



## LCSD#1 Resources for Cheyenne Families in the Event of a School Closure

LCSD #1 is prepared to provide meals to children in case of a school closure. Please see [www.laramie1.org](http://www.laramie1.org) for more information. **Watch for additional announcements via news outlets and social media.**

Laramie County School District #1 will provide a “grab and go” breakfast and lunch food bag for LCSD#1 students. Services will be provided through March 27, 2020

Pick-up times: Monday – Friday from 11:30 AM – 12:30 PM.

Locations for LCSD1 food bags: Afflerbach, Arp, Goins, Johnson Jr. High, Alta Vista, Fairview, Lebhart, Baggs, Hebard, Sunrise, Henderson, Cole, Rossman. Students from Poder Academy and P.A.S.S. may pick up food at any of these locations.

### Other Food Resources

- **St. Joseph’s Catholic Church:** 307-634-4625 206 Van Lennon Ave Open Mon-Thurs 10am-1pm
- **NEEDS Inc.:** Food assistance only please call 632-4132 for an appointment and requirements.
- **Salvation Army: Food boxes** available at 601 E. 20<sup>th</sup> St. Tuesdays Wednesdays and Thursdays 9:00am-11; Friday 9:00am-10:30. Available every 30 days; 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup>... visit full food boxes including meat, dry goods and refrigerated items; 2<sup>nd</sup>, 4<sup>th</sup>, 6<sup>th</sup>...month receive dry goods only.  
**Daily food:** Monday-Friday 9:00 there is a food counter open to get food, can come every day and food items vary by the day. Monday-Friday a hot meal is provided from 11:15-11:45, can come every day.
- **Wyoming SNAP:** Department of Family Services 877-290-9401

**\*\*Churches can also often help in times of need.**

### Other Resources

- **Comea Shelter:** 307-632-3174 please ask for Robin or Scott
- **Family Promise:** 307-772-8770 family shelter
- **Student Support Liaison LCSD #1:** Denise Ryden 307-631-3153 Hygiene items and referrals.
- **Catholic Charities:** Children’s clothing size 8 and below and diapers. 307-637-0554
- **Safe House Services:** 307-637-7233 Domestic Violence Services
- **LCSD #1 Parent Engagement and Educational Partnerships With Schools (PEEPS):** 307-771-2121 Ext. 10145

**Medical Resources \*\*Many are requesting you call prior to coming\*\***

**Crossroads Clinic:** 307-632-8064 call for appointment. Hours are Mondays, Wednesdays and Fridays at the mobile clinic 7:00-9:45 AM at Comea Shelter 1504 Stinson Ave.

The following times are for the Crossroads Clinic at 100 Central Ave:

Monday, Wednesday and Friday from 10:00-12:00

Mondays and Wednesday afternoons from 1:00-4:00

Tuesday from 7:00am-12:00 and 1:00-4:00

Thursday 7:00am—12:00 and 4:00pm-7:30.

Fridays - closed.

**NextCare Urgent Care**—4136 Laramie St. 307-637-2800.

**HealthReach Urgent Care**—2030 Blue Grass Circle 307-635-3500

**Express Urgent Care**—7124 Commons Dr. C 307-426-4060

**Stitches Acute Care Center**—1919 Central Ave. 307-514-9888

**Cheyenne Regional Medical Center**—214 E. 23<sup>rd</sup>. 307-634-2273

**VA Medical Center**—2360 E. Pershing Blvd. 307-778-7550

**Symptoms of Covid-19**

**CORONAVIRUS OR SOMETHING ELSE?**

<b>COLD OR ALLERGIES:</b> <ul style="list-style-type: none"><li><input checked="" type="checkbox"/> ITCHY EYES</li><li><input checked="" type="checkbox"/> STUFFY NOSE</li><li><input checked="" type="checkbox"/> SNEEZING</li></ul>	<b>FLU OR CORONAVIRUS:</b> <ul style="list-style-type: none"><li><input checked="" type="checkbox"/> FEVER</li><li><input checked="" type="checkbox"/> FATIGUE</li><li><input checked="" type="checkbox"/> BODY ACHES</li><li><input checked="" type="checkbox"/> COUGH</li><li><input checked="" type="checkbox"/> WORSENING SYMPTOMS</li></ul>
	<b>CORONAVIRUS:</b> <ul style="list-style-type: none"><li><input checked="" type="checkbox"/> SHORTNESS OF BREATH</li><li><input checked="" type="checkbox"/> HISTORY OF TRAVEL</li><li><input checked="" type="checkbox"/> EXPOSURE</li></ul>

SYMPTOMS AND RISKS VARY FROM PERSON TO PERSON. ALWAYS CHECK WITH YOUR DOCTOR.  
Sources: CDC, Mayo Clinic

**Handwashing**

**Hand washing technique with soap and water**

1. Wet hands with water.
2. Rub hands together to cover all hand surfaces.
3. Rub hands against each other.
4. Rub back of one hand with palm of other hand with fingers interlaced.
5. Rub palm to palm with fingers interlaced.
6. Rub wrist back on fingers to opposite wrist with fingers interlaced.
7. Rub wrist back on fingers to opposite wrist with fingers interlaced.
8. Rub back of fingers to opposite palm of a wrist with thumb.
9. Rub wrist with opposite hand.
10. Rub wrist with back of hand.

Issued by www.debgroup.com  
 World Health Organization