COVID-19
Information and Resources for Families with Young Children

OTHER LANGUAGES - 1.833.544.2374  COVID-19 HOTLINE

FIRST 5 SAN BERNARDINO FUNDED PROGRAMS
http://first5sanbernardino.org/Programs.aspx

CHILD CARE RESOURCE CENTER
https://ccrcco.org/parents?qclid=CjwKCAjwvZv0BRA8EiwAD9T2VSjabQcIfVuZTfXbCMgZcgKeMFjSWlaxf-OKIh7s0IK-sYIJUnBoCEI0M0QAvD_BwE

RESOURCES FOR CHILDREN 0 TO 5 AND THEIR FAMILIES

TWO LOCATIONS
SAN BERNARDINO
AND VICTORVILLE

First Five Years Fund SBA website:
https://www.ffyf.org/small-business-administration-sba-loans-immediately-available-to-child-care-providers/?fbclid=IwARZ1FpHdmeczmlmLgvOYTA-pMuA30Sk21V1SposS8eOLyaxLxLuKTYhhXQ

FUNDING AVAILABLE FOR CHILDCARE FACILITIES

Department of Behavioral Health: 909.386.8256
Domestic Violence: Option House 909.3831602  https://www.optionhouseinc.com
Free online urgent care: dignityhealth.org/virtualcareanywhere

HEALTH & WELLNESS
YOU ARE NOT ALONE

I THINK MY CHILD MAY HAVE COVID-19

COVID-19 HOTLINE
909.387.3911

211 – A RESOURCE FOR FOOD, HOUSING AND SAFETY: https://ieuw.org/211-san-bernardino/

COMMUNITY ACTION PARTNERSHIP FOOD BANK - https://www.capsbc.org/food-bank


MARY’S MERCY CENTER FOOD PANTRY - 909.889.2558

HOUSING – INLAND FAIR HOUSING MEDIATION BOARD (IFHMB) WWW.IFHMB.COM
(Homeless) 1.909.841.6001
(Evictions) 1.909.984.2254

TAD – 1.877.410.882


Accessing your children’s homework - https://sbcusd.com/district_offices/business_services_division/safety_emergency_management/ready_sbcusd/frequently_asked_questions/educational_services

REACH OUT AND READ – Helping to integrate reading into pediatric practices.
https://reachoutandread.org/?gclid=CjwKCAjwvZv0BRA8EiwAD9T2Ve4sQpJiPiJHxxwM16yoWfUmVnEA6zO1bUnCyD8bug1ihMKKe1nXIw880CgVM0QAvD_BwE

CONTACT YOUR CHILD’S DOCTOR’S OFFICE IMMEDIATELY IF SHOWING SYMPTOMS OF COVID-19. PLEASE VISIT COVID19.CA.GOV FOR MORE INFORMATION.

MILD TO SEVERE RESPIRATORY ILLNESS
FEVER
COUGH
DIFFICULTY BREATHING

I THINK MY CHILD MAY HAVE COVID-19
**COVID-19: DRIVE THROUGH TESTING**
ARROWHEAD REGIONAL MEDICAL CENTER 1.855.422.8028: MUST CALL FOR AN APPOINTMENT

---

**FUN & EDUCATIONAL ACTIVITIES TO DO AT HOME:**

**MUSIC STIMULATION:**
- Make music, just you and the kids. Make a song by creating your own instrument.
- Music helps to increase toddler’s sensory development, it also helps them with their literacy, mathematics, and vocabulary.

**LEARNING WITH POTTER THE OTTER VIDEOS**
https://www.pottertheotter.com/pages/animated-series

**KEEPING THE KIDDOS FIT**
- Have tons of fun by building your very own indoor obstacle course using animals sounds.
- Yoga out with your toddler. Check Out this cool site with 10 easy yoga exercises you and your little one can do together. https://www.yogiapproved.com/yoga/practice-yoga-active-toddler/
- 10 fun activities to help stay in shape together as one while having fun.
  https://www.parents.com/fun/sports/exercise/10-ways-to-exercise-as-a-family/

**LET’S CREATE BEAUTIFUL ART TOGETHER**
- Create rock animals by finding rocks around or near your home.
  https://www.marthastewart.com/274462/rock-crafts?slide=8302c88c-2af0-4d74-9092-3b55f04182e4
- Paper Photo Frames are always fun. You can get creative with items from around the house.
  https://www.momjunction.com/articles/photo-frame-craft-ideas-for-kids_0097111/
- Make your own play Dough without cooking. This kids will have a ball helping to make their own play dough.
  https://www.google.com/search?q=how+to+make+play+do+for+kids&oq=how+to+make+play+do+for+kids&aqs=chrome..69i57.6191j0j4&sie=UTF-8#kpva1bx=PMKDxuGs2PzMo'Y-g5Rp2hOQBQ37

**SCIENCE FOR YOUR PRESCHOOLERS**
- Dino Dig experiment - https://funlearningforkids.com/make-your-own-dinosaur-dig-excavation-activity/
- Ocean In a Bottle experiment - https://happyhooligans.ca/ocean-in-bottle/

**BECOME A PBS PARENT & KID BY SIGNING UP FOR FREE**
https://www.pbs.org/

**TAKE A VIRTUAL TRIP TO THE ZOO**
https://kids.sandiegozoo.org/videos

**COOKING HEALTHY! SIMPLE & DELICIOUS RECIPES TO DO WITH THE ENTIRE FAMILY**
https://cachampionsforchange.cdph.ca.gov/en/Pages/default.aspx

---

**TIPS ON BEING SAFE**
- WASH HANDS OFTEN
- AVOID TOUCHING YOUR FACE
- WEAR A MASK WHEN TRAVELING
- WEAR GLOVES
- AVOID CROWDS
- USE HAND SANITIZER
- SAFE SOCIAL DISTANCE
- COVER MOUTH WHEN SNEEZING OR COUGHING

---

909.386.7706 WWW.FIRST5SANBERNARDINO.ORG

---

**COPING WITH THE CORONA VIRUS PANDEMIC: CRISIS HOTLINE NUMBERS**

- EAST VALLEY – 909.421.9233
- WEST VALLEY – 909.458.1517
- HIGH DESERT – 760.956.2345
- MORONGO BASIN – 760.499.4429
- RIALTO – 909.421.9495

---

**SCIENCE FOR YOUR PRESCHOOLERS**
- Dino Dig experiment - https://funlearningforkids.com/make-your-own-dinosaur-dig-excavation-activity/
- Ocean In a Bottle experiment - https://happyhooligans.ca/ocean-in-bottle/

---

**KEEPING THE KIDDOS FIT**
- Have tons of fun by building your very own indoor obstacle course using animals sounds.
- Yoga out with your toddler. Check Out this cool site with 10 easy yoga exercises you and your little one can do together. https://www.yogiapproved.com/yoga/practice-yoga-active-toddler/
- 10 fun activities to help stay in shape together as one while having fun.
  https://www.parents.com/fun/sports/exercise/10-ways-to-exercise-as-a-family/

---

**LET’S CREATE BEAUTIFUL ART TOGETHER**
- Create rock animals by finding rocks around or near your home. https://www.marthastewart.com/274462/rock-crafts?slide=8302c88c-2af0-4d74-9092-3b55f04182e4
- Paper Photo Frames are always fun. You can get creative with items from around the house.
  https://www.momjunction.com/articles/photo-frame-craft-ideas-for-kids_0097111/
- Make your own play Dough without cooking. This kids will have a ball helping to make their own play dough.
  https://www.google.com/search?q=how+to+make+play+do+for+kids&oq=how+to+make+play+do+for+kids&aqs=chrome..69i57.6191j0j4&sie=UTF-8#kpva1bx=PMKDxuGs2PzMo'Y-g5Rp2hOQBQ37

---

**SCIENCE FOR YOUR PRESCHOOLERS**
- Dino Dig experiment - https://funlearningforkids.com/make-your-own-dinosaur-dig-excavation-activity/
- Ocean In a Bottle experiment - https://happyhooligans.ca/ocean-in-bottle/

---

**TIPS ON BEING SAFE**
- WASH HANDS OFTEN
- AVOID TOUCHING YOUR FACE
- WEAR A MASK WHEN TRAVELING
- WEAR GLOVES
- AVOID CROWDS
- USE HAND SANITIZER
- SAFE SOCIAL DISTANCE
- COVER MOUTH WHEN SNEEZING OR COUGHING

---

909.386.7706 WWW.FIRST5SANBERNARDINO.ORG

---

**COPING WITH THE CORONA VIRUS PANDEMIC: CRISIS HOTLINE NUMBERS**

- EAST VALLEY – 909.421.9233
- WEST VALLEY – 909.458.1517
- HIGH DESERT – 760.956.2345
- MORONGO BASIN – 760.499.4429
- RIALTO – 909.421.9495