**Resources for our Juntos 4-H Club and Spanish Speakers**

<https://www.facebook.com/JuntosNorthCarolina/>  (Juntos Facebook page)

<https://juntos.dasa.ncsu.edu/coronavirus/>  (Juntos Website)

**COVID-19 info**

* <https://foodsafety.ces.ncsu.edu/covid-19-resources/> (NC State University daily updated info on COVID-19)
* <https://www.cdc.gov/coronavirus/2019-ncov/index.html> (most reliable place for updated info)
* <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2> (list of disinfectants that can be used against COVID-19)
* <https://www.ncdhhs.gov/divisions/public-health/coronavirus-disease-2019-covid-19-response-north-carolina/materials-and>  (social media resources)
* <https://www.unctv.org/coronavirus/>  (for english and translated Spanish broadcasts on COVID-19)
* **866-462-3821** COVID-19  North Carolina Hotline for information available in Spanish and other languages
* <https://hub.jhu.edu/novel-coronavirus-information/>  (For information regarding social distancing and prevention practices.)

(WHAT TO DO IF I HAVE COVID-19)

* ¿Qué hacer si tengo Coronavirus? (COVID-19)
* **Aqui usted encontrara una lista de los diferentes recursos y fuentes de información en caso de que usted tenga o sospeche que tiene el virus.**

[**https://docs.google.com/document/d/1L1tz1qMwVlIe9Mljy4vWfgZGOL8sa5oSWILxOLg1OH4/edit?usp=sharing**](https://docs.google.com/document/d/1L1tz1qMwVlIe9Mljy4vWfgZGOL8sa5oSWILxOLg1OH4/edit?usp=sharing)

* <https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>  printable resources in English and Spanish about COVID-19

**School and County Resources**

* <https://www.ncchild.org/covid-19/>    fact sheets about the benefits to employee/families and more under Covid-19 crisis
* [**https://docs.google.com/spreadsheets/d/18p9OSlLpSYanIoUC-gEbhVbRMYVUfw4wyrixa9ekGdc/htmlview?fbclid=IwAR3aAckfEQ2Z35eJFe9VIloL6trKxdiCU74AsaYKGWXsGBZW1cM8qFIrxfQ#gid=0**](https://docs.google.com/spreadsheets/d/18p9OSlLpSYanIoUC-gEbhVbRMYVUfw4wyrixa9ekGdc/htmlview?fbclid=IwAR3aAckfEQ2Z35eJFe9VIloL6trKxdiCU74AsaYKGWXsGBZW1cM8qFIrxfQ#gid=0)  Recursos para familias indocumentados
* [**https://www.facebook.com/NorthCarolina4H/photos/a.135704839857875/2837768826318116/?type=3&theater**](https://www.facebook.com/NorthCarolina4H/photos/a.135704839857875/2837768826318116/?type=3&theater) (4-H activities broadcast live on their facebook page daily Monday -Friday @10am, must be logged in and subscribed to 4-H North Carolina)
* [**https://csfirst.withgoogle.com/s/en/home**](https://csfirst.withgoogle.com/s/en/home) (free computer coding classes and activities for students and educators) club meeting idea
* [https://www.getepic.com](https://www.getepic.com/)  (awesome resource for books, learning videos, quizzes, and more)
* <https://docs.google.com/document/d/1KQzg3hcEZmm1x7ZJ4TBmkCN7lY3aF36HjRKxBeuA2M0/edit?usp=sharing>

Where to find school meals in your county for students (updated March 16 10am)

* <https://www.wvlt.tv/content/news/Spectrum-offering-free-internet-access-to-homes-with-students-568797021.html> (resource for students)
* <http://frankielemmonschool.org/restaurantworkersrelieffund/>

Triangle Restaurant Workers Relief Fund for those affected by the COVID-19 pandemic. Open to people who have experienced wage disruption or lay-offs in the Triangle restaurant industry due to coronavirus-based restaurant closures. This includes wait staff, bartenders, hosts, managers, delivery drivers, cooks, catering staff, dishwashers, and other restaurant and bar workers.

* <https://www.downdogapp.com/>

A good way to get people to be active at home since we may not all have gym equipment or treadmills at home: Down dog is offering all it’s apps- Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout - **Free till July 1st**  all K-12, College students, and educators. To access the free school membership, please sign up with your .edu email address.

**Comida**

* **información sobre bancos de comida o ayudas con comida organizada por condados.**

**NEW UPDATE: Text FOODNC to 877-877 to find the pick-up and drive-thru sites closest to you!**

<https://docs.google.com/document/d/1KQzg3hcEZmm1x7ZJ4TBmkCN7lY3aF36HjRKxBeuA2M0/edit#heading=h.mkj1v8wcxllm>

(ACTICITIES FOR KIDS FROM ALL AGES)

**Actividades por grado para nuestros hijos en casa**

* **Aqui usted podra encontrar algunas actividades para que desarrolle con sus hijos dependiendo el grado en el que se encuentren. Nos gusta que en este tiempo ellos sigan aprendiendo y creciendo.**

[**https://docs.google.com/document/d/1nDUvWJjXR2skxTiNnMKrFbHpMQy-U9mj5WPK4wJaRSg/edit?usp=sharing**](https://docs.google.com/document/d/1nDUvWJjXR2skxTiNnMKrFbHpMQy-U9mj5WPK4wJaRSg/edit?usp=sharing)

**Información de prensa del estado de Carolina del Norte**

* **Aqui usted encontrara toda la información de prensa del estado en español.**

[**https://docs.google.com/document/d/16I10H7vzAwfg3upFDMOelQX7iFXMygN6g9QL6fKtenM/edit?usp=sharing**](https://docs.google.com/document/d/16I10H7vzAwfg3upFDMOelQX7iFXMygN6g9QL6fKtenM/edit?usp=sharing)

**Electricidad**

* **Duke Energy ofrece no suspender su servicio eléctrico por falta de pago inmediato durante esta emergencia.**

**Technology Resources**

**Internet**

* **Spectrum**

**ofrece internet gratis por 60 días para todos los estudiantes durante la emergencia del coronavirus.**

[**https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-new-K12-and-college-student-households-and-more**](https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-new-K12-and-college-student-households-and-more)

[**https://espanol.spectrum.com/browse/content/spectrum-internet-assist.html**](https://espanol.spectrum.com/browse/content/spectrum-internet-assist.html)

* **Xfinity**

[**https://es.internetessentials.com/**](https://es.internetessentials.com/) **o llamar esta línea telefónica dedicada a los clientes de habla hispana 1-855-765-6995**

* **Información que le ayudará a encontrar herramientas para seguir conectado con la información y las actividades que se harán en línea durante esta situación.**

[**https://docs.google.com/document/d/1AGK6St\_ys0I9MvVb68BZOXegIe3OyRykj25AFoRDLf4/edit?usp=sharing**](https://docs.google.com/document/d/1AGK6St_ys0I9MvVb68BZOXegIe3OyRykj25AFoRDLf4/edit?usp=sharing)

* [**https://es.internetessentials.com**](https://es.internetessentials.com/) **Sign up for free Telecomm in Spanish for new low-income families**
* <https://zoom.us/docs/en-us/covid19.html>  (free access to zoom for students )
* <https://delta.ncsu.edu/learning-technology/learning-management-systems/zoom-at-nc-state/> How to set up a zoom account and host a meeting FAQs
* <https://www.austincc.edu/ITdocs/google/documents/Google_Hangouts_Tutorial.pdf>

How to set up a google hangouts session and use tools

* [https://sg-mktg.com/MTU4NDU2NzExNHxOM1FPNG5sZ0ROblBwWjJtMVl0LVhBd3ppSXFfcmIxQ2hadjZmMEpYblFXNi1OVVNxQi1Tc0ZCMlI2VXNZOWVfT1ZJWGllVHF3NzNZRG5BMHphQk9jMFYwSU9SNGRrYmhyLVl2b0s1ZzltYmpEZ1RGcWxYdG9iOGR2RDctbXJ1aWsxUjRaVlFubkJISFRqZWQ4Ry1VQjVKLWxpa2toRVdFbG5FeHVJbDFqbG42VkpxSkhLR3cwdnRfM2dSeDdXRGtlc1luVl8yRk5hXzM2V3dubUFXYl9jekJQNWtBM1FoR0tEVmVYWDNDYlpsMmg4Y2RPY3VRVVdTZHJQbz18\_gpqKgytS-9tepnJhoxIpSFKS78hl\_hePXHeLXvrbr8=/send\_test](https://sg-mktg.com/MTU4NDU2NzExNHxOM1FPNG5sZ0ROblBwWjJtMVl0LVhBd3ppSXFfcmIxQ2hadjZmMEpYblFXNi1OVVNxQi1Tc0ZCMlI2VXNZOWVfT1ZJWGllVHF3NzNZRG5BMHphQk9jMFYwSU9SNGRrYmhyLVl2b0s1ZzltYmpEZ1RGcWxYdG9iOGR2RDctbXJ1aWsxUjRaVlFubkJISFRqZWQ4Ry1VQjVKLWxpa2toRVdFbG5FeHVJbDFqbG42VkpxSkhLR3cwdnRfM2dSeDdXRGtlc1luVl8yRk5hXzM2V3dubUFXYl9jekJQNWtBM1FoR0tEVmVYWDNDYlpsMmg4Y2RPY3VRVVdTZHJQbz18_gpqKgytS-9tepnJhoxIpSFKS78hl_hePXHeLXvrbr8%3D/send_test) (for reviews on how to use google slides, gmail, and google calendar)

**Recursos de finanza**

* [https://disasterloan.sba.gov/ela/Account/Login?ReturnUrl=%2Fela%2FLoanApplication%2FStartApplication<https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDAzMTguMTg5NDk5NTEiLCJ1cmwiOiJodHRwczovL2Rpc2FzdGVybG9hbi5zYmEuZ292L2VsYS9BY2NvdW50L0xvZ2luP1JldHVyblVybD0lMkZlbGElMkZMb2FuQXBwbGljYXRpb24lMkZTdGFydEFwcGxpY2F0aW9uJnV0bV9tZWRpdW09ZW1haWwmdXRtX3NvdXJjZT1nb3ZkZWxpdmVyeSJ9.UWOQkZFcErC\_QErQpAc1kySqSfzyuA3I8nlu8pbmMgc/br/76308361076-l](https://disasterloan.sba.gov/ela/Account/Login?ReturnUrl=%2Fela%2FLoanApplication%2FStartApplication%3chttps://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDAzMTguMTg5NDk5NTEiLCJ1cmwiOiJodHRwczovL2Rpc2FzdGVybG9hbi5zYmEuZ292L2VsYS9BY2NvdW50L0xvZ2luP1JldHVyblVybD0lMkZlbGElMkZMb2FuQXBwbGljYXRpb24lMkZTdGFydEFwcGxpY2F0aW9uJnV0bV9tZWRpdW09ZW1haWwmdXRtX3NvdXJjZT1nb3ZkZWxpdmVyeSJ9.UWOQkZFcErC_QErQpAc1kySqSfzyuA3I8nlu8pbmMgc/br/76308361076-l)   For small business owners affected by Covid-19

[**https://www.consumerfinance.gov/about-us/blog/proteja-sus-finanzas-del-impacto-del-coronavirus/**](https://www.consumerfinance.gov/about-us/blog/proteja-sus-finanzas-del-impacto-del-coronavirus/)  How to protect your finances from COVID-19 In Spanish