

Last updated: 3.23.20



This document contains valuable information and resources from numerous reliable agencies about the Coronavirus, also known as COVID-19. It is intended to help you stay informed, your family stay safe, and assist you with answering any questions that your children may have during this global health crisis. We will update this document each Monday. Please feel free to share.

As always, please reach out to ECAC if you have questions. phone: 704-892-1321 email: ecac@ecacmail.org

Current Information:

[North Carolina State Briefings](#)

[NC 2-1-1 to Provide Assistance for COVID-19](#)

NC Information on Special Education Services

[North Carolina Emergency Management CMIST Guidance Document](#)

NC Health Information:

[North Carolina Department of Health and Human Resources \(DHHS\)](#)

[NC Medicaid Requests Temporary Plan Changes to Respond COVID-19](#)

[Early Prescription Refills](#)

Federal Information on Special Education Services

[Accessibility and Distance Learning Delivery Options](#)

Federal Health Information

[Administration for Community Living - Coronavirus disease 2019 \(COVID-19\)](#)

Fact Sheets:

[Office for Civil Rights Coronavirus Fact Sheet](#)

[Coronavirus disease 2019 \(COVID-19\) and You](#)

[Supplemental Fact Sheet](#)

Specifically for People with Disabilities:

[5 Things to Know About Coronavirus and People with Disabilities](#)

[COVID-19 Guidance for Individuals and Families of Individuals with Intellectual and Developmental Disabilities](#) English

[COVID-19 Guidance for Individuals and Families of Individuals with Intellectual and Developmental Disabilities](#) Spanish

[How to explain Coronavirus to a child with anxiety](#)

Tool Kits:

[Free COVID-19 Toolkit to Support Individuals with Autism](#)

[Homeschooling a child with ADHD](#)

[Coronavirus ADHD Toolkit](#)

Picture Communication and Visuals:

[Handwashing Steps from the CDC](#)

[Emergency Picture Communication Aid](#), **English**

[Emergency Picture Communication Aid](#), **Spanish**

[Plain Language Information on COVID-19](#), **English**

[Plain Language Information on COVID-19](#), **Spanish**

Social Stories:

[About Coronavirus](#)

[What is Coronavirus?](#)

[Don't share germs!](#)

[No school today.](#)

[Day program is closed today.](#)

[We have to stay home](#)

Q & A:

[Providing Services to Children with Disabilities During the Coronavirus/COVID-19 Crisis](#)
[Answering Young Children's Questions about Coronavirus](#)

Center for Parent Information & Resources (CPIR)

[Guidance from the U.S. Department of Education \(and Others\)](#)

[COVID-19 Info in Other Languages](#)

[Telecommuting Technology and Tips](#)

[Schooling at Home](#)

[Coping Tips and Other Useful Info](#)

Managing Anxiety and Stress/Self-Care during COVID-19

[Center for Disease and Control \(CDC\)](#)

[5 Ways to Help Teens Manage Stress and Anxiety](#)

[How Families Emotionally Prepare for Quarantine](#)

Online Free Activities:

[100 Activities to do at Home During School Closures](#)

[Scholastic Learn at Home](#)

[Sesame Street – Healthy Habits for Life](#)

[Academic Earth](#)

[Free Virtual Field Trips](#)

[Nature Webcams](#)

[Virtual Science](#)

[Free Entertainment Activities](#)

[Virtual National Park Tours](#)

Digital Learning:

[NCDPI's Remote Learning Webinar](#)

Websites with tons of resources around remote learning.

If you find yourself supporting your child's learning while they are away from school, these are great sites to visit.

[Khan Academy](#)

[Coursera](#)

[Duolingo – free language lessons](#)