

COVID-19 Coronavirus

The best ways to protect yourself:

Wear a Cloth Face Mask



Wash Your Hands



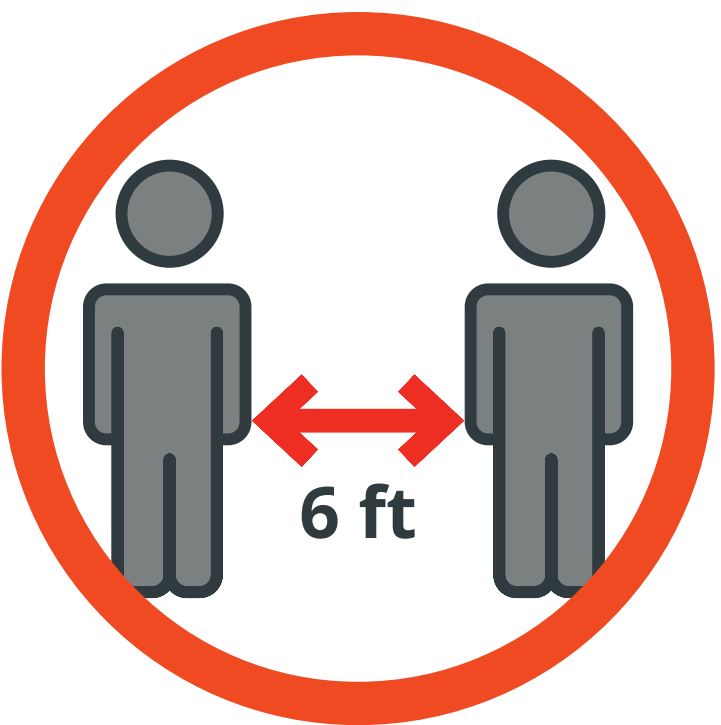
Cough or Sneeze into Your Elbow



Avoid Large Groups



Practice Social Distancing



Clean and Disinfect



Stay Home When Sick



Maintain Healthy Habits



If you have chest pain, shortness of breath, dizziness, a severe headache or other potentially life-threatening problems, go to the nearest emergency department or call 911.

ODH Hotline: 833-4-ASK-ODH

Cuyahoga County Board of Health: 216-201-2000

Cleveland Dept of Public Health: 216-664-2300

COVID-19 Resource Guide



Food Information

Greater Cleveland Food Bank –
216-738-2067 or toll-free at **855-738-2067**

- **Hours:** Monday through Friday 7 a.m. - 6 p.m.
- **Service Area:** Ashland, Ashtabula, Cuyahoga, Geauga, Lake and Richland Counties
- Offers service to locate food immediately, apply for benefits including food stamps (SNAP).
- **Website:** Findfoodbank.org/find-food

Hunger Network of Greater Cleveland –
216-619-8155

- hungernetwork.org

Cleveland Metropolitan School District –
216-838-0000

- Provides meals at 22 locations
- **Website:** clevelandmetroschools.org/Page/15493

Akron Canton Food Bank – call 2-1-1

- **Service Area:** Medina, Summit and Portage Counties

Second Harvest – 440-960-2265

- **Service Area:** Crawford, Erie, Huron, Lorain Counties
- Mobile Food Pantry offering grocery delivery services
- **Website:** 2-Harvest.org

Boys and Girls Club of Lorain County –
440-444-1279

- Provides meals Mon-Wed-Fri
- 12:00 p.m. - 2:00 p.m.
- 4111 Pearl Ave, Lorain, OH 44055
- **Website:** loraincountybgc.com

Are you a parent or guardian looking for SFSP sites near you? Find a summer site in your community with our [Summer Meal Site Finder](#) mapping tool. You can also text “**Summer Meals**” to **97779** or call **866-348-6479** to find a site near you.



Mental/Emotional Health

National Suicide Hotline: 800-273-8255

Lifeline Chat:

suicidepreventionlifeline.org/chat

General Information Mental Health Resources – ONLINE ONLY:

- **Ohio Department of Health:** bit.ly/2zsg4WJ
- **Cuyahoga Community College:** bit.ly/3bqupjN
- **National Alliance on Mental Health:** bit.ly/2yTCiRo
- **Child Mind Institute:** bit.ly/3cteHWe

Mindfulness and Meditation Websites and Apps – ONLINE ONLY:

- **Stop Breathe Think:** stopbreathethink.org
- **Headspace:** headspace.com
- **Insight Timer:** insighttimer.com
- **Calm:** calm.com
- **Buddhify:** buddhify.com
- **Centered:** centeredapp.com
- **Mind Yeti:** mindyeti.com
- **Chopra Meditation Center:** chopra.com/articles/guided-meditations

COVID-19 Resource Guide, *continued*



Coronavirus and Your Health

Accurate information in English and Spanish on Coronavirus

- **Centers for Disease Control and Prevention:** bit.ly/2WsYg74

Accurate information in English

- **Cleveland Clinic:** cle.clinic/2WqUMLx
- **University Hospitals:** uhhospitals.org/coronavirus

Ohio Department of Health:

General questions, call ODH hotline
833-4 ASK ODH (833-447-5634)

Cleveland Department of Public Health:
216-664-2324

Cuyahoga County Board of Health:
General number **216-201-2000**

Mask Information: contact your local Community Development Corporation (CDC) or local Council Leader

- clevelandnp.org/cleveland-cdcs
- clevelandcitycouncil.org