

COVID-19: Resident Resources

Health	
<u>How to protect yourself</u>	Source: CDC
<u>What to do if you're sick</u>	Source: CDC
<u>Coping strategies during COVID-19</u>	Source: American Redcross
<u>Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522</u>	Source: NDV Hotline
<u>Feeling overwhelmed? You are not alone, call: 1-800-950-6264</u>	Source: NAMI
Food	
<u>Get fresh food each month through Commodity Supplemental Food Program</u>	Source: USDA
<u>Get food in stores through SNAP Program</u>	Source: USDA
<u>Find meals for kids with this searchable map and address locator</u>	Source: USDA
Financial & Employment	
<u>Childcare for Essential Employees</u>	Source: HHS
<u>Economic Impact Payments: Learn your status and how to receive</u>	Source: IRS
<u>Unemployment: Learn how to apply and receive benefits if you lose your job</u>	Source: USA.gov
<u>You need help with paying your bills</u>	Source: CFPB
<u>Your business needs help paying bills</u>	Source: SBA
<u>Immediate jobs available due to COVID-19, searchable by job type & location</u>	Source: Nat. Labor Exchange
Computer & Internet	
<u>National low-cost offers for internet service</u>	Source: EveryoneOn
<u>Local low-cost offers for internet service</u>	Source: OpenSource
<u>Regional low-cost computer provider locator map</u>	Source: AFTRR
Education	
<u>Best free learning app for kids ages 2-7</u>	Source: Khan Academy
<u>Free learning products for all school ages</u>	Source: LearningKeepsGoing
<u>Guide, advice, and searchable database for caring for students at home</u>	Source: Promise
<u>Ideas and tips for parents to support their child's learning</u>	Source: LearningKeepsGoing
<u>Free audiobooks and stories for kids while school is out</u>	Source: Audible
<u>Worksheets and educational activity resources for parents and teachers</u>	Source: Amazing Ed. Resources
Youth	
<u>Resources to support youth and families during the pandemic</u>	Source: Youth.gov
<u>COVID-19 forbearance info. for students, borrowers, and parents</u>	Source: StudentAid.gov
<u>Video series for teens on what is happening and how to cope with COVID-19</u>	Source: KQED

*For additional support, please dial 211 from your phone or visit 211.org for assistance