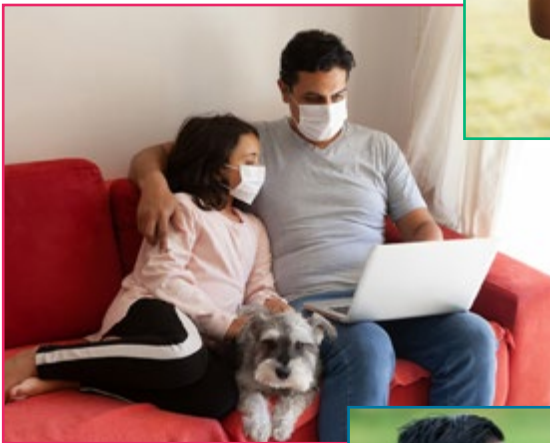


OCT / 2020

TAKING CARE OF OURSELVES AND OTHERS

| A COVID-19 GUIDE FOR
| YOUTH AND FAMILIES



Welcome

During this challenging time, we want you to know you are not alone. We recognize all you are doing to take care of others, the community, the world, and, most importantly, yourself.

This guide was put together by a team of Multnomah County students, parents, and public health communicators to provide COVID-19 guidance and resources to support you and your family.

For more information, check out our COVID-19 website at <http://multco.us/covid19>. Information is available in multiple languages.

Table of Contents

What is COVID-19?	4
Basics about COVID-19 and how it spreads.	
COVID-19 Testing	7
Where to get tested, resources for staying home, and tips on caring for someone with COVID-19.	
Prevention	10
General prevention guidelines along with strategies for safer socializing and dealing with peer pressure.	
Taking Care of Your Mental and Physical Health	14
Maintaining mental and physical health and coping with loss and grief.	
Resources	18
Links to stay informed, health care and mental health counseling, culturally-specific resources, ways to get involved.	

What is COVID-19?

COVID-19 stands for **CO**rona**VI**rus **D**isease 2019. COVID-19 spreads easily from person to person and can be deadly.

What are the symptoms of COVID-19?

The most common symptoms of COVID-19 in children and teens are **fever** and **cough**. But children and teens may show any of the symptoms of COVID-19:

- Fever (temperature 100.4°F or higher) or chills
- Cough
- Shortness of breath or difficulty breathing
- Sore throat, congestion, or runny nose
- Diarrhea
- Nausea or vomiting
- Stomachache
- Tiredness
- Muscle or body aches, headache
- New loss of taste or smell
- Poor appetite or poor feeding, especially in babies under 1 year old



Children and teens, like adults, experience COVID-19 differently. Some people who get COVID-19 don't have any symptoms. Others only experience a few minor symptoms and can recover at home. In some cases, people have serious symptoms and need to go to the hospital. Some people die from COVID-19.

Some children and teens with COVID-19 develop a serious condition called **Multisystem Inflammatory Syndrome (MIS-C)**. Contact your clinic or doctor right away if you or someone you know is showing any symptoms of MIS-C:

- Fever
- Abdominal pain
- Vomiting
- Diarrhea
- Neck pain
- Rash
- Bloodshot eyes
- Feeling extra tired

If you think you have symptoms of COVID-19 or MIS-C, it's important to tell your parent/caregiver and your doctor right away. Don't ignore or hide symptoms. Symptoms may appear 2-14 days after being in **close contact** to someone who has COVID-19. **Close contact** means spending at least 15 minutes or more over the course of a day within 6 feet of someone, with or without a face covering.

Doctors are learning about new symptoms as COVID-19 research continues.

When to seek emergency medical attention

Seek emergency medical care right away if you or someone of any age is showing any of these emergency warning signs:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face
- Severe abdominal pain

Call 911 or call ahead to your local emergency facility. Tell the operator you or the person needing help may have COVID-19.

How does COVID-19 spread?

The virus spreads through small droplets when someone who has COVID-19 sneezes, coughs, sings, or talks.

- **Droplets containing the virus can land in your eyes, nose, or mouth.**
- **Small particles** from the droplets **can stay in the air, especially indoors**, and you can inhale them into your lungs.
- **Droplets can land on surfaces** like phones, doorknobs, floors, or countertops. If you touch these and then touch your eyes, nose, or mouth without washing your hands, you can get sick.

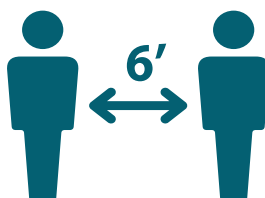
Who's most at risk to get very sick?

Just like adults, children and teens with underlying health conditions, such as asthma, diabetes, or heart or lung disease, are at higher risk to get very sick.

Black, Indigenous, and People of Color communities are also at higher risk to get very sick due to the effects of racism.

Is there a cure for COVID-19?

Currently there is no cure, but doctors and researchers are working on developing a COVID-19 vaccine. The best way to protect yourself is to follow the **Three W's — see the Prevention section below.**



Discrimination, stigma, and COVID-19

Let's support one another and share facts, not fear or hate.

- Remember that race, ethnicity, and association with a country or region do not make someone more likely to spread COVID-19.
- Use science-based, inclusive terms when talking about the virus, like COVID-19, COVID, novel coronavirus, or corona.
- If you share information, make sure it is verified by credible public health sources.
- Remember COVID-19 spreads easily and is widespread throughout our community. If you or someone you know gets COVID-19, be kind and compassionate. Don't shame yourself or anyone else.



Report discrimination

A hate and bias incident is any discrimination act that may be motivated by another person's race, color, disability, religion, national origin, sexual orientation or gender identity. If you experience or witness an act of discrimination, we urge you to report the incident to the Oregon Department of Justice online (<https://justice.oregon.gov/CrimeReporting/BiasCrime>) or by calling 1-844-924-2427. The act does not need to be against the law to be reported.

Get support if you have experienced discrimination: check out the [Resources](#) section in this guide.

Help stop discrimination and create racial justice.

- Reach out to groups or organizations working for racial justice in your school or community.
- Contribute in other ways, like writing letters to your legislators, organizing virtual forums and donating to or fundraising for causes.
- Educate yourself about racism and have conversations with family and friends about what we can do to stop racism.

COVID-19 Testing

What do I do if I have symptoms?

- Stay home and don't have any visitors.
- Call your doctor or clinic to see if you need to be tested or need an appointment. Make a plan with your doctor or clinic. Stay home until your doctor or clinic says you can be around others again.

I was around someone with COVID-19. What should I do?

- **Stay home** for 14 days after you last had close contact. This is called **quarantine**. Close contact means you were within 6 feet of someone for 15 minutes or more over the course of a day, with or without a face covering.
- **Get tested**, even if you don't have symptoms.
- **If you develop symptoms**, call your doctor or clinic right away. Stay in your own space at home so you don't get other people sick. This is called **isolation**.

Where can I get tested?

Multnomah County Student Health Centers. All Multnomah County K-12 students are welcome with or without insurance, no matter where you go to school. You can get COVID-19 testing, health care, and counseling. Call for an appointment or visit <https://multco.us/health/student-health-centers> for more information.

- David Douglas | 503-988-3554 | SE Portland
- Parkrose | 503-988-3392 | NE Portland
- Roosevelt | 503-988-3909 | N Portland

Your Doctor's Office or Clinic. If you have a regular care provider, contact your doctor's office or clinic.

If you don't have a doctor, call 211 or Multnomah County Primary Care Health Centers: 503-988-5558. You can get health care even if you don't have insurance. Information is available in multiple languages.

Multnomah County Community Testing. You do not need to be a Multnomah County patient to get tested and there are no costs. Call 503-988-8939 for an appointment or visit multco.us/covid19 for locations and more information.

OHSU Testing Sites. Call 833-647-8222 or visit <https://www.ohsu.edu/health/coronavirus-resources> for locations and more information.

Can I get testing and healthcare if I'm not a resident of the United States?

- You can get testing and healthcare at Multnomah County clinics and other community clinics.
- If you get medical treatment or services for COVID-19, it will not count against you when you apply for permanent residency in the United States: <https://www.uscis.gov/greencard/public-charge>.
- Healthcare providers must protect your personal information. They won't share it with local or federal government agencies that enforce immigration laws.
- If you have concerns about your legal status and how it may be impacted by receiving COVID-19 testing or treatment, reach out to Legal Aid Services of Oregon: 1-800-228-6958 or <https://oregonlawhelp.org/>.

If you test positive for COVID-19

1. Stay Home

If you **have symptoms**, you can be around others after:

- You have no fever for 24 hours without the use of medicine, AND
- Your symptoms improve, AND
- At least 10 days have passed since your first symptoms

If you **don't have symptoms**, you can be around others after:

- 10 days have passed since your test, and you have no symptoms

Other members in your household should consult their medical care provider to find out how long they should quarantine.

For questions about any of this, call your doctor.

2. Tell your close contacts right away

The sooner you let your contacts know, the sooner they can take action to stop the spread.

They should **quarantine** at home for 14 days since they last were around you and **get a COVID-19 test**, even if they don't have symptoms. It's best if they wait 3 to 4 days from when they were around you before taking a test. The test may not work if they get tested too soon.

- If you **have symptoms**: contact the people you were in close contact with starting from 2 days **before** your symptoms began until now.
- If you **do not have symptoms**: contact the people you were in close contact with starting from 2 days before you took your COVID-19 test until now.

3. Get the resources you need to stay home

- Call 2-1-1 if you need support for isolation or quarantine. 2-1-1 will connect you to organizations that can help with resources you may need (groceries, financial support, help with rent, other essentials).
- A public health worker may call you. They can also help you contact people you were around if you need help. This is called **contact tracing**.

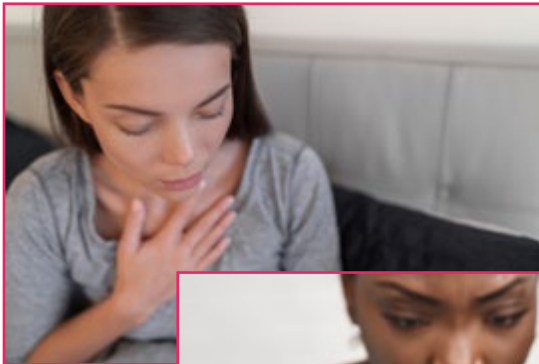


If you test negative for COVID-19

Continue to stay home until 14 days have passed since you were around someone with COVID-19. Call your doctor if you develop any symptoms.

How to take care of someone in your house who has COVID-19

- Create a separate space for the person to rest and recover. If this is not possible where you live, call 211 to ask about other options.
- If possible, offer the sick person their own bathroom.
- If there's only one bathroom, make sure it gets cleaned each time after the sick person uses it.
- Don't share towels, bedding, food, face coverings, or utensils.
- Choose one healthy person in the household to care for the sick person.
- Wear a face covering when providing care.
- If possible, the sick person should also wear a face covering, to protect others they live with.



Prevention

Things to do to help stop the spread of COVID-19 and keep each other safe

Remember the **Three W's**: **W**ear a Mask, **W**ash Your Hands, and **W**atch Your Distance.



Wear a face mask. Make sure it covers both your nose and mouth and fits snugly over your face.

- Everyone over age 2 should wear a face covering when going out or any time you're around someone you don't live with. People with a disability or medical condition may request a reasonable accommodation from a business if they are unable to wear a mask.
- Help protect service workers by wearing your mask, for example at a drive-through or gas station.
- Stick to your own mask: don't touch or wear other people's masks.



Wash your hands for 20 seconds with soap and water, especially after sneezing, coughing, being in public places, using the bathroom, and before and after eating.

- If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.
- Regularly clean and disinfect surfaces, like phones, keyboards, toys, tables, doorknobs, handles, light switches, and countertops.



Watch your distance. Limit close contact with people you don't live with and distance yourself by at least 6 feet inside or outdoors—even when you have your mask on!

If you are sick, stay home and away from others.

Other tips:

- **Sneeze or cough into a tissue** (or into your elbow if you don't have a tissue). Throw the tissue in the trash. Then wash your hands.
- **Keep your hands away** from your face, eyes, mouth, and nose.
- **Go to your doctor or clinic** for regular appointments, like physicals, vaccinations, and dental cleanings.

If you have a job away from home:

- **Change your clothes and shoes** when you arrive home and wash your hands for at least 20 seconds.
- **Consider wearing a mask at home** if you live with someone who is at high risk of getting very sick from COVID-19.




How to gather safely

You still need to be careful and take precautions even around family you don't live with and close friends. You may feel more relaxed around people you know and may feel like you don't need to be as careful with them. However, every get-together increases your chance of getting or spreading the virus. Here are some tips for limiting the spread of the virus when you socialize.

Follow the Three W's, and:

- **Limit the group** to just a few people. The fewer the better.
- **Meet outside.** The risk of getting or passing the virus is lower outside than inside due to fresh air and the ability to spread out.
- **If you do meet indoors:**
 - Always wear a face covering.
 - Keep the visit short.
 - Open windows and doors.
 - Put hand sanitizer, hand soap, paper towels, and cleaner/cleaning wipes out for guests.
 - Limit using other people's bathrooms, if possible. If guests do use the bathroom, have wipes or cleaner and paper towels out so they can disinfect surfaces like doorknobs and sink handles after each use.
- Have everyone **bring their own food, drinks, and utensils** whenever possible.
- Singing or shouting can release droplets that spread COVID-19. **If you sing together, sing outdoors, wear masks, and stand at least 6 feet away from one another.**
- **After your gathering, pay attention to any new symptoms** and get tested for COVID-19 if you develop symptoms.
- **Keep track of who you see** so if you do get COVID-19, you know who to tell.



**Wear a Mask,
Wash your Hands,
and
Watch your Distance**

Examples of how to make a gathering safer

- If a friend or family member wants to eat at a sit-down restaurant, suggest you go somewhere where you can sit outside, or bring your own food and meet in a park or outside area.
- If a friend invites you to play video games at their house, suggest another activity that can be outside, or play together over apps or social media sites.
- To protect someone who is high risk, try to set up a virtual hangout.
- If your friend suggests meeting somewhere and offers to drive you, either find your own ride (drive yourself, bike, walk, get a ride from a member of your household) or suggest meeting somewhere else.



Dealing with peer pressure from friends

You may feel pressure from friends to socialize in a way that feels unsafe—like leaving your mask at home or sitting closer together—and you need to know how to keep yourself safe when this happens. Although it can feel awkward to bring it up, it's important to talk about safety with friends. When talking, don't shame anyone. Instead, bring their awareness to the issue.

Here are some tips for talking with friends:

- Try not to speak with an accusatory tone.
- Let them know why you would feel safer with them physically distancing themselves and wearing a mask, for example: "I see my grandma and I don't want to get her sick."
- It's okay to say straight up that you don't feel safe, and you'd like to have masks and physical distance.
- Let them know that maintaining distance and masking does not mean you are not close friends.
- Put yourself first. Don't be afraid to say no to seeing someone if you feel uncomfortable.
- Prepare yourself and know how you'll respond if you don't feel heard. Make sure to stay safe and consider checking in with a supportive friend after the conversation.

If your friend wants more information about COVID-19, you can share credible resources with them. See the [Resources](#) section towards the back.

What if the people you live with aren't observing the Three W's?

You can't control others, but you have every right to protect yourself. Don't try to force them to see things your way. Focus on protecting yourself instead.

Here are some things you can do:

- Take extra precautions at home. Wear your mask, wash your hands often, and wipe down surfaces frequently.
- Find a friend or adult who shares your COVID-19 concerns. Talk with someone who cares about you and will listen.
- Start a conversation about what you need (see examples below).

This situation might be challenging, but you will get through it. Remember that you have gotten through difficult times in the past.

"I've noticed you aren't wearing your mask when you are around people that aren't in our household/group and that makes me feel unsafe."

Talk about who exactly is in the social group, and how many people you're comfortable including in it. Ask: "Do we include close friends in our group? What about extended family?"

"I'm not comfortable with having our group this big. I think it should be just the close family and close friends."

Tips for parents/caregivers: Supporting youth experiencing peer pressure

Having a conversation with your children about peer pressure and your expectations can help them navigate uncomfortable and potentially unsafe situations. Your child's friends and even other family members may choose not to wear face coverings and maintain physical distance. This may cause them to be confused about this situation and seek your comfort or advice.

Here are a few ways you can support children and empower them to make safe choices:

- **Listen** to and **acknowledge** their concerns without trying to push your own agenda.
- **Ask them what they need** from you to get through this safely.
- If needed, have some official [resources](#) and **information on hand** to share with them or point them to online sources.
- Remind them of past situations where they have exhibited **strengths** and figured out, along the way, how to survive.
- Let them know it's **okay to ask adults for advice** and to rely on other friends who will support their decision to wear a mask.
- **Remind them to pay attention to how they feel:** if something doesn't feel right about a situation, it probably isn't.
- It can be helpful to **set boundaries** — “my parents won't let me without distancing” — can help in disagreements with friends. Make sure to discuss these boundaries and allow for input.

If your child lives in more than one household

Some kids spend part of each week in different households. One parent or caregiver may have different ideas about COVID-19 precautions than the other.

Here are some tips for navigating multi-household living when not everyone is on the same page:

- **Increase communication.** Talk about your concerns and try to find ways to work together.
- **Adjust visitation schedules if needed.**
- **Shield your child from conflict** as much as possible.
- Plan how to **protect the most vulnerable people** in your household if you live with an elderly person or someone with a pre-existing condition.

Taking care of your mental and physical health

- **Give yourself extra care and attention during this tough time.** Our world and day-to-day lives have changed dramatically, and that can be hard. You might feel okay one day, but really sad, scared, or angry the next.
- Human beings are resilient. **You are stronger and more capable than you know.** If you think about past challenges you have overcome, you'll remember your strengths and what's helped you before.
- **Seek help if you are overwhelmed or unsafe.** See the [Resources](#) section for crisis lines and counseling information.
- See the boxes below for things you can do each day to **take care of yourself.**

Mental health

- When you feel stressed or just need a moment, **pause and take deep breaths.** You might also try meditation, yoga, or thinking about something you are grateful for.
- **Be kind to yourself.** Remind yourself: "I am doing the best I can."
- **Take breaks from upsetting content,** including the news and social media.
- **Take regular breaks from screens.**
- Some people need to be alone once in a while to recharge. **Take some alone time** when you need it.
- **Reach out for support** if you are turning to alcohol and drugs to make you feel better.
- **Connect with others.** Talk with people you trust about how you are feeling.
- **Connect with your community and faith organizations.** Many are having virtual meetings right now.



Physical health

- **Have a regular schedule** of when you wake up, get dressed, eat, study, play, get outside, and go to bed. Routines can help us to feel better when life is uncertain.
- **Eat regular meals and snacks**, with a mix of protein, veggies, whole grains, and fruit.
- **Drink water throughout the day.**
- **Move your body regularly**, whether that's exercising, stretching, going for a walk, dancing to music, or another favorite activity. Try taking a new class online!
- **Get plenty of sleep**, 8-10 hours. Take naps if you cannot get enough sleep during the night or feel tired.
- Make time to **relax and play**. Do some activities you enjoy.
- **Limit caffeine** (energy drinks, coffee, black tea, chocolate). Don't have caffeine too close to bedtime.

Coping with loss and grief

You may be experiencing loss and grief — **be gentle with yourself**. The loss of a loved one, family member, friend, job, home, or even way of life can be a source of grief and sometimes trauma. The COVID-19 pandemic might also be reminding you of loss or something scary in the past, bringing all kinds of different emotions.

Everyone experiences grief differently. You might feel intense sadness, anxiety, fear, rage, hopelessness, or another emotion. It may be hard to feel anything at all. You may find it hard to sleep or you might want to sleep all the time. You may not feel hungry or you may feel hungrier than usual.

Take care of yourself and know that it is also okay to feel better over time. We all experience healing at our own pace.

As you grieve, it's important to:

- **Try not to judge yourself or others** for what they are feeling, or how long it takes to feel better.
- **Pay attention to your feelings.**
- **Allow yourself to cry.**
- Use phone calls, text messages, video chats and social media to **stay in touch with family and friends** who are positive and supportive.
- Reach out for support. See the [Resources](#) below.



Helping kids cope: Tips for parents and caregivers

You may notice some changes in behavior if your child is struggling:

- Personality changes. Examples: A quiet and caring child may become noisy and lash out. An outgoing child may become shy and afraid.
- Emotional outbursts and expressions of anger.
- Nightmares or fear of sleeping alone or with the light off.
- Clinginess, crying and whining more than usual.
- Reverting to younger behavior, such as bedwetting and thumb sucking.

There are things you can do to help your child:

- **Stay calm.** Provide reassurance through calm words and actions.
- **Explain the facts.** Don't lie about the situation; provide simple but truthful information about what's happening and how to stay safe. When they ask questions, make sure they understand your answers. Don't give more information than they can use or understand.
- **Reassure them.** Tell them they are safe, they won't be abandoned, and you are there to protect them.
- **Talk with them about their concerns and fears.** Allow them time to figure out how they feel about what's happening. Be careful not to express judgement about their feelings. Remind them that it's okay to be afraid. They don't need to be brave or tough. It's okay to cry.
- **Stick to routines.** Meals, activities, naps, etc. should be as "regular" as possible.
- **Minimize media exposure.** News coverage (or social media) about the pandemic can increase their anxiety.
- **Let them express their feelings through art and music.** Encourage them to draw, paint, sing, play instruments, or tell stories. Encourage them to end their story with, "But we know how to stay safe."
- **Give lots of hugs, smiles, and kind words.** Be supportive of their need to be close.
- **Bend the rules.** Allow them to have nighttime comfort items, such as stuffed animals and nightlights.
- **Make sure they know they're not responsible** for what is happening.
- **Include them in recovery efforts.** Give them tasks they can safely accomplish to empower them and help them see that everything is going to be alright.
- **Give them control.** While many things will be out of their control, point out those things they are still in control of. Allow them control over simple things such as what to wear, what to eat, and where to sleep.
- **Don't shame them.** Let them know it's not their fault if they revert to old behaviors (bedwetting, thumb sucking) again; they are coping with scary changes.



Prepare for COVID-19: Make a plan!

Another way to help reduce stress and anxiety is by planning ahead. If you or someone in your home gets sick, it can be a very scary and confusing time. Knowing ahead of time what you'll do if or when the time comes is both smart and empowering.

Make a plan for how you and your household will get care if you get sick.

- Write down the name and phone number of your doctor or clinic.
- List any ongoing health problems like asthma or diabetes for each person in your home.
- List all medications each person should take.
- Identify who will take care of children, pets, or others in your home who need supervision or care in case someone gets sick.
- Talk to friends and neighbors about helping each other out with things like grocery shopping, errands, or pet care.
- Be sure to have enough medications, food, and other supplies in case you need to stay home for a few weeks while sick or if you need to quarantine. Check with your pharmacy about mail order services.
- Share your plan with everyone you live with.

Resources

Stay informed

We're learning more about COVID-19 every day, but there's still a lot we don't know. Information is updated frequently. Remember: not everything you read online is accurate. Here are some reliable websites for the most up-to-date information (available in multiple languages).

- **Multnomah County:** <https://multco.us/covid19>
- **Oregon Health Authority (OHA):** <https://govstatus.egov.com/OR-OHA-COVID-19>
- **Centers for Disease Control (CDC):** <https://www.cdc.gov/coronavirus/2019-nCoV/>

Reach out for support

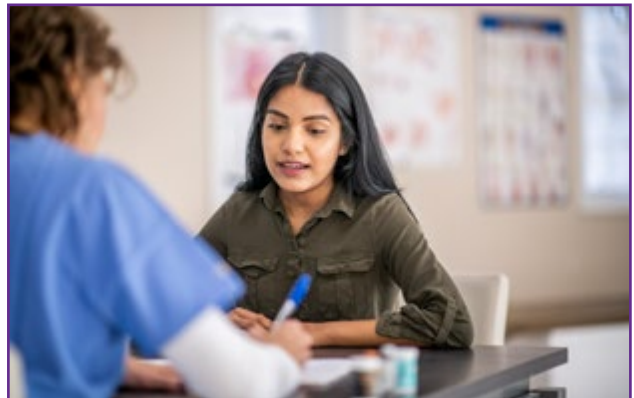
You can reach out for mental health or grief support at any time. Whether you are struggling, don't feel like yourself, or just want to talk to someone, we're here for you.

At your school

Multnomah County Student Health Centers (<https://multco.us/health/student-health-centers>) offer health care and mental health counseling to all Multnomah County youth ages 5-18 with or without insurance. See flyer on the next page.

Call your school district for more information about student counseling services, food, resources if you are experiencing homelessness, technology, and more:

- **Centennial School District** | 503-760-7990 | <http://csd28j.org/>
- **Corbett School District** | 503-261-4200 | <https://corbett.k12.or.us/>
- **David Douglas School District** | 503-252-2900 | <https://www.ddouglas.k12.or.us/>
- **Gresham-Barlow School District** | 503-261-4550 | <https://www.gresham.k12.or.us/>
- **Parkrose School District** | 503-408-2100 | <https://www.parkrose.k12.or.us/>
- **Portland Public Schools** | 503-916-2000 | <https://www.pps.net/>
- **Reynolds School District** | 503-661-7200 | <https://www.reynolds.k12.or.us/>
- **Riverdale School District** | 503-262-4840 | <https://www.riverdaleschool.com/>
- **Private schools or homeschool:** Contact your school directly.





**OPEN
FALL
2020**



**HERE
FOR
YOUTH**

STUDENT HEALTH CENTERS

Our Services:

- check-ups
- immunizations
- illness or injury
- flu shots
- COVID-19 testing
- reproductive health
- prescriptions
- lab tests
- counseling

Call for an appointment

8:45 am – 4:45 pm

- **David Douglas 503-988-3554**
Mon-Fri: Phone, video & in-person visits
1034 SE 130th Ave
- **Parkrose 503-988-3392**
Tue-Fri: Phone, video & in-person visits
Mon: Phone & video appointments only
12003 NE Shaver St
- **Roosevelt 503-988-3909**
Mon-Thu: Phone, video in-person visits
Fri: Phone & video appointments only
6941 N Central St

Serving Multnomah County K-12 youth with or without insurance.
There is never an out-of-pocket cost.

www.multco.us/student-health



Mental health crisis lines

- **Multnomah County Mental Health Call Center** | 503-988-4888, toll-free 800-716-9769 - Free 24/7 support, with interpreters available. <https://multco.us/behavioral-health/mental-health-crisis-intervention>
- **National Suicide Prevention Hotline** | 1-800-273-TALK (8255) or text <273TALK> to 839863. En español: 888-628-9454. TTY: 800-799-4TTY (4889). <https://suicidepreventionlifeline.org/>
- **Oregon Youthline** | Text teen2teen to 839863 or call 877-968-8491 between 4pm - 10pm to talk to another teen. Or talk to an adult 24/7 <https://oregonyouthline.org/>
- **National Youth Crisis Hotline** | 1-800-442-HOPE (4673).
- **Oregon Partnership 24 Hour Youth Helpline** | 1-877-553-TEEN (8336).
- **The Trevor Project** | 1-866-488-7386 - 24/7 suicide prevention for LGBTQ people. <https://www.thetrevorproject.org/get-help-now/>
- **Peer Support Hotline** | 877-565-8860 - For Trans and questioning people in crisis or in need to talk to someone, Spanish speakers available. <https://translifeline.org/hotline>

Additional resources for youth and families

- Resources to **support student learners**: <https://multco.us/supportingstudents>. Information available in multiple languages. See the flyer on the next page.
- **Culturally-specific mental health resources**: <https://multco.us/novel-coronavirus-covid-19/culturally-specific-behavioral-health-resources>
- **General resources in Multnomah County**: <https://multco.us/novel-coronavirus-covid-19/community-resources>
- **Call 2-1-1** for information about food, rent and utilities assistance, childcare, connecting with community-based organizations, and more. Or text your zip code to 898211 (TXT211). Email help@211info.org. Hours: M-F, 8am-6pm. Interpreters are available. <https://www.211info.org/>

Opportunities to get involved

- **Multnomah County Emergency Operations Center Youth Liaison Team**
 - Official Youth Liaisons to Multnomah County during the COVID-19 Crisis. A group that provides youth perspective to officials. Email youth.covid19@multco.us to learn more.
- **Multnomah Youth Commission (MYC)**
 - MYC is the official youth policy body for the City of Portland and Multnomah County. Visit www.ourcommission.org to learn more.
 - To get involved: Email andrea.marquez@portlandoregon.gov or erika.molina-rodriquez@multco.us
- **Portland Student Pandemic Response**
 - A student-led group that connects students to organizations needing help during the pandemic. Learn more: <https://pspandemicresponse.com>
- **Volunteer with Multnomah County's COVID response or donate supplies**
 - <https://multco.us/novel-coronavirus-covid-19/donate-volunteer-slow-spread-covid-19>

SUPPORTING your student learner DURING COVID-19

Although distance learning will help slow the spread of COVID-19 and keep our community healthier, it also makes it harder for parents to count on services that their children usually find at school.

You and your student don't have to experience the school year alone, as Multnomah County services and resources can help support you and your student during this unprecedented time.



Healthcare Resources

Multnomah County and our community partners are continuing to offer a wide range of services to give you and your child peace of mind that healthcare is within reach and affordable during the pandemic.

multco.us/supportingstudents/healthcare



Learning Support

Distance learning can make it hard to know how you can get extra help for your student, or support for your family. The County and our partners are here to support you and your student as you navigate this unique school year.

multco.us/supportingstudents/learning



Financial Support for Families

Stability at home is important to any student's ability to learn and endure the pandemic in a healthy way. Financial assistance from Multnomah County for rent, bills and necessities can help relieve some of the stress and anxiety families are feeling during the pandemic.

multco.us/supportingstudents/finances



Keeping Students Safe

Being in isolation with loved ones can increase tension, and many people need extra support to stay safe and healthy with partners and children. There are people you can talk to about your experiences who can help you plan for your and your family's safety.

multco.us/supportingstudents/safety

multco.us/SupportingStudents



