



**PORTLAND
COMMUNITY
SQUASH**

PORTLAND COMMUNITY SQUASH COVID-19 FAMILY + COMMUNITY RESOURCE GUIDE

We are here to support our youth and families during these difficult times

Please reach out to PCS Program Director, Katrina Buchta, with questions or concerns or if you have anything to add
katrina@pcsquash.com / 978.809.9614

Table of Contents

1. Food Resources
 2. Portland Public Schools Remote Learning
 3. Internet
 4. Travel + Transportation
 5. Mental Health + Wellness
 6. COVID-19 + Healthcare Information
 7. Supplies
 8. Unemployment + Financial Information
 9. Fitness + Recreation
 10. Educational Resources + Activities
 11. Other Resources
-

1. FOOD

Click here to see current open food pantries: [Wayside Food Resources](#)

The Locker Project: [Covid-19 Crisis Response](#)

Good Shepherd Food Bank: List of [Partner Agencies / Food Resources](#)

Beginning Wednesday, March 18th, Portland Public Schools will provide breakfast and lunch for kids under 18 at the following locations between **10am-12noon**, Monday – Friday, from the bus loop at each participating school. You can drive up. If you do, please stay in your car. Children no longer need to be present, parents can get meals without them. Walk-ups are also welcome:

- Riverton Elementary School
- Lyman Moore Middle School
- Deering High School
- King Middle School
- East End Community School

- Presumpscot Elementary School
- Rowe Elementary School
- Portland High School
- Peaks Island School

Meals available for children at Boys & Girls Club from 4-5pm Monday-Friday at the clubhouses in Portland, South Portland, Riverton Park, Sagamore Village and Auburn/Lewiston.

All TANF face to face meetings are cancelled and will be by phone; includes ASPIRE and Fedcap. DHS will not sanction families for failure to attend appointments, interviews, other face to face activities.

Portland Restaurant Delivery + Take Out: [Portland Food Map](#)

UberEats, DoorDash Delivery Apps - no delivery fees right now

Portland Farmers Market - located outdoors at 631 Stevens Ave; all SNAP purchases are doubled with extra fruit and veggies

2. PORTLAND PUBLIC SCHOOLS REMOTE LEARNING

PPS families: Questions & concerns during the shutdown? Call our HelpLine at 207-874-8159. You can access the HelpLine in different languages. You can also email us in your primary language at ppshelp@portlandschools.org

Portland Public Schools COVID-19 [Website](#)

- [Letters from Superintendent Botana](#)
- [Translated Letters](#)

[Learning Packets for Grades K-5](#)

Schools will be keeping track of student attendance starting March 18. More information on how that will happen will be communicated by each school. This pandemic is uncharted territory for us all. But amidst all this uncertainty, one thing remains unchanged: The Portland Public Schools' commitment to ensuring our students continue learning while keeping them and our staff safe. I have confidence that if all of us in the Portland Public Schools community work together, we will achieve that goal.

3. INTERNET

Beginning March 16, Charter Communications Inc, a broadband connectivity company that owns Spectrum, is offering free internet to households with children that are K-12 and/or college students for 60 days. This offer only applies to those who do not already have Spectrum as an internet provider. They're offering any service level up to 100 Mbps.

To enroll, call 1-844-488-8395. Installation fees will be waived for new student households, Spectrum says.

4. TRAVEL / TRANSPORTATION

[Portland ME Stay-At-Home Order](#)
([Multilingual Key Facts about Stay at Home Order](#))

Click [here](#) for changes in the Portland METRO bus schedule

Concord Coach Lines - suspending bus service beginning Saturday

Read about the the [Importance of Social Distancing](#)

[Link](#) to CDC Travel Advisories related to COVID-19

[CDC Travel Decision Making Flowchart](#)

5. MENTAL HEALTH + WELLNESS

Crisis Text Line: Text “hello” to 741-741 to talk with someone, if you are feeling lonely, or on the verge of a mental breakdown

The outbreak of COVID-19 may be stressful for people. Fear and anxiety about a virus can be overwhelming and cause strong emotions in both adults and children. Coping with stress will make you, the people you care about, and your community stronger. Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

A key to feeling better is to use wellness strategies aimed at helping you cope with the stressors in your life. More information found below

Great resources for managing stress and anxiety:

- [Care for Your Coronavirus Anxiety](#)
- [Mental Health America COVID-19 Resources](#)
- [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\)](#)
- [Talking to Children About COVID-19 \(Coronavirus\)](#)
- [Talking with children about Coronavirus Disease 2019 | CDC](#)
- [Mental Health and Coping During COVID-19 | CDC](#)
- [COVID-19 and managing mental health](#)
- [Helping children cope with stress during the 2019-nCoV outbreak](#)
- [12 tips to help kids cope with social distancing](#)



Children may respond differently to an outbreak depending on their age. Below are some reactions according to age group and the best ways you can respond:

	Reactions 😊	How to Help ❤️
 <p>Preschool</p>	<ul style="list-style-type: none"> • Fear of being alone, nightmares • Speech difficulties • Loss of bladder/bowel control, constipation, bed-wetting • Change in appetite • Increased temper tantrums, whining, or clinging behaviors • Sleep pattern changes 	<ul style="list-style-type: none"> • Patience and tolerance • Provide reassurance (verbal and physical) • Encourage expression through play, reenactment, storytelling • Allow short-term changes in sleep arrangements • Plan calming, comforting activities before bedtime • Maintain regular family routines • Avoid media exposure • Plan calming, comforting activities before bed time
 <p>School-age (Ages 6-12)</p>	<ul style="list-style-type: none"> • Irritability, whining, aggressive behavior • Clinging, nightmares • Sleep/appetite disturbance • Physical symptoms (headaches, stomach aches, etc.) • Withdrawal from peers, loss of interest • Competition for parents' attention • Forgetfulness • Increased statements of worry or fear 	<ul style="list-style-type: none"> • Patience, tolerance, and reassurance • Play sessions and staying in touch with friends. • Regular exercise and stretching • Engage in educational activities (workbooks, educational games) • Participate in structured household chores • Set gentle but firm limits • Follow the child's lead and need for information when discussing current outbreak. Encourage child to ask questions. Provide short answers and allow child to ask further questions if necessary. Do not bombard with information. • Encourage expression through play and conversation • Maintain family routines • Limit media exposure, talking about what they have seen/heard including at school • Address any stigma or discrimination occurring and clarify misinformation • Reward positive behaviors often
 <p>Adolescent (13-18)</p>	<ul style="list-style-type: none"> • Physical symptoms (headaches, rashes, etc.) • Sleep/appetite disturbance • Agitation or decrease in energy • Ignoring health promotion behaviors • Isolating from peers and loved ones • Avoiding/cutting school 	<ul style="list-style-type: none"> • Patience, tolerance, and reassurance • Encourage continuation of routines • Encourage discussion of outbreak experience with peers and family • Stay in touch with friends • Participate in family routines, including chores, supporting younger siblings, and planning strategies to enhance health promotion behaviors • Limit media exposure, talking about what they have seen/heard including at school • Address any stigma or discrimination occurring and clarify misinformation
 <p>Children with special needs</p>	<ul style="list-style-type: none"> • Reactions will likely be based on the child's developmental level and may include a combination of the symptoms above depending on your child's developmental age. Most, if not all of these symptoms should respond to the strategies above. 	<ul style="list-style-type: none"> • Provide increased access to comforting measures and sensory needs • Offer factual information and short clear answers to questions within child's scope of understanding • Limit preoccupation with becoming ill by introducing factual information ('children are not at high risk, it is very unlikely you will get ill, school is out to continue to protect kids')

AVOID

- Group gatherings
- Sleepovers
- Playdates
- Concerts
- Theater outings
- Traveling
- Athletic events
- Crowded retail stores
- Malls
- Workouts in gyms
- Church Services
- Visitors in your house
- Non-essential workers in your house
- Mass transit systems

KEEP YOUR DISTANCE

- Visit a local restaurant to get take out
- Visit grocery store
- Pick up medications
- Play tennis in a park

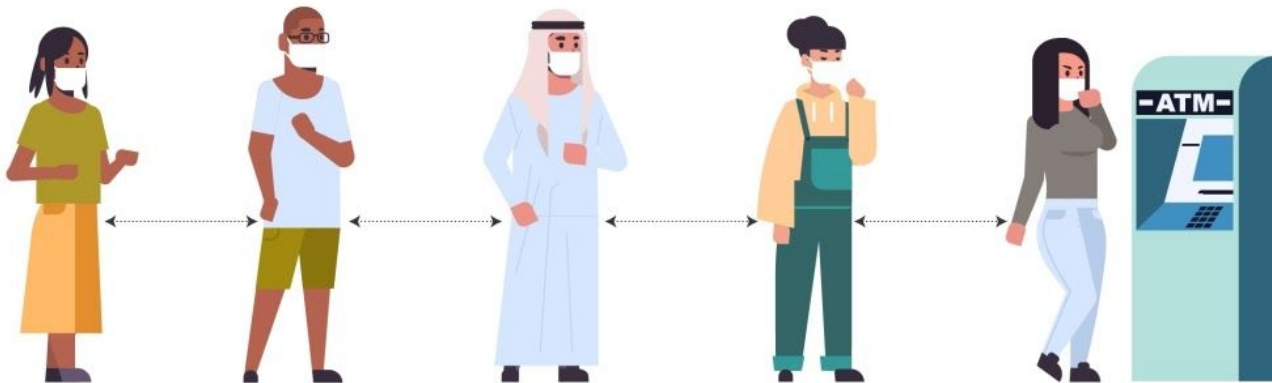
Keep at least 6' - 8' between yourself and others

SAFE TO DO

- Take a walk
- Go for a hike
- Yard work
- Play in your yard
- Clean out a closet
- Read a good book
- Listen to music
- Cook a meal
- Family game night
- Go for a drive
- Stream a favorite show
- Call or email a friend or elderly neighbor to check in
- Group video chats

COVID-19 Social distancing

Maintain 1.8 metre (6 feet) of distance at all times if in public



Source: Johns Hopkins University | Last updated: March 17, 2020



Social Distancing = Physical Distancing
6 Feet = Length of Mattress or Height of Refrigerator

City of Portland, ME COVID-19 [Website + Resources](#) (includes language translations)

[What To Do if You Are Sick](#)

MaineHealth Resources (including translations to several languages): [Coronavirus | COVID-19](#)

Cough, fever, shortness of breath - main symptoms. If you/anyone in your household/family has symptoms or does not feel well, **CALL** the doctor first, do not go to the doctor

English:

[COVID-19 Video](#)

[Maine Center for Disease Control and Prevention](#)

[COVID-19 Symptoms](#)

[Maine DHHS Website](#)

[COVID-19 + Asthma](#)

Acholi:

[Fact Sheet](#)

عربي / Arabic:

[Info Sheet](#)

[Maine Health Translated Material](#)

[العالمات والأعراض الشائعة](#)

[Video](#)

[Disease Spread Prevention](#)

[Fact Sheet](#)

[Informational Flyer](#)

[More Arabic Resources](#)

Français / French:

[Principaux symptômes et manifestations cliniques](#)

[French Fact Sheet](#)

[French Video](#)

[French Video 2](#)

[Social Distancing](#)

[More French Resources](#)

[Maine Health Translated Material](#)

ខ្មែរ / Khmer:

[Khmer Fact Sheet](#)

[Khmer Info](#)

[Maine Health Translated Material](#)

Kirundi:

[Kirundi Fact Sheet](#)

[Kirundi Video](#)

Lingala:

[Lingala Fact Sheet](#)

[Kabola Makambo ya Solo Matali COVID-19](#)

Português / Portuguese:

[Sinais e sintomas comuns](#)

[Maine Health Translated Material](#)

[Portuguese Fact Sheet](#)

[Portuguese Video](#)

[Covid-19 Information in Portuguese](#)

[More Portuguese Resources](#)

Somali:

[Soomaali Fact Sheet](#)

[Maine Health Translated Material](#)

[Somali Info Sheet](#)

[Somali Video](#)

[Somali Video 2](#)

[Maay Maay Video](#)

[More Somali Resources](#)

Kinyarwanda:

[Kinyarwanda Documents](#)

Español / Spanish :

[Signos y síntomas comunes](#)

[Maine Health Translated Material](#)

[Spanish Fact Sheet](#)

[Spanish Video](#)

[Spanish Info](#)

[What to do if sick](#)

[Disease Spread Prevention](#)

[Social Distancing](#)

Swahili / Kiswahili:

[Signes za kawaida na symptoms](#)

[More Swahili Resources](#)

Tiếng Việt / Vietnamese:

[Vietnamese Fact Sheet](#)

[Vietnamese](#)

[Vietnamese Info](#)

[Disease Spread Prevention](#)

[Maine Health Translated Material](#)

Chinese:

[Chinese \(Simplified\) Fact Sheet](#)

[Chinese \(Simplified\) Video](#)

[Chinese \(Simplified\) Info](#)

[What to do if sick](#)

[Disease Spread Prevention](#)

Amharic / አማርኛ:

[2019 Coronavirus](#)

[COVID-19 የህዝብ ጤና ምክረ ህሳቦች](#)

[Social Distancing](#)

[Symptoms](#)

Farsi / فارسی:

[بگیرید؟ کمک تو انید می کجا از و است دسترس در کمکی چه](#)

[COVID-19 بگذارید اشتراک به را به مربوط حقایق](#)

[Social Distancing](#)

[Hand Washing](#)

[روش محافظت از خود در برابر بیماری وجود ندارد. بهترین روش برای پیشگیری ا](#)

MaineCare Questions:

MaineCare covers all testing and treatment for the virus. MaineCare will not charge copays for office visits and prescription drugs that may be needed for COVID-19 diagnosis and treatment. If you have MaineCare coverage, you will be allowed prescription refills of up to 90 days.

All MaineCare verification on application and recertification will be self-declaration. There are **no** penalties for unintentional or agency errors in MaineCare.

Private health insurance carriers are now **required** to cover costs related to coronavirus testing and increased access to care.

If you are uninsured, you **can still get tested** for coronavirus either at a local hospital or some clinics.

If you have questions about getting health coverage or how your health insurance will cover virus testing and treatment, call **Consumers for Affordable Health Care** at **1-800-965-7476**.

Under the civil emergency declared by Gov. Mills, health care providers have been asked to delay all non-urgent medical procedures, elective surgeries, and appointments at hospitals and health care providers across the state until further notice. If you have an appointment scheduled for any of these, you should contact your healthcare provider.

The State is also restricting visitors and all non-essential health care personnel at long-term care facilities (like nursing homes) except for certain compassionate care situations (such as end of life) until further notice. If you are concerned about yourself or a loved one in a long-term care facility, you can contact the [Maine Long-Term Care Ombudsman Program](#) at (800) 499-0229.

USCIS Public Charge [Information](#) regarding testing, etc

7. SUPPLIES

[List](#) of EPA Cleaning Supplies to fight COVID-19

[Home Cleaning + Prevention](#)

Places to buy supplies:

- Grocery stores - Shaws, Hannaford (go early when they open)
- Convenience Stores - CVS, Rite Aid, Walgreens, etc
- Dollar stores, gas stations
- Staples, Target, Big Lots
- Paper Party Warehouse on Warren Avenue (Toilet Paper, Tissues, etc)
- Maine Hardware, Home Depot, Lowes, ACE Hardware

DO NOT MIX THESE CLEANING PRODUCTS

BLEACH + VINEGAR

Bleach and vinegar mixture produces chlorine gas, which can cause coughing, breathing problems, burning and watery eyes.



BLEACH + AMMONIA

Bleach and ammonia produce a toxic gas called chloramine. It causes shortness of breath and chest pain.



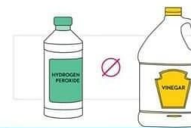
BLEACH + RUBBING ALCOHOL

Bleach and rubbing alcohol makes chloroform, which is highly toxic.



HYDROGEN PEROXIDE + VINEGAR

This combination makes peracetic/peroxyacetic acid, which can be highly corrosive



8. UNEMPLOYMENT / FINANCIAL SECURITY ISSUES

[Resources for Workers and Businesses on COVID-19](#)

[MDOL: Unemployment Home page](#)

For the time being, the Department advises all individuals who are out of work either partially or totally to visit www.maine.gov/unemployment/ to file a claim. The Department will update this page once the legislation is enacted. Please check back to this site.

Background on the Governor's proposed unemployment insurance bill:

It would temporarily revise eligibility requirements to include situations not typically covered unemployment insurance, such as:

- An employer temporarily ceases operation due to COVID-19
- An individual is quarantined with the expectation of returning to work once the quarantine is over
- An individual leaves employment due to the risk of exposure or infection or to care for a family member

Please note, the proposed legislation is not intended to provide sick leave or short-term disability payments.

The bill would also waive the work search requirement for individuals still connected to their employer and would waive the one-week waiting period so that benefits will be available sooner. In addition, any benefits paid under these provisions would not affect the employer's experience rating record. These measures will help relieve the burden of temporary layoffs, isolation, and medically-necessary quarantine on Maine workers and small businesses.

Maine's emergency unemployment benefits will cover situations that aren't usually covered, including:

- Your employer temporarily having to close due to COVID-19
- Being quarantined but expecting to return to work when the quarantine ends
- Leaving work due to risk of exposure or infection
- Leaving work to take care of a family member

The legislation also waives the one-week waiting period so that benefits start immediately and ensures that claims for UI won't affect an employer's experience rating.

Go to <https://reemployme.maine.gov> to file your claim

Here's what you'll need to set up your account:

- your social security number
- your birth date
- choose a username
- choose a password

Here's what you'll need to file:

- Your social security number
- Alien Registration Number, if applicable
- The business name, address and telephone number of each place you've worked at over the past 18 months
- The jobs you held and the dates you worked for each employer within the 18-month period

You can file for unemployment in Maine if:

- You have worked in the state of Maine or served in the military within the past 18 months
- You have not filed a claim for unemployment benefits against another state in the past 12 months

You will come to a line that asks your reason for filing, fill that in with "lack of work".

Read More: [File for Maine's Expanded Unemployment Benefits Due to COVID-19](#)

General Assistance Information: [General Assistance in Maine](#)

Companies Hiring:

- [Who is hiring during COVID-19? Try these industries for jobs](#)
- Uber Eats, Doordash, GrubHub, etc
- Whole Foods / Amazon Prime Delivery
- Census 2020
- Grocery Stores - Hannaford, Shaws, Walmart

Health Well Financial Support: [COVID-19 Fund](#)

United Way Greater Portland Community Relief Fund: [211 Maine](#) is working on the front lines of the pandemic. Expert 211 specialists provide real-time information on social services and other resources to those in need. If you know someone who is struggling, or just looking for a source of reliable information, tell them to dial 211 (or 1-866-811-5695), text their zip code to 898-211, or email info@211maine.org. They can also find information by visiting www.maine.gov/dhhs/coronavirus.

9. FITNESS + RECREATION

[How to Exercise During a Pandemic](#)

FREE Online Resources for home-based workouts:

- [Core Power Yoga](#)
- Planet Fitness, live-streaming on Facebook
- [GoNoodle: Home](#) (movement activities for younger children)
- [20-minute HIIT Workouts](#)
- [30-Minute No-Equipment Cardio & HIIT Workout](#)
- [Honor Movement Studio At-Home Videos](#)
- [Rêve At-Home Videos](#)
- YouTube, lots of videos available!

Outdoor Parks + Trails:

- [Keeping a Safe Social Distance in Parks and on Trails During the COVID-19 Pandemic | Open Space](#)
- [Portland Trails Map](#)

10. EDUCATIONAL RESOURCES + ACTIVITIES

[Tips for Taking Online Classes: 8 Strategies for Success](#)

Online / Digital:

- [Khan Academy | Free Online Courses, Lessons & Practice](#)
- [OverDrive: eBooks, audiobooks and videos](#)
- [Quill.org | Interactive Writing and Grammar](#)
- [International Children's Digital Library: ICDL](#)
- [Newsela: Instructional Content Platform](#)
- [Over 1,000 Writing Prompts for Students](#)
- [Read Print Library: Online Books, Poems, Short Stories](#)
- [Welcome to Open Library | Open Library](#)
- [Home - Open Up Resources : Open Up Resources](#)
- [Brilliant | Learn to think](#)
- [EPIC Book Library](#)
- [ReadWriteThink Parent & Afterschool Resources](#)
- [ReadWorks.org](#)

Portland Public Library

All Library locations are closed until Monday, April 27. As we receive new information, we will update you on our website and social media. Please hold onto all library materials as staff will not be in the building. There will be no overdue fees incurred during this time. See our COVID-19 information page for links to current health information. We encourage you to use our ebooks CloudLibrary or explore our many and varied eResources for

all ages under the eLibrary tab. If you would like to open a temporary eResource library card, please email us at lending@portlib.org

11. MORE RESOURCES

City of Portland News Roundup: [Portland COVID-19 News](#)

[Pine Tree Legal Assistance](#)

Great website with a lot of Portland focused resources: [Maine Equal Justice](#)

The Maine Immigrants' Right Coalition (MIRC) has put together a folder of coronavirus information for immigrant communities in our state, including signs and information translated into other languages: [COVID-19 RESOURCES FOR NEW MAINERS](#).

South Sudanese Community of Maine is offering assistance via phone at 207-245-1143

Website for Mainers needing help during COVID-19: [Mainers Together](#)

[Amjambo Africa](#): Culturally and linguistically relevant local news. Available in English, Kinyarwanda, Swahili, Somali, French, and Portuguese

[Maine Hospitality Workers Resource Guide](#)

[Final Multilingual COVID Guide.pdf](#)

Legal Support / Immigration: [ILAP Maine](#)