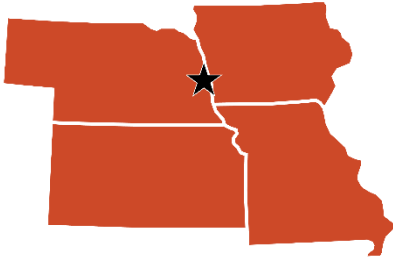




HHS Region 7 COVID-19 Resources

Last updated 4.27.20



This guide features practical health and education resources in HHS Region 7 states — Iowa, Kansas, Missouri and Nebraska — in response to a changing health and wellness landscape resulting from the COVID-19 pandemic. Please use these resources as you see fit or share with colleagues, patients or clients.

IOWA

DATA

[COVID-19 in Iowa Dashboard \(Iowa Department of Public Health\)](#) – View an interactive map tracking COVID-19 cases, testing and other data.

HEALTH

[COVID-19 Testing Framework for Iowa \(Iowa Department of Public Health\)](#) – This document provides an overview of testing procedures in Iowa. Visit [this page](#) for more information on testing.

[How to Cope with Anxiety about Novel Coronavirus \(COVID-19\) \(Iowa Department of Public Health\)](#) – This document provides guidance for maintaining calm during the pandemic.

[Local Public Health Guidance for Implementing Public Health Mitigation Measures \(Iowa Department of Public Health\)](#) – This document provides a framework for data elements to consider when implementing or discontinuing public health mitigation measures for COVID-19.

[Translated Health Education Materials \(Iowa Department of Public Health\)](#) – This web page provides many COVID-19 print resources in multiple languages.

[Virtual Support Group \(NAMI Iowa\)](#) – The National Alliance on Mental Illness (NAMI) Iowa offers three virtual statewide support groups that meet weekly via Zoom and are free to join.

EDUCATION

[Frequently Asked Questions for Parents and Families about Continuous Learning \(Iowa Department of Education\)](#) – This resource answers many common questions from parents



and families as schools develop plans for implementing continuous learning opportunities for students.

[Talking to Children and Teens about COVID-19 \(University of Iowa Stead Family Children's Hospital\)](#) – This web page provides tips to support parents, families and guardians talking to children and teens about COVID-19.

KANSAS

DATA

[Kansas Coronavirus Disease 2019 \(COVID-19\) Case Summary \(Kansas Department of Health and Environment\)](#) – View an interactive map tracking COVID-19 cases, testing and other data.

HEALTH

[Maintaining Positive Mental Health During COVID-19 \(Kansas Department of Health and Environment\)](#) – This document is a quick-guide to maintaining positive mental health during the pandemic.

[Kansas Community Mental Health Centers Providing Vital Behavioral Health Services During Public Health Emergency \(Association of Community Mental Health Centers of Kansas\)](#) – This press release urges Kansans feeling the stress of the COVID-19 pandemic to connect with their local mental health center via telephone or online. [This map](#) can be used to locate Kansas CMHCs.

[ECHO Series: Implementing Telehealth \(University of Kansas\)](#) – This ECHO series focuses on assisting diverse healthcare organizations and providers to prepare for the rapid development and deployment of telehealth programs and services to increase direct patient care during the COVID-19 health pandemic or other large-scale crises. Runs through April; videos of the sessions can be accessed [here](#).

EDUCATION

[Kansas Continuing Learning 2020 \(Kansas State Department of Education\)](#) – This site is designed to provide guidance and resources to Kansas school districts as they develop and implement their Continuous Learning plans to meet the immediate need of supporting learning outside of normal practices.



MISSOURI

DATA

[Missouri Coronavirus COVID-19 Cases \(Missouri Department of Health and Senior Services\)](#) – View an interactive map tracking COVID-19 cases, testing and other data.

HEALTH

[Self-Care Resources \(Missouri Department of Mental Health\)](#) – This website provides a list of self-care resources, including apps, articles, how-to guides, and more.

[COVID-19 Telehealth Resources \(Missouri Telehealth Network/University of Missouri\)](#) – This web page includes regularly updated facts, toolkits, educational opportunities and guidance related to how telehealth is addressing COVID-19.

[Zoom Videoconferencing Licenses \(Missouri Telehealth Network/University of Missouri\)](#) – In partnership with MOREnet, these complimentary licenses are provided to local public health agencies, rural health clinics, federally qualified health centers and critical access hospitals responding to COVID-19. Licenses are encrypted and with proper protocols can be used for direct patient care, patient education, patient check-ins and more.

[myStrength \(Missouri Coalition for Community Behavioral Healthcare\)](#) – The Missouri Coalition for Community Behavioral Healthcare is offering access to myStrength, an evidence-based self-help resource that is available 24/7, is private and confidential, and provides quality information and inspiration on a variety of different conditions/topic areas.

EDUCATION

[A Special COVID-19 Message for Kids \(Missouri Department of Elementary and Secondary Education\)](#) – Share this 3-minute video with your children.

[Supporting Educators and Learning in the Era of COVID-19 \(Missouri Department of Elementary and Secondary Education\)](#) – This document provides recommendations for Missouri educators to support their students while schools are closed.

[How to Support Student Learning at Home \(Missouri Department of Elementary and Secondary Education\)](#) – This document provides recommendations for Missouri parents, families and home guardians to support children while schools are closed.



NEBRASKA

DATA

[Coronavirus COVID-19 Cases \(Nebraska Department of Health and Human Services\)](#) – View an interactive map tracking COVID-19 cases, testing and other data.

HEALTH

[Health Alert Network \(Nebraska Department of Health and Human Services\)](#) – The Health Alert Network is part of a nationwide system for coordinating and distributing important information about public health events. Use this website to find health alerts, prevention guidelines and other information.

[COVID-19 Resources for Providers \(Nebraska Medicine/University of Nebraska Medical Center\)](#) – This website provides information on the subjects of: personal protective equipment (PPE); ambulatory; inpatient, ICU and emergency department; perioperative and procedural; special populations and more.

[The BHECN Serenity Project \(Behavioral Health Education Center of Nebraska/Lotus House of Yoga\)](#) – The BHECN Serenity Project is a series of FREE online wellness sessions, designed as an educational resource to support behavioral health providers, health professionals, frontline responders, Nebraskans, and anyone who is looking for ways to relieve stress, learn relaxation techniques and find a new balance.

[Guidance for Behavioral Health Workforce \(Nebraska Department of Health and Human Services\)](#) – The intention of this kit is to provide resources to help preserve the resilience and mental health of behavioral health providers and their families.

EDUCATION

[Coronavirus FAQ \(Nebraska Department of Education\)](#) – This Department of Education web page provides answers to questions pertaining to accountability and assessment; budget and grants; nutrition services; rules, laws and compliance; special education; and transportation during the outbreak of COVID-19.

[Scheduling in the Home Environment \(Nebraska Department of Education\)](#) – This handout provides step-by-step guidance for families looking to establish a routine that includes household needs, learning time, and personal needs.