

Preventing Child Abuse & Neglect During COVID 19



Parents and Caregivers

- Stay in contact with friends and family members.

Feeling connected to others will help reduce stress, anxiety and frustration.

- Keep occupied during quarantine.

Visit [MuskingumLibrary.org](https://www.muskingumlibrary.org) for a host of educational and entertainment resources available online. Spend time outside for exercise and fresh air.

- Stay informed but manage your news intake to avoid fear or anxiety.
- If you feel that you or your children are in danger:
 - **Call 911 in cases of emergency or immediate threats**
- If you feel overwhelmed, there is help available. Check out these resources:
 - COVID19 Resource Sheet from [PreventChildAbuse.org](https://www.preventchildabuse.org)
 - [Grand Families Fact Sheet](#) from Generations United (Lists links to resources for preventing exposure, activities for families and managing stress)
 - [Parent/Caregiver Guide to Help Families Cope with COVID19](#) (Lists tips for coping with anxiety and stress, hygiene and activities)

Community

Friends, family members and neighbors need to actively engage in preventing child abuse and neglect especially during this time of isolation.

- Regularly check in with families who may be at risk
- Pay attention to signs of abuse and neglect
- Report suspected cases of child abuse and neglect by calling 740-455-6710.