

# COVID-19 FAMILY RESOURCES

In light of the current public health crisis, we are following the CDC and State of Maryland's recommendations on social distancing. In lieu of events, we have put together a list of resources to answer some of the questions you may be having. We do not endorse any one resource. **Stay up to date with The Arc's modifications to services, protocols, and news at [www.thearcccr.org/coronavirus](http://www.thearcccr.org/coronavirus) or our social media.**

## HOW TO TALK ABOUT COVID-19

- [Plain Language Guide for Explaining the Virus](#)
- [Talking to Kids about Coronavirus](#)
- [Coping During COVID-19](#)
- [Supporting Children During a Pandemic](#)
- [Symptoms and Care](#)
- [Providing Services to Children During the COVID-19 Outbreak](#)

## HEALTHCARE

- [Emergency Medication Refills](#)

## NATIONAL & STATE RESOURCES

- [The Arc United States - Resources for Families](#)
- [The Arc Maryland - Virus Guide](#)
- [US International Council on Disabilities - Master Resource List](#)
- [Maryland Developmental Disabilities Council](#)
- [Maryland Association of Community Services](#)

## EDUCATIONAL RESOURCES

- [Is the School System Required to Make Up Missed Services?](#)
- [Student Rights Under IDEA During the COVID-19 Outbreak](#)
- [8 Tips to Get Your Child Ready](#)
- [Daily Schedule Advice for ADHD Families](#)
- [Activities for Kids with Autism](#)
- [20 Activities to Keep Kids Busy](#)
- [Supporting Students During COVID-19 School Closures](#)
- [Chrome Extensions for Special Needs Students](#)

## GENERAL RESOURCES

- [Information & Resources for COVID-19](#)
- [Announcement from DDA](#)

## ONLINE SUPPORT GROUPS

- [Maryland Moms of Children with Autism](#)



**The Arc**<sup>®</sup>

Central Chesapeake Region

[www.thearcccr.org](http://www.thearcccr.org)

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The Arc Central Chesapeake Region's mission is to promote respect, create opportunities, facilitate services, and advocate for equal rights for all people with intellectual and developmental disabilities.

### FAMILY FUND

the Family Fund fills gaps in providing quality of life enrichment needs for youth under 21. **Application deadlines have been extended to April 15.** For more information and to apply visit [www.thearcccr.org/familyfund](http://www.thearcccr.org/familyfund)

Questions? Email [resources@thearcccr.org](mailto:resources@thearcccr.org).