

# 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](http://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)



Franklin County

**Children  
Services**

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**