

School, Diabetes & the Vaccine: A Virtual Town Hall



RESOURCE SHEET

Diabetes Management during COVID-19:

- <https://www.diabetesresearch.org/covid19-guidelines-for-diabetes-management>

The 504 Plan for Diabetes - what you need to know:

- <https://www.diabetesresearch.org/504>

Download: A Guide for School Personnel and Child Care Providers

- <https://www.diabetesresearch.org/file/A-Guide-for-School-Personnel-and-Child-Care-Providers-Brochure.pdf>

Health tips for back to school during COVID-19:

- <https://www.cdc.gov/media/releases/2021/p0823-back-to-school-covid-19.html>

Mental Health Support for teens and young adults:

- <https://www.cdc.gov/mentalhealth/stress-coping/teens-young-adults-support/index.html>

Helping children cope with the stress of COVID-19:

- <https://www.cdc.gov/mentalhealth/stress-coping/help-children-cope/index.html>

Finding nutrition facts for your favorite brands and fast food restaurants:

- <https://www.calorieking.com/us/en/>

Free app for sleep, anxiety and stress:

- <https://insighttimer.com/>

Seeking additional support? The PEP Squad (Parents Empowering Parents) is a private group on Facebook where you can connect with other families dealing with the same issues.

<https://www.facebook.com/groups/PEPsquadDRI>