

# PREVENTING CHILD ABUSE & NEGLECT DURING COVID-19

IF YOU FEEL THAT YOU AND YOUR CHILDREN ARE IN DANGER OF ABUSE  
OR NEGLECT

CALL HARFORD COUNTY  
DEPARTMENT  
OF SOCIAL SERVICES  
(410)-836-4713  
(M-F, 8AM-4:30PM)

CALL HARFORD COUNTY SHERIFF'S  
OFFICE  
(410)-838-6600  
(AFTER HOURS & WEEKENDS)

**CALL 911**  
IN CASES OF EMERGENCY OR  
IMMEDIATE THREAT

## FOR 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.
- STAY INFORMED ABOUT WHAT IS HAPPENING BUT MANAGE YOUR NEWS INTAKE AND AVOID OUTLETS THAT PROMOTE FEAR OR ANXIETY.

IF YOU FEEL OVERWHELMED, THERE IS HELP AVAILABLE. CHECK OUT THESE RESOURCES:

- [COVID-19 FACTS AND INFORMATION AT HARFORDCOUNTYMD.GOV](https://www.harfordcountymd.gov/covid-19-facts-and-information)
- [COVID-19 RESOURCE SHEET AT PREVENTCHILDABUSE.ORG](https://www.preventchildabuse.org/covid-19-resource-sheet)
- [PARENT/CAREGIVER GUIDE TO HELP FAMILIES COPE WITH COVID-19 AT NCTSN.ORG](https://www.nctsn.org/parent-caregiver-guide-to-help-families-cope-with-covid-19)
- [RESOURCES FOR VICTIMS OF CRIME DURING COVID-19 AT GOCCP.MARYLAND.GOV](https://www.goccp.maryland.gov/resources-for-victims-of-crime-during-covid-19)

## 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 THE SIGNS OF ABUSE:  
[HTTP://DHS.MARYLAND.GOV/KNOWTHESIGNS](http://dhs.maryland.gov/knowthesigns)

