



# CORONAVIRUS RESOURCES

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As the Novel Coronavirus Disease 2019 (COVID-19) pandemic develops, it's important to stay informed of what your local, state, and federal officials are recommending. To keep yourself and your community safe, remember to check these trusted resources for the latest information.

## **General Information and Updates**

The **Centers for Disease Control and Prevention** (CDC) has information on preventative measures for protecting yourself, your loved ones, and those in your community from COVID-19. Additionally, there is information on steps to take if you are ill with COVID-19. Note: Available in Spanish.

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

The **World Health Organization** (WHO) has regularly-updated advice on protective measures, such as when and how to wear a face mask in time of COVID-19. Note: Global updates can also be found here.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

The **National Institutes of Health** (NIH) website contains information on the latest research on COVID-19. Note: Available in Spanish.

<https://www.nih.gov/health-information/coronavirus>

**Johns Hopkins University** created a virtual world map of coronavirus cases.

<https://coronavirus.jhu.edu/data/animated-world-map>

## **Finding Local and State Information**

Check your state's government websites, such as the department of employment, department of labor, department of health, governor's office, etc. to learn what resources are available in your state for COVID-19.

For local information and for recommendations on community actions intended to limit exposure to COVID-19, check with your state and local public health authorities.

<https://www.cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html>

## **Nutrition Programs**

### **COVID-19 Child Nutrition Guidance and Meal Sites by State**

**Food Research & Action Center** (FRAC) has developed an interactive map which hosts links to each state agency's website. This resource will guide families on how to serve meals during school closures. In addition, there are links to a list of meal sites available in each state (if available).

<https://frac.org/research/resource-library/state-websites-and-meal-lists-maps>

### **SNAP COVID-19 Emergency Allotments Guidance**

As a result of the COVID-19 outbreak, the USDA has granted waivers to some states. These waivers allow for the issuance of emergency allotments (supplements) to the Supplemental Nutrition Assistance Program (SNAP) benefits.

<https://www.fns.usda.gov/snap/covid-19-emergency-allotments-guidance>

### **Feeding America**

Here is interactive map to locate a food bank near you (if available).

<https://www.feedingamerica.org/find-your-local-foodbank>

## **Unemployment Insurance**

On March 27, 2020, the CARES (Coronavirus Aid, Relief, and Economic Security) Act was signed into law as a response to the COVID-19 outbreak. Three new unemployment insurance programs were created as a result.

**Pandemic Emergency Unemployment Compensation (PEUC)** extends unemployment insurance to those who exhausted all their regular state unemployment insurance benefits while actively seeking employment during COVID-19. Visit your state's department of employment website to learn more.

<https://www.dol.gov/newsroom/releases/eta/eta20200410>

**Pandemic Unemployment Assistance (PUA)** is for workers who are usually left out of state unemployment insurance (freelancers, independent contractors, part time workers) or who have exhausted their state unemployment insurance benefits.

<https://www.dol.gov/coronavirus/unemployment-insurance#find-state-unemployment-insurance-contacts>

**Pandemic Unemployment Compensation (PUC)** gives claimants the usual calculated unemployment benefit plus an additional amount in compensation per week.

<https://home.treasury.gov/policy-issues/cares>

## **Specific Prevention Activities**

**Occupational Safety and Health Administration** has information for prevention measures for workers and employers. There is a hazard assessment that employers can take to determine strategies to prevent workers from being exposed to COVID-19.

<https://mhanational.org/covid19>

**The Food and Drug Administration** has guidelines on food safety during COVID-19 outbreak.

<https://www.fda.gov/food/food-safety-during-emergencies/food-safety-and-coronavirus-disease-2019-covid-19>

## **Mental Health Resources**

**Mental Health America** hosts information and resources about coping with mental health issues during disease outbreak. There is also a screening tool available.

<https://mhanational.org/covid19>

**American Psychiatric Association** compiled resources to help those experiencing a mental health crisis get immediate assistance.

<https://www.psychiatry.org/psychiatrists/covid-19-coronavirus>

## **Domestic Violence Resources**

**National Domestic Violence Hotline** produced this resource to help victims navigate intimate partner violence during COVID-19 outbreak.

<https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/>

## **Children and Older Adults**

**US Department of Education** has information and resources for school personnel.

<https://www.ed.gov/coronavirus>

**Public Broadcasting Service** hosts information on how to talk to your kids about Coronavirus.

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

**CDC** compiled a resource for assisting children in emergencies. (Note: Available in Spanish)

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

**Transamerica Center for Retirement Studies** has a trusted resource guide specific for older adult and caregivers.

[https://www.transamericacenter.org/docs/default-source/resources/coronavirus-resources/tcrs2020\\_op\\_coronavirus\\_resources\\_for\\_older\\_adults.pdf](https://www.transamericacenter.org/docs/default-source/resources/coronavirus-resources/tcrs2020_op_coronavirus_resources_for_older_adults.pdf)

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