

Preventing Child Abuse and Neglect During COVID 19

Parents and Caregivers

- If you are feeling stressed or isolated, stay in contact with friends and family members. Feeling connected to others will help reduce stress, anxiety and frustration.
- Keep yourself and your children occupied during quarantine. Visit columbuslibrary.org for a host of educational and entertainment resources available online. Take the family outside on a regular basis for exercise and fresh air.
- Stay informed about what is happening, but manage your news intake and avoid outlets that promote fear or anxiety.
- If you feel that you or your children are in danger:
 - Call Franklin County Children Services' **24-hour Child Abuse Hotline at (614) 229-7000.**
 - Call the **National Association of Domestic Violence hotline, 1-800-799-SAFE** or **CHOICES for Victims of Domestic Violence at 614-224-HOME (4663)**
 - **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](#)
 - [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)



Protecting Children by Strengthening Families

For the Community

During this time of isolation, friends, family members and neighbors need to actively engage in preventing child abuse and neglect.

- 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 the **24-hour Child Abuse Hotline at (614) 229-7000**