



— DAWSON COUNTY —
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COVID-19 Resource Guide for Dawson County

Disclaimer:

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THE STATE OF GEORGIA HAS A
NEW COVID-19 HOTLINE.

1-844-442-2681

GEORGIANS WITH QUESTIONS OR
CONCERNS ABOUT COVID-19
(CORONAVIRUS) MAY CALL THIS HOTLINE.

If you believe that you are experiencing symptoms of COVID-19 or have been exposed to the novel coronavirus, please contact your primary care doctor, an urgent care clinic, or your local federally qualified healthcare center. Please do not show up unannounced at an emergency room or health care facility.

Caregiver Resources

Parenting is Tough!

1-800-CHILDREN (244-5373) can help.



Prevent Child Abuse
Georgia™

Providing Support and Resources to Caregivers Statewide



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The coronavirus pandemic has turned life upside down and inside out. As a result, families are increasingly weary, anxious, uncertain and stressed. And that's just after a trip to your local grocery store! Can you relate? Parenting is tough under the best of conditions, if you as a parent need help coping, please call **1-800-CHILDREN** for assistance!

Access to Services

- General support for caregivers please call 1-800-CHILDREN (244-5373). You may also view these resources 24/7 by www.PCAGeorgiaHelpline.org
- Federally Qualified Health Center, or other community-based resource, please call the Georgia Family Healthline at 1-800-300-9003.
- Assistance with essential services (finding food, paying bills), contact 211.
- Childcare Support: To locate childcare that is currently open call 1-877-ALL-GA-KIDS (1-877-255-4254) or go online to <http://qualityrated.org/>

Food Resources

The Dawson County School Nutrition and Transportation Departments will deliver meals through normal bus routes Monday-Friday. Delivery buses will start at each school at 10:30 am with the hope to have all meals delivered at each bus stop by 11:30 am.

ALL CHILDREN ages 0-18 may receive a lunch and a breakfast for the next morning.

For general questions, contact Rita Gilleland - 706-265-3246 ext 1019
If you have issues with meal delivery, contact Tony Wooten - 706-265-3246 ext 1012



Resources for Those Classified as High Risk

Dawson County Fire and Emergency Services and Dawson County Parks & Recreation staff will pick-up and deliver prescriptions to Dawson County residents. This allows residents of Dawson County that are classified as high-risk by the Centers for Disease Control & Prevention in relation to COVID-19, to remain secure and safe at home, yet still get their medications.



Click [HERE](#) for more information or call (706) 344-3646

Dollar General: Dollar General is opening its stores to senior citizens only for the first hour. The stores will also close early but those times vary by location.

Home Depot: The Home Depot stores will now close daily at 6 p.m. The opening hours will not change.

Kroger: Kroger is shifting store hours across the region to 8 a.m. to 9 p.m. The stores will also add a hour from 7 a.m. to 8 a.m. for seniors to shop, starting Monday March 23.

Publix: Publix has adjusted its store hours from 8 a.m. to 8 p.m. Publix announced it will designate Tuesday and Wednesday mornings, 7 a.m. to 8 a.m., as senior shopping hours for customers age 65 and over. This change starts Tuesday March 24 and it includes opening the pharmacy early.

Target: Target will close nightly at 9 p.m. to give time for cleaning and restocking. Stores will reserve the first hour of shopping every Wednesday for seniors and guests who have health issues.

Walmart: Stores will be open from 7 a.m. until 8:30 p.m. until further notice. The retail chain also will host a senior shopping hour every Tuesday starting March 24. This will start one hour before stores open.



General Dawson County Resources

Dawson County Family Connection strives to connect those with resources with those who need resources!

We have created the Community Resource List to help meet this goal

Click [HERE](#) for Community Resource List

Community Resource List



Loss of Income

- In Georgia-- as in every other state -- employees who are temporarily out of work through no fault of their own may qualify for unemployment benefits. The eligibility rules, prior earnings requirements, benefit amounts, and other details vary from state to state. Here are the basic rules for collecting unemployment compensation in Georgia.



- For more information click [HERE](#)

Information for families that need to access SNAP, TANF and Medicaid. To limit the spread of COVID-19 and protect the public, it is encouraged for families to access self-service options online during this period.

- Self-service options include:

- Apply for Food Stamp and Medicaid Benefits
Visit: gateway.ga.gov (verification documents can also be uploaded and case status info is available for all benefits)



- Download an Application:

<https://dfcs.georgia.gov/services>

- Electronic Benefits Transfer (EBT)

Visit: <https://www.connectebt.com/gaebtclient> or call: 888-421-3281 for updates

- Those without internet access can contact the DFCS Customer Contact Center at 877-423-4746 for additional information or to request a paper application. Once completed, applications and any required verification can be mailed back to your local county DFCS office. County office locations are available online at <https://dfcs.georgia.gov/locations>.

Tips to Manage Stress & Anxiety

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.



 World Health Organization

Coping with stress during the 2019-nCov outbreak

 It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends. 

 Don't use smoking, alcohol or other drugs to deal with your emotions. If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency. 

 Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak. 

Help children cope with stress during the 2019-nCov outbreak



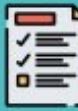
Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc. Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention. Remember to listen to your children, speak kindly and reassure them. If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

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
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)
- 1-800-715-4225, GCAL is the 24/7 hotline for accessing mental health services in Georgia.

Call us at 706-265-1981

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(The Chappell Building), Dawsonville, GA 30534

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