



COVID-19 COMMUNITY RESOURCE GUIDE

Updated: March 31, 2020

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STAY HOME, STAY SAFE: What's open and what's closed?

To slow the spread of COVID-19 across the state, Governor Tim Walz signed Executive Order 20-20 directing Minnesotans to stay at home and limit movements outside of their home beyond essential needs. This order takes effect at 11:59pm on Friday, March 27 and ends at 5:00pm on Friday, April 10.

Here's what you can do:

- Go to the grocery store
- Go to medical appointments and the pharmacy
- Get take-out, delivery or drive through from nearby restaurants
- Walk your dog, ride your bike, be in nature
- Pick up essentials for neighbors or loved ones in need of

Here's what to avoid:

- Go to work unless providing an essential service
- Socialize or gather in groups
- Visit loved ones in the hospital or nursing home, except under limited conditions

If you have additional questions, this is a helpful FAQ from the Governor's Office:

<https://mn.gov/governor/covid-19/faq.jsp>

What Is Open?

- Hospitals
- Clinics
- State legislature
- Food
- Pharmacies
- Food shelves
- Convenience stores
- Liquor stores
- Childcare facilities
- News organizations
- Gas stations
- Funeral homes
- Banks
- Hardware stores
- Post offices

What Is Closed Until May 1?

- Dine-in restaurants
 - Bars and clubs
 - Entertainment venues
 - Gyms and fitness studios
 - Zoos
 - Museums
 - Playgrounds
 - Bowling alleys
 - Movie theaters
 - Concert halls
 - Country clubs
 - Salon and barber shops
 - Tattoo parlors
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WHERE CAN I RECEIVE UPDATED INFORMATION AND LEARN MORE ABOUT COVID-19?

Minnesota Department of Health (MDH)

MDH is the state health agency in Minnesota. MDH updates their website daily with new information and tracks cases in the state: [MN Department of Health](#)

Additionally, MDH has a hotline to answer questions, which is open from 7:00 a.m. to 7:00 p.m. You can call: 651-201-3920 or 1-800-657-3903

Centers for Disease Control (CDC)

The CDC is a national public health federal agency under the Department of Health and Human Services. The CDC has general information on the coronavirus, including coverage of the spread nationwide, a summary of the global pandemic, travel advisements and more: [Center for Disease Control \(CDC\)](#)

World Health Organization (WHO)

The WHO is a branch of the United Nations and is responsible for international public health. Their website has more information about the global pandemic and updates on a global level: [World Health Organization](#)

Federal Emergency Management Agency (FEMA):

FEMA is an agency under the United States Department of Homeland Security tasked with handling emergency situations in the country. The FEMA website has fact sheets, general information, and daily updates: [Federal Emergency Management Agency \(FEMA\)](#).

For those who speak Spanish, Somali, or Hmong: [What You Need to Know About the Coronavirus](#)

AARP

Unfortunately, there have been reports of people trying to scam older Americans. For more information, visit, the [Fraud Watch Network Helpline](#) or to report a scam, visit our [Fraud Tracker](#).

The Coronavirus Aid, Relief, and Economic Security Act (CARES Act)

The CARES Act became law on March 27 and contains various emergency actions. Below are a few resources to help you understand what was included.

- [Summary of the CARES Act](#)
 - [Frequently Asked Questions](#)
 - [State-by-state information from the Center for Budget and Policy Priorities](#)
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I THINK I MAY HAVE THE CORONAVIRUS. WHAT DO I DO?

IF YOU ARE HAVING A MEDICAL EMERGENCY CALL 9-1-1 IMMEDIATELY AND IF POSSIBLE, COVER YOUR MOUTH WITH A MASK BEFORE HELP ARRIVES.

If it is not a life-threatening emergency, please contact your health care provider and/or take an online COVID-19 screening test, which you can access through the links below.

- [Allina Health Online Screening](#)
- [M Health Fairview Online Screening](#)
- [CentraCare Online Screening](#)

CDC

The CDC has an instructional guide on what to do if you believe you have the virus: [guide](#).

Minnesota Department of Health

Call the MDH hotline: 651-201-3920 from 7:00 a.m. to 7:00 p.m., or visit their [website](#).

United States Department of Labor

If you have questions about leave and the Family Medical Leave Act, visit USDL's [website](#).

Minnesota Department of Labor and Industry

For Minnesota specific guidance and laws, the Minnesota Department of Labor and Industry is helping: [DLI](#).

IF YOU ARE HAVING ISSUES GETTING A CORONAVIRUS TEST

Call the Food and Drug Administrations' toll-free line at 1-888-463-6332 (1-888-INFO-FDA), then choose option (*). The line is available 24 hours a day to help address difficulties obtaining supplies for collecting patient samples for COVID-19 testing, including swabs, media needed for transport, and conservation of the samples – among other things. Please note, however, that FDA does not control the production volume or distribution of medical devices.

WHAT DO I DO IF I CAN'T PAY MY HOUSING PAYMENT?

On March 23, Governor Tim Walz signed an Executive Order suspending evictions and foreclosures during the COVID-19 peace time emergency. For more information and details on this visit: [Governor Walz's Executive Order](#).

Statewide Resources

For housing questions, you can call the Minnesota Housing Finance Authority. For single-family residences: 651-296-8215 , for multi-family residences: 651-297-4455

HOME Line

HOME Line MN is a nonprofit organization that provides free and low-cost legal, organizing, education, and advocacy services for tenants. Call at 612-728-5767 or toll-free from Greater Minnesota 866-866-3546 or visit their website: [HOME Line](#).

HousingLink

HousingLink is a social services organization in Minnesota focused on affordable housing. Their website has advisement and resources for people who cannot pay their rent due to the impacts of COVID-19: [HousingLink](#).

County Resources

Each county in the district has resources for housing and some are COVID-19 specific:

- Dakota County has two websites, one for [housing](#) and one for [COVID-19 specific impacts](#).
- [Goodhue County](#)
- [Rice County](#)
- [Scott County](#)
- [Wabasha County](#)
- [Washington County](#)

Catholic Charities

Along with housing, Catholic Charities offers various other resources: [Catholic Charities](#).

Lutheran Social Services

LSS offers assistance with housing and can help you make housing decisions. [Learn more here](#).

WHAT DO I DO IF I CAN'T AFFORD AND/ OR GO TO THE STORE TO GET GROCERIES OR SUPPLIES?

Several banks have set-up contact lines to work with individuals impacted by COVID-19. If a bank is not listed below, reach-out to them to find out what they are doing to assist those affected by COVID-19. The Federal Deposit Insurance Corporation (FDIC) and the (National Credit Union Administration (NCUA) have also put out information for bankers and consumers. Specific bank information is provided through the links below.

- [FDIC](#)
- [NCUA](#)
- Other banks assisting during COVID-19:
 - [Bank of America](#)
 - [Capital One](#)
 - [Chase](#)
 - [CitiBank](#)
 - [Discover](#)
 - [Fifth Third Bank](#)
 - [Marcus by Goldman Sachs](#)
 - [PNC](#)
 - [TCF Bank](#)
 - [Truist](#)
 - [US Bank](#)
 - [Wells Fargo](#)

Food pantries

There are around 24 food pantries in the second congressional district. Visit [here](#) to find one in an area near you or visit one of the few websites below:

- [Apple Valley](#)
- [Burnsville](#)
- [Cannon Falls](#)
- [Eagan](#)
- [Hastings](#)
- [Jordan](#)
- [Lakeville](#)
- [New Prague](#)
- [Northfield](#)
- [Pine Island](#)
- [Red Wing](#)
- [Rosemount](#)
- [South St. Paul](#)
- [Wabasha – Kellogg](#)
- [Zumbrota](#)

Local United Way Chapters

There are various United Ways with food service and other programs/resources in the district. Please see below:

- [Rice County United Way](#)
 - [United Way of Goodhue, Wabasha, and Pierce Counties](#)
 - [United Way of Hastings](#)
 - [Greater Twin Cities United Way](#)
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Second Harvest Heartland

This organization has resources and information on SNAP for families. Find out more on [their website](#). You can also call the helpline 844-764-5513 or 651-209-7963.

Lutheran Social Services

LSS offers various resources and programs including financial assistance to purchase needs such as groceries. Search for resources near you [here](#).

Jewish Family Service of St. Paul

JFSS has programs in place to assist with financial hardship due to COVID-19. Visit their website [here](#).

South Metro Islamic Center

This center located in Rosemount has a food shelf with open pick-ups and no income requirement. [Learn more here](#).

Meals on Wheels

Meals on Wheels is a national organization that addresses senior isolation and hunger. To find a program near you, enter your address [here and learn more](#).

WHAT DO I DO IF I LOST MY JOB?

Minnesota Unemployment Insurance

If your employment has been impacted because of COVID-19, you are eligible for unemployment benefits. Visit their webpage [here](#) for more information and the application.

United States Department of Labor

In the Families First Coronavirus Response Act, guidance on unemployment insurance programs for states was provided. That guidance and more information can be found at the [USDOL website](#).

Springboard for the Arts

If you are an artist or independent worker, the Springboard for the Arts has a Personal Emergency Relief Fund. You can apply to for assistance at their [website](#).

MY SMALL BUSINESS/ORGANIZATION IS SUFFERING, WHAT RESOURCES ARE THERE FOR ME?

There are low interest loans available for small businesses and nonprofits in Minnesota impacted by the coronavirus, you can find out more here: [fact sheet on EIDL](#) and additional resources here: [resources for small businesses and organizations](#).

[Here is a list of SBA preferred lenders](#)

The CARES Act

The CARES Act represents more than \$376 billion in relief for struggling small businesses, which falls into two main buckets: Access to Capital and Small Business Support. [Here is a summary from the Committee on Small Business](#).

U.S. Small Business Administration

As of March 21, Minnesota small businesses and nonprofits are eligible for the Economic Injury Disaster Loan Program (EIDL) through the U.S. Small Business Administration. SBA is providing webinars on the program and has resources on their website: [SBA](#).

U.S. Chamber of Commerce

The U.S. Chamber of Commerce has created guidelines on eligibility for loans and assistance. [It can be found here](#).

Minnesota Chamber of Commerce

The Minnesota Chamber of Commerce has created a thorough toolkit for small businesses and organization to navigate this challenging time. The toolkit includes webinars, resources, safety guidelines and more: [Minnesota Chamber of Commerce COVID-19 Toolkit](#).

Minnesota Department of Revenue

The Minnesota Department of Revenue is granting a 30-day Sales and Use Tax grace period for businesses identified in [Executive Order 20-04](#). During this time the department will not assess penalties or interest. Businesses can also request additional relief past April 20 if needed: [MNDOR](#).

Internal Revenue Service

The IRS has extended tax deadlines and has set up resources for those impacted. Find more information on their [website](#).

MY CHILD'S SCHOOL IS CLOSED, AND I NEED NUTRITIONAL ASSISTANCE AND/OR CHILDCARE. WHAT DO I DO?

Minnesota Department of Human Services

[This map](#) provided by the State of Minnesota lists childcare providers for emergency workers along with their contact information. The website also lists resources and guidance for children going to childcare during this time.

For more information on child care in the state and assistance programs go [here](#).

Childcare Aware of America

This national organization provides guidance to parents when finding and financing childcare: [Minnesota office information](#).

[Map of childcare providers for emergency workers in Minnesota](#)

Minnesota Department of Education

There is a hotline for school and childcare questions open daily from 7:00 a.m. to 7:00 p.m., you can call: 651-297-1304 or 1-800-657-3504.

The Minnesota Department of Education updates their website daily and has resources for parents with school aged children: [MDE](#).

Hunger Solutions

This organization is specific to Minnesota and helps school aged children receive nutritious meals. You can learn [more and view their meal providing map here](#). You can also call their helpline at 888-711-1151.

Local School Districts

If you need nutrition assistance and/or childcare amid school closures, please visit your local school districts website or call to see what services they are offering. If you need assistance in contacting them, please call our District Office at 651-846-2120.

- **Dakota County school district food map**

If you are in Dakota County please visit this website to find what resources are available near you: [Dakota County Map](#).

I AM STAYING AT HOME BUT DO NOT HAVE GOOD ACCESS TO INTERNET. WHAT DO I DO?

This website compiled a list of all the internet offers in response to this pandemic. You can find it and information for each service [here](#).

Comcast

Comcast has announced new services and free hotspots to help families work and receive their education from home. [More information can be found here](#).

Cox

Cox is offering free internet access for the first two months and at a discounted price after for families in need during this time. You can find details [here](#).

I AM ABROAD AND STUCK IN A DIFFERENT COUNTRY- CAN YOUR OFFICE HELP?

Yes, we can work with the State Department and help. Please call my district office: 651-846-2120.

Smart Traveler Enrollment Program

Sign up for updates relevant to you and find resources [here](#)

I DO NOT HAVE HEALTH INSURANCE AND AM WORRIED I MAY NEED IT NOW - CAN I APPLY?

Yes, you can! MNSure has opened a special enrollment period until April 23. For more information and to apply, visit the [MNSure website](#).

I AM A FARMER OR RANCHER AND AM CONCERNED ABOUT THE IMPACTS OF COVID-19. WHERE ARE RESOURCES FOR ME?

Farm Bureau

The Farm Bureau has information for farmers and those in agriculture regarding the impacts of COVID-19 on business. They also have updates that you can subscribe to: [Farm Bureau](#).

National Farmer's Union

The NFU has information on what they are working on regarding COVID-19 and [resources for farmers here](#).

U.S. Department of Agriculture

USDA has a portion of their website dedicated to information on COVID-19 in relation to agriculture. Visit their website [here](#).

I AM FEELING STRESSED, ANXIOUS, AND/OR DEPRESSED ABOUT THIS PANDEMIC. WHAT DO I DO?

Please know that we are in this together, if you are experiencing an emergency please call 9-1-1. You can find additional resources below.

Center for Disease Control

The CDC has a section of their COVID-19 response addressing mental health. See it [here](#).

Disaster Distress Helpline

The Helpline is a 24-hour-a-day, seven-day-a-week and free resource that responds to people who need crisis counseling and support in dealing with the traumatic effects of the coronavirus. The Helpline is sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA). Helpline specialists are trained to assist callers who have a range of symptoms. You can find [more information here](#).

Helpline: 1-800-985-5990

You can also call: 800-985-5990 or text: 'TalkWithUs' to 66746

Lutheran Social Services

LSS offers various programs for behavioral health and can be explored on their [website](#).

National Alliance on Mental Illness

NAMI put together a comprehensive packet for those in distress because of the coronavirus pandemic. You can find it [here](#).

NAMI Help Line

The help line is open Monday-Friday from 9:00 a.m. to 5:00 p.m. at (800) 950-6264.

DOMESTIC VIOLENCE ASSISTANCE

If you are experiencing domestic violence, please call the National Domestic Violence: Call 1-800-799-7233 and TTY 1-800-787-3224. You can also visit the resources below.

- Visit the National Domestic Violence Hotline's [website](#)
 - Southern Valley Alliance for Battered Women serves Scott, Carver, and surrounding counties. Information can be found [here](#).
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- Domestic Abuse Project has services and resources available across Minnesota. [Go here.](#)
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I WANT TO HELP THOSE IMPACTED BY THIS PANDEMIC. WHAT CAN I DO?

Most importantly, prioritize protecting yourself and others. To do that you should:

- Wash your hands often with soap and water for at least 20 seconds
- Avoid close contact with others by social distancing and following the Stay at Home order
- Avoid touching your face
- Clean and disinfect frequently touched surfaces daily
- Cover your coughs and sneezes

Some ways that you can help your community are:

- Visit MN Responds for volunteer opportunities: <https://mnresponds.org/>
 - Contact your local food shelf by phone or email, they are likely seeing an increase in demand. They can share safe ways for you to help your neighbors. Visit [here](#) to find a food shelf near you or visit one of the few websites below:
 - [Apple Valley](#)
 - [Burnsville](#)
 - [Cannon Falls](#)
 - [Eagan](#)
 - [Hastings](#)
 - [Jordan](#)
 - [Lakeville](#)
 - [New Prague](#)
 - [Northfield](#)
 - [Pine Island](#)
 - [Red Wing](#)
 - [Rosemount](#)
 - [South St. Paul](#)
 - [Wabasha – Kellogg](#)
 - [Zumbrota](#)
 - Use technology to connect with one another. Right now, a phone call or video call can change the course of the day for many people.
 - If you have Personal Protection Equipment for health care workers you would like to donate or make, please visit: <https://mn.gov/ppe/>
 - If your business, school, university or medical facility has Personal Protection Equipment for health care workers, please contact: hsem.ppp@state.mn.us
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The following community resources are looking for volunteers:

- **Red Cross**
Donate blood or money to help those in emergency situations. Call for more information 612-871-7676 or go to their [website to find a](#) location to donate near you.
 - **YMCA**
The YMCA provides childcare and youth services. Visit their [website to find](#) one near you or call 612-230-9622.
 - **Lutheran Social Services of Minnesota**
LSS is currently seeking volunteers to help package and deliver meals to homebound older adults in Greater Minnesota. Volunteer caregivers are needed to provide telephone support and visits to some families who have loved ones with chronic care and need a break. They are also seeking groceries and hygiene items for youth experiencing homelessness serviced through the LSS Metro Homeless Youth Services in the Twin Cities. Email Rosie.Blanc@lssmn.org or call 651-470-8801.
 - **Meals on Wheels**
Meals on Wheels is a meal delivery service to seniors. They need drivers, donations, and help preparing food. Call 612-623-3363 or visit their [website](#).
 - **Greater Twin Cities United Way**
Donate to the Greater Twin Cities COVID-19 Response and Recovery Fund by texting GTCUWCOVID19 to 51555
 - **FEMA**
Sell or donate medical supplies, more information [here](#).
 - **Hunger Solutions**
Hunger Solutions has a list of ways you can help food pantries during this time [here](#).
 - **County resources**
Call or visit your county's website to see how you can help!
 - [Dakota County](#)
 - [Scott County](#)
 - Rice County- 507-645-9576
 - Goodhue County- 651-385-3001
 - [Wabasha County](#)
 - [Washington County](#)
-