

COVID-19: Resources

CDC Coronavirus (COVID-19)

www.cdc.gov/coronavirus

- How to protect yourself
 - What to do if you're sick
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Steps to Slow the SPREAD of COVID-19

www.fairfaxcounty.gov/health/novel-coronavirus/toolkit-slow-spread

Residents are encouraged to follow these instructions to prevent disease spreading to people in your home and community.

County Small Business COVID-19 Recovery Fund

<https://www.fairfaxcounty.gov/economic-success/county-small-business-covid-19-recovery-fund>

Assistance from a Distance

<https://www.fairfaxcounty.gov/familyservices/assistance-from-a-distance>

How to access DFS services remotely during the COVID-19 pandemic

Child Protective Services (CPS) Hotline: 703-324-7400

Adult Protective Services Hotline: 703-324-7450

Aging, Disability and Caregiver Resources Line: 703-324-7948

Meals on Wheels: 703-222-0880

Services and Resources for People with Disabilities: 703-324-5421

Domestic and Sexual Violence Services Hotline: 703-360-7273

Apply for Financial and Medical Assistance Benefits (SNAP, Medicaid, etc.):

www.fairfaxcounty.gov/familyservices/financial-and-medical/apply

Receiving Assistance While Keeping Your Family Safe

Stay Safe at Home — Go Online

- You can apply for Medicaid, SNAP, TANF, Child Care and Energy Assistance benefits using internet access anywhere, anytime.
- Applications can be submitted 24-hours a day/7 days a week.
- By linking your case to your CommonHelp account, you can: see your case information, check your benefits, renew your benefits and report changes.
- Go to www.commonhelp.virginia.gov or call 1-855-635-4370.

Ways to Turn in Your Documents

- By email: DFSMYCase@FairfaxCounty.gov
- By fax: 703-653-6679
- By mail: 12011 Government Center Parkway • Suite 232 • Fairfax, VA 22035

Other Ways to Receive Help

- Send a message to DFSMYCase@FairfaxCounty.gov
 - To get an EBT replacement card issued, call: 866-281-2448
 - You can speak directly to someone from our customer care line: 703-324-7500
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Immigrants in Fairfax County

<https://www.fairfaxcounty.gov/topics/immigrants-fairfax-county>

- Resources for Immigrants
 - County Policy Statements
 - Information about ICE
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Fairfax County
Health & Human Services



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Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. For information, call 703-324-4600, TTY 711.



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Coordinated Services Planning (CSP)

Neighborhood and Community Services

703-222-0880, TTY 711 • Monday - Friday, 8 a.m. - 4:30 p.m.

CSP specialists are ready to listen and assist you by providing access and referrals to both county and community-based resources. If you are facing difficulties, including food, shelter, employment, financial assistance, healthcare and other needs, call to talk with someone about your needs and receive advice on services available to you.

Our multilingual staff can assist callers in Amharic, Dari, Creole (English and French), Farsi, Hindi, Italian, Kannada, Korean, Pashto, Punjabi, Somali, Spanish, Swedish, Tamil, Tigrinya, and Urdu. CSP services are also available in other languages through the use of an interpreter. Please call for details.

Human Services Resource Guide (HSRG)

www.fairfaxcounty.gov/hsrc

Food Resources from Fairfax County Public Schools

All FCPS students (regardless of age) and other county children (under the age of 18) are eligible for free grab and go breakfast and lunch. Adults picking up meals for children should let staff know how many children's meals they need. Adults may purchase meals for themselves for \$2.

Curbside Pick Up, FCPS Sites and Pop-up Locations: <https://www.fcps.edu/news/coronavirus-update-food-resources>

Meal Delivery Bus Routes: <https://www.fcps.edu/news/coronavirus-update-food-resources/bus>

Searchable map of FCPS and community food distribution sites: <https://www.fairfaxcounty.gov/maps/food-resources>

7 Ways to Help Ease Your Anxiety Around the Coronavirus*

Get strategies to help manage your fears about COVID-19.

If you're feeling anxious about the coronavirus (COVID-19), give yourself a break — it's normal to be worried or upset about the unknown. Now, take a deep breath (which really can lower stress levels) and try these strategies to help manage your fears:

- 1. Know how COVID-19 is transmitted.** The virus is spread between people who are in close contact with one another, typically when an infected person coughs or sneezes. It may also spread when you touch an infected surface or object.
- 2. Take action to stay healthy!** Wash your hands with soap and water and scrub for at least 20 seconds. This is the first line of defense against getting any virus. Also:
 - Avoid touching your eyes, nose, or mouth.
 - Clean your phone and other devices.
 - Stay at least six feet away from sick people.
 - Cover your sneeze and cough with a tissue; throw it away. Or, sneeze and cough into your elbow.
- 3. Practice self-care.** A strong immune system can help prevent illness! Get enough sleep, eat nutritious foods, be active, and make time for a few minutes of deep breathing throughout the day.
- 4. Maintain your regular routine.** Follow your normal schedule, as much as possible. Predictability can be very reassuring.
- 5. Take screen breaks.** Limit the amount of time you spend consuming the latest COVID-19 news, whether on social media or other platforms. This will go a long way toward calming your nerves.
- 6. Use reliable sources.** Sensationalized media reports can easily put you in panic mode. Stick with information that comes from trusted sources.
- 7. Get help if you need to.** Students: If it's starting to become too much to handle, please reach out to your parent/guardian, school psychologist, school social worker, school counselor, or another trusted adult. And always remember that you can text NEEDHELP to 85511, 24 hours a day/7 days a week.

Resources: FCPS Coronavirus Updates, Fairfax County Health Department and the Centers for Disease Control and Prevention

*Article courtesy Fairfax County Public Schools. <https://www.fcps.edu/news/coronavirus-update-ways-ease-anxiety>