



Early Learning Resources for Families During COVID-19

HOW CAN I PROTECT MYSELF FROM COVID-19?

PRACTICE GOOD HEALTH HABITS

 <p>WASH HANDS OFTEN</p>	 <p>COVER COUGHS + SNEEZES</p>	 <p>DON'T TOUCH FACE</p>
 <p>CLEAN SURFACES OFTEN</p>	 <p>STAY HOME WHEN SICK</p>	 <p>AVOID SICK PEOPLE</p>

FOR MORE INFORMATION, VISIT: **HEALTH.PA.GOV**



Operations at ELRC Region 5

Effective since Tuesday, March 17, 2020, the ELRC Region 5 office in Downtown Pittsburgh is closed to the public until further notice. Instead, **ELRC Region 5 is operating on a remote (work-from-home) basis from 8 a.m. - 5 p.m. Monday through Friday.** This means there will no longer be extended hours on Tuesdays or in-person hours available during this closure.

To contact staff assigned to your case or program, call their phone number; email them; or send a fax. We will work to answer communications within one business day. We appreciate your patience during this time.

Child Care for Families

Are you a family in Allegheny County who needs child care or other resources for your family? ELRC Region 5 is here to help! You may either:

1. contact us at the phone number or email below and indicate that you are an essential worker in need of child care:

Phone: 412.350.3577 or 1.888.340.3572

Email: elrc5@alleghenycounty.us

2. search for child care via the new Allegheny Child Care online portal:

www.alleghenychildcare.org

Important Contacts and Sources

- **United Way of Southwestern Pennsylvania**
Those seeking help dealing with COVID-19 can call 2.1.1, text their zip code to 898.211, or visit pa211sw.org.
- **Pennsylvania Department of Health**
For more information about COVID-19, visit health.pa.gov or call 1.877.724.3258.



For family resources, scan the QR code to the left or visit: bit.ly/covid-family-resources

General Questions:

ELRC Region 5

304 Wood Street, Suite 400
Pittsburgh, PA 15222

Phone: 412.350.3577 or 1.888.340.3572

Fax: 412.350.3575

Email: elrc5@alleghenycounty.us

For provider resources, scan the QR code to the right or visit: bit.ly/covid-ece-programs



Guidance for Families

- Give your children simple reassurance by reminding them that researchers and doctors are learning as much as they can about the virus and are taking steps to keep everyone safe.
- Read books with your children and make time for active play! Be creative with it and find new, imaginative ways to explore, create, learn, and exercise. Let kids make up their own games!
- The news can be scary, so it's important to keep young children away from frightening images and talk with them about the things they are hearing. Watch for signs of anxiety and try to reduce the amount of time your family is exposed to media.

Visit the Healthy Children website for more information: bit.ly/healthy-children-covid

Guidance for Early Learning Programs

- Encourage all staff and community members to protect their personal health and encourage people to stay home when sick.
- Create an emergency plan for an outbreak.
- Clean all surfaces, objects, and materials that are frequently touched, including toys, door knobs, and other materials!
- Coordinate with local health authorities and implement their existing policies and procedures related to closure.
- Limit or cancel events and meetings that require close contact.

Visit the Centers for Disease Control and Prevention (CDC) website for more information:

bit.ly/cdc-ece-programs

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Strategies to Cope

- If isolated or quarantined, recognize that it is temporary.
- Keep your family's schedule consistent. Schedule time to do things together that have made you feel better in other stressful situations. Don't forget to have fun and relax.
- Talk with your children about their feelings and provide validation. Help them express their feelings creatively, through drawing, dancing, or other activities.
- Talk to someone you trust about your feelings via phone call, video call, or in-person if living together and healthy.

Visit the National Center for Pyramid Model Innovations (NCPMI) website for more information:

bit.ly/ncpmi-resources

About ELRCs

Since July 2018, Early Learning Resource Centers (ELRCs) have provided a **single point-of-contact for Pennsylvania families, early learning service providers, and communities to gain information and access services that support high-quality child care and early learning programs.**

ELRCs were formed to consolidate the work of Child Care Works (CCW) (formerly CCIS) Agencies and the Regional Keys to create an enhanced resource and referral system for communities seeking early learning services and support.

The Allegheny County Department of Human Services (ACDHS) partners with the Office of Child Development and Early Learning (OCDEL) to serve as the lead agency for Early Learning Resource Center (ELRC) Region 5 in partnership with The Alliance for Infants and Toddlers, and Trying Together which serves early learning programs and families throughout Allegheny County.



For more information, scan the QR code to the left or visit:

bit.ly/elrc-region-5