



CONNECTING PHILADELPHIA K-12 FAMILIES WITH INTERNET FOR DIGITAL LEARNING

Does your family need home internet access? Do you only have access to the web through a mobile phone?

PHLConnectED may be able to help your household get the internet access it needs so your K-12 student can connect and learn.

What is PHLConnectED?

PHLConnectED is the City's initiative to help K-12 families get access to a reliable, high-speed internet connection.

Eligible students and families will be able to sign up for up to 2 years of Internet Essentials from Comcast service at no cost to them, or based on need, have access to a free T-Mobile hotspot until June 2022.

Who can get connected through PHLConnectED?

Students and families who do not currently have any broadband (wireline/in-home) internet access or only have internet access through their mobile phone may qualify for home internet through Internet Essentials from Comcast.

Students and families who are experiencing homelessness or are in-between housing may qualify for a cellular hotspot device.

How to Connect

If you would like to learn more about PHLConnectED and find out if you're eligible, **dial 2-1-1 and choose option 1**. The hotline is open 24 hours a day, 7 days a week and is available in over 150 languages.





Acceso a Internet de las familias de K-12 para el aprendizaje digital

¿Su familia necesita acceso a Internet? ¿Solo puede acceder a la web a través de un teléfono móvil?

Es posible que PHLConnectED pueda ayudar a que su familia tenga acceso a Internet para que el estudiante de K-12 pueda conectarse y aprender.

¿Qué es PHLConnectED?

PHLConnectED es la iniciativa de la Ciudad para ayudar a las familias de K-12 a recibir un servicio de Internet seguro y de alta velocidad.

Las familias y estudiantes elegibles podrán inscribirse por hasta 2 años en el programa Internet Essentials de Comcast sin costo alguno, o, según sea necesario, recibir un punto de acceso móvil hasta junio de 2020.

¿Quién puede conectarse a través de PHLConnectED?

Los estudiantes y las familias que actualmente no tienen acceso a Internet de banda ancha (alámbrico/en el hogar) o que solo tienen acceso a Internet a través de su teléfono móvil pueden calificar para tener Internet en el hogar a través del programa Internet Essentials de Comcast.

Los estudiantes y las familias que no tienen hogar o que experimentan inseguridad de vivienda pueden calificar para un dispositivo de punto de acceso celular.

Cómo conectarse

Si quiere obtener más información sobre PHLConnectED y saber si es elegible, **marque 2-1-1 y elija la opción 1**. La línea directa está disponible las 24 horas, los 7 días de la semana en más de 150 idiomas.





Department of
Public Health

CITY OF PHILADELPHIA

Connect with breastfeeding experts!

Pacify is a FREE mobile app that provides 24/7 breastfeeding and lactation support



Connect
Instantly



Unlimited,
Free
Calling



English &
Spanish
Available

Video chat with experts about:

Breastfeeding

Pumping

Latch

Positioning

Poop

Sore Nipples

Returning to Work

Milk Supply

Supplementing

Weaning

How do I get Pacify?

Download Pacify for free by visiting the Apple Store or Google Play and searching "Pacify." Then create an account using the enrollment code below to give you free access.



How do I use Pacify?

Using Pacify is easy! Any time you need help, open the app, & press the "Lactation Consultant" button. You will be connected with the first available provider as quickly as possible. Most calls are answered in under 30 seconds!

Use Enrollment Code **PHILLY**

Visit pacify.com/PDPH for more information

Feeding your baby is **NORMAL**



Breastmilk is the best food for babies. A mother and her baby learn to breastfeed together. It may take time for breastfeeding to become easy. Family, friends, and your health care team can help.

Visit PhillyLovesBreastfeeding.org



Here are a few ways to start and keep breastfeeding:

When you are pregnant:

- Learn how breastfeeding is good for you and your baby
- Tell your family, friends and health care team that you plan to breastfeed
- Visit PhillyLovesBreastfeeding.org to learn more

After you deliver your baby:

- Hold your baby skin-to-skin and start breastfeeding
- Ask your family or a friend to stay with you in the hospital
- Have your care team show you how to make latching on easier
- You know your baby is hungry when they make sucking noises or search for your breast
- Breastfeed as soon as you notice your baby is hungry
- Ask how you can remove some milk in case your breasts become full

Your first week home:

- Visit your baby's health care provider in 2 to 3 days
- Your baby will want to breastfeed 8 to 12 times in 24 hours
- You will know that your baby is getting enough breastmilk, because they will have 5 to 6 wet diapers in 24 hours
- Place your baby's crib or Pack 'N Play next to your bed so you share a room, but not your bed
- Ask for support from your family, friends, and health care team

Visit PhillyLovesBreastfeeding.org





The Pennsylvania Office of Child Development and Early Learning (OCDEL), Bureau of Certification would like to give you information regarding the expectations of child care providers who are reopening their child care facilities to care for children. We understand these are difficult times and want to provide appropriate information regarding the steps child care facilities are taking while caring for your child.

Child care facilities in Pennsylvania must continue to follow the child care regulations. Child care providers must familiarize themselves with the Center for Disease Control and Prevention (CDC) guidelines for child care facilities. Although the CDC guidelines are separate from the regulations, it is extremely important child care providers follow the CDC guidelines to the best of their ability. If you would like to review the CDC guidelines regarding child care facilities, please click on this link: www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-childcare.html

Your child care provider should implement new screening procedures upon arrival for you and your child, as well as a new pick up policy. You may be asked not to bring your child to child care if your child shows any symptoms of illness. Staff should be wearing masks and your child, if they are older than 24 months or if they do not have underlying health or developmental issues, will be asked to wear a mask.

These are just a few of the changes you will see when your child returns to care. It is important to talk with your child's provider so you understand the changes being made due to the implementation of the CDC guidelines to prevent the spread of COVID-19.

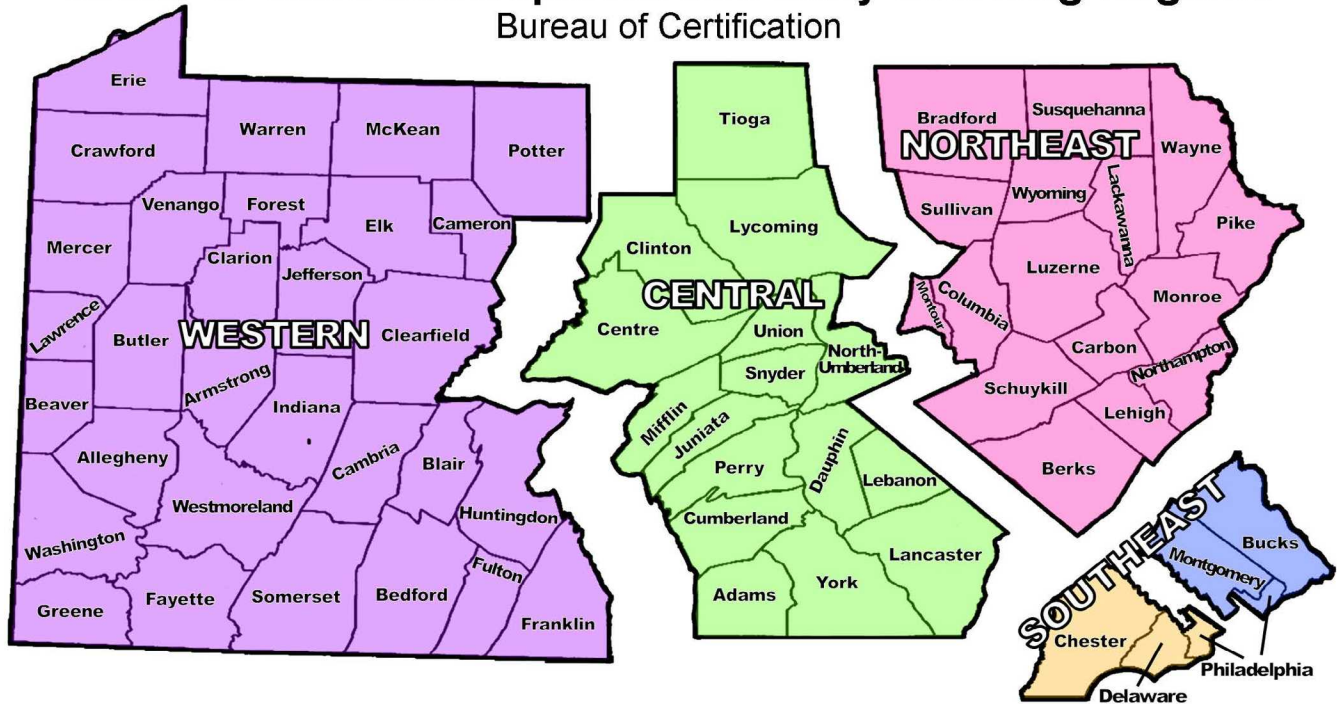
If at any time you have questions or concerns about your child care facility, please contact the appropriate regional office. (See page two for contact information.)

Thank you for your time and consideration regarding this matter.



Office of Child Development and Early Learning Regions

Bureau of Certification



Western Region OCDEL
 11 Stanwix Street, Room 240
 Pittsburgh, PA 15222
 Telephone: (412) 565-5183
 Toll Free: (800) 222-2149
 Fax: (412) 565-2658

COUNTIES

Allegheny
 Armstrong
 Beaver
 Bedford
 Blair
 Butler
 Cambria
 Cameron
 Clarion
 Clearfield
 Crawford
 Elk
 Erie
 Fayette
 Forest
 Franklin
 Fulton
 Greene
 Huntingdon
 Indiana
 Jefferson
 Lawrence
 McKean
 Mercer
 Potter
 Somerset
 Venango
 Warren
 Washington
 Westmoreland

Central Region OCDEL
 555 Walnut St., Forum Place,
 6th Floor
 P.O. Box 2675
 Harrisburg, PA 17105
 Telephone: (717) 772-7078
 Toll Free: (800) 222-2117
 Fax: (717) 705-8233

COUNTIES

Adams
 Centre
 Clinton
 Cumberland
 Dauphin
 Juniata
 Lancaster
 Lebanon
 Lycoming
 Mifflin
 Northumberland
 Perry
 Snyder
 Tioga
 Union
 York

Northeast Region OCDEL
 100 Lackawanna Avenue
 Scranton State Office Bldg.
 Scranton, PA 18503
 Telephone: (570) 963-4371
 Toll Free: (800) 222-2108
 Fax: (570) 963-3006

COUNTIES

Berks
 Bradford
 Carbon
 Columbia
 Lackawanna
 Lehigh
 Luzerne
 Monroe
 Montour
 Northampton
 Pike
 Schuylkill
 Sullivan
 Susquehanna
 Wayne
 Wyoming

Southeast Region OCDEL
 801 Market Street
 Suite 5132
 Philadelphia, PA 19107-3126
 Telephone: (215) 560-2541
 Toll Free: (800) 346-2929
 Fax: (215) 560-5139

NORTH COUNTIES

Bucks
 Montgomery
 Philadelphia ZIP Codes
 19111, 19114, 19115, 19116,
 19118, 19119, 19120, 19124,
 19126, 19127, 19128, 19129,
 19135, 19136, 19138, 19140,
 19141, 19144, 19149, 19150,
 19152, 19154, 19155

SOUTH COUNTIES

Chester
 Delaware
 Philadelphia ZIP Codes
 19102, 19103, 19104, 19106,
 19107, 19109, 19112, 19121,
 19122, 19123, 19125, 19130,
 19131, 19132, 19133, 19134,
 19137, 19139, 19142, 19143,
 19145, 19146, 19147, 19148,
 19151, 19153, 19176

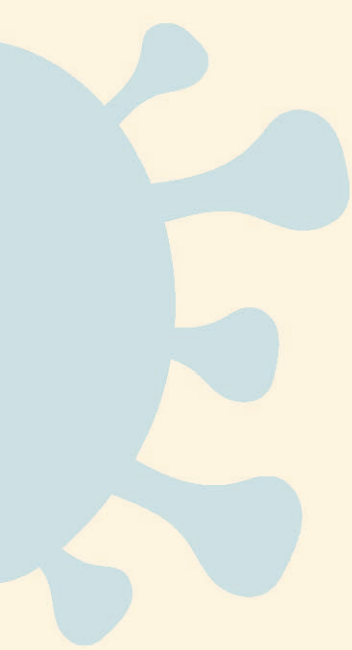
Interested in operating a child care facility?

- Please contact your regional Office of Child Development and Early Learning for more information.

Have a question or complaint about a child care facility?

- Please contact your regional Office of Child Development and Early Learning. Contact information for each regional office is listed above. The counties included in each region, the regional office address and the telephone numbers are listed below each region.

Please wear a mask.



**Maintain a distance of 6 feet
whenever possible.**



cdc.gov/coronavirus

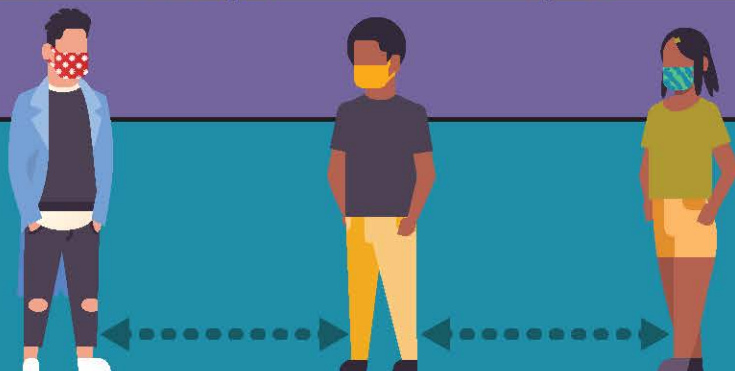
Slow the Spread of COVID-19



WHEN OUT WITH YOUR FRIENDS, WEAR A MASK



AND STAY
6 FEET APART
FROM OTHERS



cdc.gov/coronavirus

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has emergency warning signs of COVID-19.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



cdc.gov/coronavirus