

FREQUENTLY ASKED QUESTIONS COVID-19

FOR FAMILIES

1. I am feeling sad or anxious. What can I do?

The outbreak of COVID-19 may be stressful for people. Fear and anxiety can be overwhelming and cause strong emotions. Coping effectively with stress will make you, the people you care about, and your community stronger.

Some steps you can take to support yourself and your family include:

- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or [meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.](#)
- Make time to unwind. Try to do some other activities you enjoy.

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

Some additional resources on managing your mental health during the COVID-19 may be found at:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html> [Recommendations from the CDC.](#)

2. To receive a regional center-funded service in an alternative location or remotely, do I need to obtain approval from the regional center?

No. However, prior to, or no later than seven days after the delivery of a service in an alternate location or by remote electronic communications, the service provider must notify the regional center that you requested and/or agreed to either receive services in an alternate location or through remote electronic communication in lieu of in-person services. See the Department's March 18, 2020 [directive for more information.](#)

For additional questions and answers, please view the [Frequently Asked Questions for Individuals and Families.](#)