



Safety Tips for Caregivers

During the Coronavirus Pandemic

Because your family will be at home during the Coronavirus pandemic, there is a risk that child injuries may increase. Here are some tips to help you through this challenging time.

- If your child becomes ***injured*** (i.e. hit their head, injured an arm or leg, ingested an object or harmful substance, etc) while at home during the coronavirus pandemic, you should:
 - If your child is not breathing, looks very ill, or is not acting normally, call 911. If your child does not look very sick, contact your child’s primary care physician or pediatrician first to discuss if you need to bring your child in to be treated.
 - If you suspect your child swallowed a button battery, seek immediate medical attention.
 - If you suspect your child ingested a harmful substance or the wrong dose of a prescribed medication, please contact Poison Control at 1-800-222-1222 or visit them online at www.poison.org.
- If you have to go into a hospital or healthcare facility, make sure you are aware of their current ***visitation policy*** as it may have changed during the Covid-19 pandemic. For more information on Children’s National’s updated visitors policy, click [here](#). Also, wear a mask or face covering if one is available.
- Should you need to leave in a hurry, these items may be good to have in a bag or a list in a central location for you and your family:
 - Any medication you or your child may need while you are waiting to be seen.
 - Medical Information: current medications, allergies, primary care contact, etc.
 - Phone charger & earbuds
 - Water and/or snacks
 - Something to do: book, game, homework, etc.
- Talk to your child about the Coronavirus, here’s a [video](#) to help guide your discussion.
- Have a backup plan for who will care for your children if you were to become sick.
- Talk to your neighbors about how you can support each other during emergencies, such as grocery shopping for each other or child care.



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- For children with **special health care needs**, the complications from any injury can be complex (easier to break bones during a fall, severe burns or other injuries due to lack of sensation on skin). Make sure to call your primary care if you suspect any injuries to ensure the child does not need immediate medical care.
- Routinely check the skin of children who cannot stand or walk by themselves to ensure there is no skin breakdown from not moving and staying at a same place. Make sure to reposition your child at least every 2 hours while awake.
- For children who rely on mobility services for transportation, call your transportation company in advance to know whether they had any changes in their policy in case the child needs to come to the hospital non-emergently. Consider [registering](#) with the fire department for emergency evacuation planning. If it is an emergency, call 911.

Other Resources:

- DC Mutual Aid Network Hotline: 202-630-0336
 - Sites: Anacostia, Ballou and Woodson High Schools
 - Distributions on Wednesdays, Thursdays and Fridays 11am-1pm
- Martha's Table - 2375 Elvans Rd. SE Washington, DC 20020
 - **Diaper Distribution** (Mondays & Fridays 11am-3pm) Please bring proof of child's date of birth (DOB)
 - **Food Distribution** (Daily) [visit](#) for Grab-and-Go Grocery Distribution Schedule
- Resilient Communities DC-resources for Ward 8 families

Emergency Mental Health for Children:

- ChAMPS (Children and Adolescent Mobile Psychiatric Service) are providing services during the pandemic; they also conduct emergency home visits.

For more information visit [ChAMPS](#) or call 202-481-1440.

Mental Health:

If you or someone you care about are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call: 911

Visit the [Disaster Distress Helpline](#) or call 1-800-985-5990 and TTY 1-800-846-8517

Or text TalkWithUs to 66746

Visit the [National Domestic Violence Hotline](#) or call 1-800-799-7233 and TTY 1-800-787-3224