. A joint effort between ASERT (Autism Services, Education, Resources, and Training) and the statewide HCQUs (Health Care Quality Units), this site is designed to connect individuals with disabilities, families, professionals, and community members with resources that can best serve them in emergency situations. Coping with Coronavirus: Managing stress, fear, & anxiety <https://aidinpa.org/>

Health Care Quality Unit/HCQU Free trainings: The following trainings may be of special interest related to Coronavirus COVID-19:

<https://hcqu.kepro.com/resources/informational-materials/>

[Coronavirus \(COVID-19\) Informational Packet for Providers](#) (HCQU factsheet and CDC handouts/posters)

- [Coronavirus Test Rehearsal Guide](#)
- [COVID-19: Fear-Anxiety](#)
- [COVID-19: How to Talk about COVID-19 with Self-advocates](#)
- [COVID-19: Infection Control Factsheet](#)
- [COVID-19: Remaining Connected and Overcoming Boredom](#)
- [ODP's Coronavirus \(COVID-19\) page \(on MyODP.com\)](#)
- [Reducing the Spread of Infection Rehearsal Guide](#)

Autism:

WCSI is able to provide support: 1-800-353-6467

Individuals and families are still able to call Supports Coordinators for assistance during this trying time.

ASERT: 877-231-4244 <https://paautism.org/resource/coronavirus-resources/>

Autism Speaks: 412-367-4571 <https://www.autismspeaks.org/covid-19-information-and-resources>

Autism Connection of PA: 412-781-4116

<https://securereservercdn.net/198.71.233.104/855.5c9.myftpupload.com/wp-content/uploads/2020/04/resources.png?time=1587448728>

Resources for those who are Deaf or Hard of Hearing:

Hearing & Deaf Services Westmoreland: Phone: (724) 832-7600 (voice/tty)
<https://www.hdscenter.org/aboutus/>

CDC Adds COVID-19 American Sign Language (ASL) Resource Videos:

[CDC YouTube American Sign Language \(ASL\) Video Resource Playlist](#)

- Social Distancing
- Do Your Part to Slow the Spread
- Parents Supporting Children
- Managing Stress and Anxiety
- Caring for Someone at Home Who May Have COVID-19
- What older adults need to know about COVID-19
- COVID-19 Prevention Tips
- 10 Things You Can Do to Manage COVID-19 at Home
- What is my risk for COVID-19?
- Symptoms of Coronavirus Disease 2019

Resources for those who are Deaf Blind:

The Pennsylvania Training and Technical Assistance Network (PaTTAN):

<https://www.pattan.net/Disabilities/Deaf-Blind/COVID->

Helen Keller National Center also has a webpage:

<https://www.helenkeller.org/hknc/covid-19-communication-guidelines>

Communication:

<https://aaccommunity.net/2020/03/supporting-aac-users-in-the-time-of-covid-19-resources-for-teletherapy-more/>