

Resources for Parents with COVID-19: Before You Get Sick, Make a Plan

The State of Maine is here to help if you are unable to care for your children because you are too ill with Covid-19.

Here are some steps you can take to ensure there is a plan in place if you get sick:

- Do you have a safe and trusted relative, friend, or community support? If so, reach out to them and ask if they are willing to care for your children if you get sick.
- Will your children be cared for at your home or at the home of your relative, friend, or community support? If at their home, prepare the clothing, personal items, and medication your children will need to be away from home for a couple of weeks.
- Talk to your children and relative, friend, or community support ahead of time to discuss health issues, doctor's information and the plan for care of your children.

If you are unable to identify an alternative caregiver and become too ill to care for your children, the Office of Child and Family Services is here to help you. Please call 1-800-452-1999 for more information.

If you are a member of the New Mainer Community, there are resources available to help you.

The Immigrant Resource Center of Maine (207)753-0061; E-mail: info@ircm.org; Website: www.ircofmaine.org
Maine Immigrant Rights Coalition 207-517-3404; Email: info@maineimmigrantrights.org Website: <https://maineimmigrantrights.org/>

If you are a member of the Native American Community, there are resources available to help you.

Wabanaki Health and Wellness (207)992-0411; Contact: Sharon Jordan E-mail: stomah@wabanakihw.org
Website: www.wabanakihw.org/

Resource for Parents/Caregivers

- **CDC Guidelines:** <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- **Covid-19 Literacy Project:** <https://drive.google.com/file/d/1Ciqkae9TKsmrw94NDOS5KIXFN9TSE6S1/view>
- **Department of Health and Human Services, Office of Child and Family Services 1-877-452-1999** <http://www.maine.gov/dhhs/ocfs/>
- **2-1-1 Maine, Inc. (Free information & Referral): Dial 211 or 1-877-463-6207 (Out of State)** <https://211maine.org/>

ON BEHALF OF THE MAINE DEPARTMENT OF HEALTH AND HUMAN SERVICES, OFFICE OF CHILD AND FAMILY SERVICES, WE APPRECIATE THE ONGOING WORK OF EDUCATION, HEALTH CARE AND MENTAL HEALTH PROVIDERS AND OTHER PROFESSIONALS AND COMMUNITY MEMBERS IN JOINING WITH US TO KEEP MAINE'S CHILDREN AND FAMILIES SAFE AND HEALTHY.



BEFORE YOU GET SICK, MAKE A PLAN

Who?



- Who will care for your children if you are too sick to care for them?
- Do you have a safe and trusted relative, friend or community support?
- If so, reach out to them and ask if they are willing to care for your children in the event you are too sick to do so.

Where?



- Will your children be cared for at your home or at the home of your trusted support?
- If at their home, prepare what your children will need to be away from you for a couple of weeks.
- If at your home, review CDC precautions to keep everyone safe.

When?



- Make a plan now with your trusted relative, friend or community support.
- If you become ill, your plan will already be in place and can be activated with a phone call to the person who will be caring for your children.

What if?



- What if I don't have a safe and trusted person to care for my child if I'm too sick to care for them?
- Please reach out to one of the following agencies to learn more about the resources available to you:
Immigrant Resource Center of Maine (207)753-0061
Wabanaki Health and Wellness (207)992-0411
Office of Child Family Services 1-800-452-1999

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