

## RECURSOS PARA AFRONTAR LA PANDEMIA COVID-19

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| INFORMACIÓN<br>SOBRE EL VIRUS       | Para Adultos         | <a href="https://www.cdc.gov/coronavirus/2019-ncov/index-sp.html">https://www.cdc.gov/coronavirus/2019-ncov/index-sp.html</a><br><br><a href="https://covid-19.dukehealth.org/sites/covid-19.dukehealth.org/files/COVID-19%20Patient%20After%20visit%20Summary%20Spanish_0.pdf">https://covid-19.dukehealth.org/sites/covid-19.dukehealth.org/files/COVID-19%20Patient%20After%20visit%20Summary%20Spanish_0.pdf</a>                                 |
|                                     | Para Niños           | <a href="https://www.mindheart.co/descargables">https://www.mindheart.co/descargables</a><br><br><a href="https://www.bing.com/videos/search?q=hola+soy+un+virus&amp;docid=608004391881802872&amp;mid=68BAAEB766FFC23AA27E68BAAEB766FFC23AA27E&amp;view=detail&amp;FORM=VIRE">https://www.bing.com/videos/search?q=hola+soy+un+virus&amp;docid=608004391881802872&amp;mid=68BAAEB766FFC23AA27E68BAAEB766FFC23AA27E&amp;view=detail&amp;FORM=VIRE</a> |
| INFORMACIÓN<br>SOBRE<br>TRATAMIENTO | Para Adultos y Niños | <a href="https://www.dukehealth.org/treatments/virtual-urgent-care?utm_campaign=COVID-19&amp;utm_source=email&amp;utm_medium=email">https://www.dukehealth.org/treatments/virtual-urgent-care?utm_campaign=COVID-19&amp;utm_source=email&amp;utm_medium=email</a><br><br><a href="https://lincolnchc.org/">https://lincolnchc.org/</a>   |

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| COBERTURA MEDICA                                 | Para Adultos y Niños | <a href="https://docs.google.com/forms/d/e/1FAIpQLSfNmVlfKwbAycmQzMHOeEFmONJ_27N0AR5whmbaDgQ7ja5iCQ/viewform">https://docs.google.com/forms/d/e/1FAIpQLSfNmVlfKwbAycmQzMHOeEFmONJ_27N0AR5whmbaDgQ7ja5iCQ/viewform</a>  |
| REGULACIÓN EMOCIONAL                             | Para Adultos         | <a href="https://www.latercera.com/practico/noticia/8-consejos-para-manejar-la-ansiedad-durante-el-coronavirus/R5IHLS45AJGHXGJJIPUX2SVSE/">https://www.latercera.com/practico/noticia/8-consejos-para-manejar-la-ansiedad-durante-el-coronavirus/R5IHLS45AJGHXGJJIPUX2SVSE/</a>                                  |
|  | Para Niños           | <a href="https://psicologiaymente.com/desarrollo/ejercicios-relajacion-ninos">https://psicologiaymente.com/desarrollo/ejercicios-relajacion-ninos</a>  |
| DESPENSA DE DISTRIBUCIÓN DE COMIDA               | Para Adultos         | <a href="https://www.catholiccharitiesraleigh.org/dcfp/">https://www.catholiccharitiesraleigh.org/dcfp/</a><br><a href="https://elcentronc.org/">https://elcentronc.org/</a><br><a href="http://emanueldurham.org/">http://emanueldurham.org/</a><br><a href="https://www.dpsnc.net/">https://www.dpsnc.net/</a> |
| AYUDA ECONÓMICA DE EMERGENCIA                    | Para Adultos         | <a href="https://docs.google.com/forms/d/e/1FAIpQLSfs3vK0E-xPqYUG3P_vRtZbCfzE8-J9GmEfunanb0bX76uSmg/viewform">https://docs.google.com/forms/d/e/1FAIpQLSfs3vK0E-xPqYUG3P_vRtZbCfzE8-J9GmEfunanb0bX76uSmg/viewform</a>  |
| FONDOS DE AYUDA PARA TRABAJADORES DE RESTAURANTE | Para Adultos         | <a href="https://frankielemmonscool.org/restaurantworkersrelieffund/">https://frankielemmonscool.org/restaurantworkersrelieffund/</a>  |
| REFUGIOS DE EMERGENCIA                           | Para Adultos         | Llame el 2-1-1   |

