

# Coronavirus Disease 2019 (COVID-19)



**For additional information:**

coronavirus.ohio.gov  
1-833-4-ASK-ODH / 1-833-427-5634  
Ohio Department of Health  
Coronavirus Call Center  
9 a.m. – 8 p.m. daily

## Caregiver Checklist #3: Kinship Caregivers

Caregivers have many responsibilities and many also provide for themselves and other family members, including children. Kinship caregiving can be hard work, especially during times of an emergency.

Older adults, 65 years and older, are at a higher risk for severe illness. As a kinship caregiver, it may be more difficult to limit your exposure and avoid close contact with your family. It may help to consider the following:

- Stay Informed: Visit [The Ohio Department of Health - COVID-19](#) for resources for caregivers and families, including how you can prevent and prepare for COVID-19;
- Reach out to your local kinship navigate or other [grandfamilies support programs](#) to learn more about coping with COVID-19 as a kinship caregiver. For more suggestions, it may help to review the [COVID-19 Fact Sheet for Grandfamilies and Multigenerational Families](#);
- Know that schools and childcare centers are working on solutions to ensure children have access to the food they need. Connect with your school to learn about how you can access food for your children and, in some cases, for you too;
- Use phone calls, emails, and text messages to stay connected to your family, friends, and other supports. If you are active in a support group, consider virtual meetings and connect through technology;
- Use resources and activities to keep children busy at home. It may help to read [Family Activities to Do During COVID-19](#).