

At Axis, our priority is our patients' physical and mental health. We know that these times are stressful, especially for families with school aged children who are no longer in school due to the COVID-19 outbreak. Below is a list of resources that we hope will help during the Shelter In Place order.

**Family Wide Support:*****Explaining COVID-19 to Families***

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

***Managing Stress***

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

***What does "social distancing" mean? Can we have playdates?***

[https://i0.wp.com/www.natchitochestimes.com/wp-content/uploads/2020/03/89972371\\_3091927874164557\\_2747791003623620608\\_n.png?fit=647%2C712&ssl=1](https://i0.wp.com/www.natchitochestimes.com/wp-content/uploads/2020/03/89972371_3091927874164557_2747791003623620608_n.png?fit=647%2C712&ssl=1)

***Bay Area Grocery Stores with "Senior Hour"***

<https://sf.funcheap.com/city-guide/grocery-store-senior-hour/>

***Shelter in Place: What does it mean to you?***

<http://www.acphd.org/media/559828/faqs-order-shelter-in-place-20200316.pdf> - English

<http://www.acphd.org/media/559971/faqs-order-shelter-in-place-spanish-20200317.pdf> - Spanish

***Immigrant Communities during COVID-19***

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immigrant-Communities-Guidance.aspx> - English

***Are you at a higher risk ?***

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

**Household and Employment Resources:*****Worried about meals for your kids? Here is where to get free school lunch***

<https://www.kqed.org/bayareabites/136452/where-to-get-free-school-lunch-in-the-bay-area>

***Worried about rent? Gov. Newsom Announces Executive Action to Prevent Evictions***

<https://www.gov.ca.gov/wp-content/uploads/2020/03/3.16.20-Executive-Order.pdf>

***Worried about power? PGE suspends disconnections during coronavirus emergency***

<http://www.pgecurrents.com/2020/03/13/our-commitment-to-serve-and-support-our-customers/>

***Worried about Internet access? Comcast is offering internet to low income families, and vowing no disconnects/late fees if requested***

<https://corporate.comcast.com/covid-19>

<https://apply.internetessentials.com/>

**Unable to work? Lost your job? Was your work affected by COVID-19? Here are resources**  
<https://www.labor.ca.gov/coronavirus2019/#chart>

**Looking for work? Amazon and Safeway are hiring**  
<https://sf.funcheap.com/city-guide/amazons-100k-jobs-pay-increase/>  
<https://sf.funcheap.com/city-guide/safeway-hiring-2000-workers/>

**Worried about your small business? Grants for Small businesses available**  
<https://www.facebook.com/business/grants>

### **Learning Resources For All Ages:**

**Distance Learning Solutions**  
<https://en.unesco.org/themes/education-emergencies/coronavirus-school-closures/solutions>

**Free Online Learning Resources**  
<https://www.google.com/amp/s/www.techlearning.com/amp/resources/free-online-learning-resources-for-schools-affected-by-coronaviruscovid-19>

**Check Out E-Books from Local Library**  
<https://guides.aclibrary.org/ebooks>

**Scholastic Learning from Home**  
<https://classroommagazines.scholastic.com/support/learnathome.html>

**Discovery Education**  
<https://www.discoveryeducation.com>

**Teach kids about germs with home experiment**  
[https://www.youtube.com/watch?v=\\_KirHm\\_sYfI](https://www.youtube.com/watch?v=_KirHm_sYfI)

### **Music & Culture:**

**New York's Metropolitan Opera**  
<https://www.metopera.org>  
Livestream performances  
730pm Eastern time, and available online until 330pm the next day

**Berlin Philharmonic**  
<https://www.digitalconcerthall.com/en/home>

**London Symphony Orchestra**  
<https://www.youtube.com/playlist?list=PL5B95019394E59100>

**Smithsonian Museum of Natural History**  
<https://naturalhistory.si.edu>

**The Louvre**

<https://www.louvre.fr>

**Metropolitan Museum of Art**

<https://www.metmuseum.org>

**Livestream Zoos and Aquariums:**

**San Diego Zoo Live Animal Cams**

<https://zoo.sandiegozoo.org/live-cams>

**National Zoo Live Animal Cams**

<https://nationalzoo.si.edu/webcams>

**National Aquarium Live Cams**

<https://www.aqua.org/Experience/live#btr>

**Monterey Bay Aquarium Live Cams**

<https://www.montereybayaquarium.org/animals/live-cams>

**Sample Morning Schedule**

7:00 am	Wake Up
7:00 am - 8:00 am	Play Time
8:00 am - 9:00 am	Personal Hygiene and Breakfast
9:00 am	“Walk to School”- Go outside, walk around the house and come back in ready to start day. Remember to keep at least 6 feet of distance between you and others outside of your family.

**Sample Classroom Schedule**

9:00 am - 9:10 am	Morning meeting to discuss schedule for day
9:10 am - 9:30 am	Spelling
9:35 am - 9:55 am	Math #1
9:55 am - 10:10 am	RECESS! Get up and move!
10:15 am - 10:35 am	Social Studies
10:40 am - 11:00 am	Science
11:00 am - 11:30 am	Chore Time #1
11:30 am - 12:30 pm	LUNCH! Get up and move after eating!

12:30 pm - 12:50 pm	Math #2
12:50 am - 1:10 pm	Reading Comprehension
1:15 pm - 1:30 pm	RECESS! Get up and move!
1:30 pm - 1:50 pm	Word Ladder
1:50 pm - 2:10 pm	Free Reading
2:10 pm - 3:00 pm	Math/Computers