



Department of Health

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COVID-19 Information and Resources for Children and Youth with Special Health Care Needs and Their Families March 5, 2021

This document provides recommendations and resources for family members and caregivers of children and youth with special health care needs (CYSHCN) during the COVID-19 public health emergency.

Recommendations

- Develop an emergency care plan that includes information on what medicines family members take and when, what allergies family members have, and how to best care for family members in an emergency. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/checklist-household-ready.html>
- As part of this care plan, include training or information a trusted person or family member would need to know about the child's conditions in case of emergency.
- Although there is no need to buy large quantities of supplies, avoid crowds by trying to go to the market and pharmacy less frequently and purchasing a few more items than you usually do.
- When possible, request advance supplies of medication, special nutritionals, durable medical equipment (DME) and other necessary medical supplies and be prepared to stay home for an extended period. You may need to contact your child's primary care provider for extra medication or change to a mail-order pharmacy to obtain more than a month's supply.
- Stay up to date with vaccinations. Routine vaccination is an essential preventive care service for children and adolescents.
- Help children understand and follow recommendations, like social distancing and [wearing cloth face coverings, if medically able to wear](#).
 - Mask Toolkit English:
<https://www.urmc.rochester.edu/MediaLibraries/URMCMedia/strong-center-developmental-disabilities/documents/Mask-Wearing-Toolkit.pdf>
 - Mask Toolkit Spanish:
https://www.urmc.rochester.edu/MediaLibraries/URMCMedia/strong-center-developmental-disabilities/documents/Mask-Wearing-Toolkit_SPN.pdf
- Frequently clean and disinfect surfaces, objects, DME, assistive technology and adaptive equipment (see NYSDOH recommendations on [cleaning and disinfectants](#)).
- Arrange for services to be provided remotely. If necessary services cannot be provided remotely, ask providers to complete a health screening and temperature check prior to your appointment.
- Clinicians, health care aides, and other care providers who come to your home must practice proper hygiene including mask wearing, hand washing and proper cleaning techniques.

Stay connected on your state and local health department's social media pages and websites for timely and accurate COVID-19 information.

Resource	Contact Information
<p>New York State Department of Health Up to date information on COVID-19 in New York State.</p>	<p>Questions? Call the Novel Coronavirus (COVID-19) Hotline: 1-888-364-3065 https://www.health.ny.gov/diseases/communicable/coronavirus/</p>
<p>Local Public Health Departments The best source for local information about COVID-19 and community resources available during this time.</p>	<p>County Health Departments https://www.nysacho.org/directory/</p>
<p>Centers for Disease Control and Prevention</p>	<p>CDC Frequently Asked Questions https://www.cdc.gov/coronavirus/2019-ncov/faq.html</p> <p>Vaccination Guidance During a Pandemic https://www.cdc.gov/vaccines/pandemic-guidance/index.html</p>
<p>Mental Health: Manage Stress and Anxiety</p>	<p>New York State has partnered with Headspace to provide free mindfulness, meditation, and mental health resources to all New Yorkers https://www.headspace.com/ny</p> <p>New York State Office of Mental Health Emotional Support Line provides free and confidential support, helping callers experiencing increased anxiety due to the COVID-19 public health emergency: 1-844-863-9314 https://omh.ny.gov/omhweb/covid-19-resources.html</p>
<p>Services and Benefits</p>	<p>New York State myBenefits https://www.mybenefits.ny.gov/mybenefits/begin</p> <p>Find Help Find food assistance, help paying bills, and other free or reduced cost programs, including new programs for the COVID-19 pandemic. https://findhelp.org/</p> <p>211 If you need assistance finding food, paying housing bills, or other essential services and resources. On-line service finder database and/or call, text, or chat with your local 211 community resource specialist. https://www.211.org/get-help/help-during-covid-19-pandemic</p>

<p>Resources for CYSHCN and their Families</p>	<p>American Academy of Pediatrics https://www.healthychildren.org/</p> <p>ADA and Face Mask Coverings https://www.adasoutheast.org/ada/publications/legal/ada-and-face-mask-policies.php</p> <p>Association of Maternal and Child Health Programs (AMCHP) www.amchp.org/covid-19</p> <p>Child Trends https://www.childtrends.org/research-topic/covid-19</p> <p>Crisis Text Line: Text "Got5" to 741-741</p> <p>Families Together Inc. https://famiestogetherinc.org/navigating-covid-19-when-your-child-youth-has-a-disability/#rare</p> <p>Growing Up Healthy Hotline https://www.health.ny.gov/community/pregnancy/health_care/pr-enatal/guh.htm</p> <p>Kids Health https://kidshealth.org/en/parents/coronavirus-how-talk-child.html</p> <p>National Association of School Psychologists COVID-19 Resource Center https://www.nasponline.org/resources-and-publications/resources-and-podcasts/covid-19-resource-center</p> <p>National Autism Association https://nationalautismassociation.org/covid-19-resources-for-families/</p>
<p>Resources for CYSHCN and their Families (cont'd)</p>	<p>National Institute for Children's Health Quality (NICHQ) https://www.nichq.org/news-item/coronavirus-disease-2019-covid-19-information-childrens-health-advocates</p> <p>National Suicide Prevention Lifeline: 1-800-273-TALK (8255)</p> <p>Nationwide Children's - Masks and New Routines: Helping Children with Special Needs During COVID-19 https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/05/masks-and-new-routines-helping-children-with-special-needs-during-covid-19</p> <p>New York State Council on Children and Families https://www.ccf.ny.gov/</p>

New York State Developmental Disabilities Planning Council

<https://ddpc.ny.gov/protect-yourself-and-your-family-coronavirus-covid-19>

New York State Domestic Violence Hotline: 1-800-942-6906

New York State Domestic Violence Text Line: 1-844-997-2121

New York State Education Department

<http://www.nysed.gov/postsecondary-services/covid-19-resources-families-and-communities>

New York State Education Department- Assistive Technology

<http://www.nysed.gov/edtech/assistive-technology-0>

NYS HOPEline: 24/7 Help with Addiction, Substance Use, and Gambling Call 877-846-7369 | Text HOPENY (467369)

New York State Office for People with Developmental Disabilities

<https://opwdd.ny.gov/coronavirus-guidance>

New York State Parenting

<https://www.nysparenting.org/coronavirus-resources-parents>

Prevent Child Abuse New York

<https://www.preventchildabuseny.org/>

Project TEACH

<https://projectteachny.org/>

Rose F. Kennedy University Center for Excellence in Developmental Disabilities (UCEDD)

<https://einsteinmed.org/centers/childrens-evaluation-rehabilitation/rose-f-kennedy-ucedd/>

University of Rochester University Center for Excellence in Developmental Disabilities (UCEDD)

<https://www.urmc.rochester.edu/childrens-hospital/coronavirus-information-for-families/resources-for-families.aspx>

Westchester Institute of Human Development

<https://www.wihd.org/external-resources-covid-19/>

Zero to Three

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

