

## COVID-19 Additional Resources

Updated as of 3/14/20

UW Care Everywhere is offering telemedicine for patients 3 months and older:

- <https://www.uwhealth.org/care-anywhere/52358>

The Department of Health and Human Services DHS recommends self-quarantine for anybody returning from places with community spread including domestic states of Washington, California, and New York:

- <https://www.dhs.wisconsin.gov/dph/memos/communicable-diseases/2020-04.pdf>

**\*\*People with mild symptoms are encouraged to stay home\*\***

If you are experiencing moderate to severe symptoms UW Health has a hotline for testing:

- 608-720-5300

For those who are well and looking to reduce spread by social distance or cocooning see the below articles from the Capital Times and the Atlantic:

- [https://madison.com/ct/news/local/govt-and-politics/q-a-uw-madison-epidemiologist-malia-jones-urges-cocooning-closures/article\\_5919c2d5-23a0-59f1-b26a-de052561113c.html](https://madison.com/ct/news/local/govt-and-politics/q-a-uw-madison-epidemiologist-malia-jones-urges-cocooning-closures/article_5919c2d5-23a0-59f1-b26a-de052561113c.html)
- <https://www.google.com/amp/s/amp.theatlantic.com/amp/article/607927/>

CDC information on how to prepare your home:

- [https://www.cdc.gov/coronavirus/2019-ncov/prepare/checklist-household-ready.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fhome%2Fchecklist-household-ready.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/checklist-household-ready.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fhome%2Fchecklist-household-ready.html)

## Information for Families Affected by School Closings:

Staying active at home with children:

- <https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

10 Free Learning Websites for Kids:

1. Switch Zoo- *Watch, listen, and play games to learn all about amazing animals.*
  - <https://switchzoo.com/>
2. Nat Geo for Kids- *Learn all about geography and fascinating animals.*
  - <https://kids.nationalgeographic.com/>
3. Into the Book- *Go “into the book” to play games that practice reading strategies.*
  - <https://reading.ecb.org/>
4. Seussville- *Read, play games, and hang out with Dr. Seuss and his friends.*
  - <https://www.seussville.com/>
5. ABC YA- *Practice math and reading skills all while playing fun games.*
  - <https://www.abcya.com/>
6. Fun Brain- *Play games while practicing math and reading skills.*
  - <https://www.funbrain.com/>
7. PBS Kids- *Hang out with your favorite characters all while learning.*
  - <https://pbskids.org/>
8. Star Fall- *Practice your phonics skills with these read-along stories.*
  - <https://www.starfall.com/h/>
9. Story Online- *Have some of your favorite stories read to you by movie stars.*
  - <https://www.storylineonline.net/>
10. Highlights Kids- *Read, play games, and conduct cool science experiments.*
  - <https://www.highlightskids.com/>

# COVID-19 DAILY SCHEDULE

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Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A- wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight