

COVID-19 RESOURCES

As cases of the Coronavirus (COVID-19) increase in Minnesota, we at the Program in Health Disparities Research (PHDR) are concerned that timely, accurate, and understandable information may not be available to ALL communities. As in previous health emergencies, this crisis will disproportionately impact communities most marginalized by structural, social and economic inequities. We recognize that not all community members are literate (in English or another language) or have access to internet, TV, and printed materials (i.e. newspapers, flyers, brochures, etc.). We understand that some of our communities rely on verbal updates, either through radio or trusted community leaders, families and friends.

We have therefore begun to collect information presented in a variety of formats and languages to inform individuals on how to best protect themselves, their families, and their communities. We value and acknowledge the assets each community has in caring for, sharing and communicating with each other. Below is a link to resources that are available for community members to share within their networks. This list is a working document and will be updated as additional resources are identified.

Note: Resources contain information current at the time of posting. PHDR is not responsible for the accuracy of the materials. If you would like to add any resources, email the information to phdr@umn.edu.

Time-sensitive Resources

- MNSure open enrollment March 23, 2020 - April 21, 2020
 - Apply online at <https://www.mnsure.org/>

Information about COVID-19

- [Minnesota Department of Health](#)
 - [Additional Resources and Materials \(in 20 languages\)](#)
 - COVID-19 Hotline: 651-201-3920 or 1-800-657-3903 (7 am - 7 pm)
- [Center for Disease Control and Prevention](#)
 - [How to Prepare](#)
 - [Coping with Stress](#)
 - [Mental Health and Coping During COVID 19](#)
 - [Taking Care of Your Emotional Health](#)
 - [Helping Children Cope with Emergencies](#)
- [World Health Organization](#)
 - [Q & A on Coronavirus](#)

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- [UMN Center for Infectious Disease Research and Policy - COVID-19 Resource Center](#)

Fact Sheets & Resources for Community

- [Minnesota Department of Health Prevent the Spread posters](#) (multiple languages)
- [TPT Twin Cities PBS](#) (multiple languages)
- [Helping Prevent COVID-19 \(Lao\)](#) - Video
- [Resources in Hmong](#)
- [Resources in Somali](#)
- [Resources in Spanish](#)
- [COVID-19 Info in Hmong, Thai, Lao, and Khmer](#)
- [COVID-19 videos in Karen](#)
 - [Karen Community of MN News](#) 3/16/2020
 - [KCM News Update](#) 3/20/2020
- [AA and NHPI In-Language Resources for Coronavirus \(COVID-19\)](#)
 - See tabs for different languages
- [California Endowment COVID-19 Resources](#) (multiple languages)
- [Hand washing song \(Vietnamese\)](#)
- [Resources for Researchers](#)
- [Resources for University of Minnesota Faculty, Staff, and Students](#)
- [Phone-in AA Meetings](#)
- [Coronavirus Updates: Respite Facility Openings in St. Paul for Unsheltered Adults Showing COVID-19 Symptoms](#)
- [Healthcare Access for Undocumented Folks in the Time of COVID19](#)

Community organized mutual aid (click on tabs at the bottom of the page for childcare, food, offers, asks, deliveries, pet, miscellaneous help, etc.)

- [Northeast Minneapolis](#)
- [South Minneapolis](#)
- [West St. Paul](#)
- [Twin Cities](#)
- [COVID-19 Delivery Twin Cities Metro](#) - This is a local network of volunteers willing and able to deliver goods to the elderly, immuno-compromised and quarantined within the Twin Cities Metro Area in Minnesota. There are 24 subgroups created to service 24 different territories of the 7 Metro Twin Cities Area of Minnesota. Please JOIN this main Group to be automatically approved in the subgroup territory pages.
- [MN Disabled/Elder/Caregiver Mutual Aid Requests](#)
- [Nationwide resources for undocumented communities](#)
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Employment, Housing, and Finances

- [COVID-19 \(Coronavirus\) and Unemployment Benefits](#): The Unemployment Insurance program is ready to assist workers who can't work, workers who have had their hours reduced, and workers who have lost their jobs as a result of the COVID-19 pandemic.
 - Twin Cities area: 651-296-3644
 - Greater Minnesota: 1-877-898-9090;
 - TTY users: 1-866-814-1252
- [MN Department of Employment and Economic Development \(DEED\)](#)
- [Federal Government Protects Most Homeowners From Foreclosure For 60 Days \(3/18/2020\)](#)
- [U.S. Orders Up To A Yearlong Break On Mortgage Payments \(3/19/2020\)](#)
- [Late Penalties, Collections Referrals, and Drivers' License Suspensions Temporarily Stopped to Reduce Courthouse Visits](#)
- [Free Legal Help for Renters](#) (Website is available in English, Spanish, and Somali --select language at the top.)
 - English: 612-728-5767
 - Spanish: 612-255-8870
 - Somali: 612-255-8860
 - Hmong: 612-255-7104
 - Greater MN: 866-866-3546
- [Tenant Resource Center](#) - Call 612-302-3180 for support. You can leave a message on the voicemail. Calls will be returned within 24 hours.
 - Resources available on eviction and homelessness prevention, emergency assistance, mediation, workforce, and legal assistance.
- [LawHelpMN.org](#) (available in multiple languages)
 - Fact sheets available on various topics including house, unemployment, immigration cases, etc..
- [Bank of America will let customers defer mortgage payments](#) (added 3/20/2020)
 - Customers who wish to request loan payment deferments can call the appropriate client services number to discuss their hardship
 - Existing mortgages: 800-669-6607
 - Existing home equity accounts: 800-934-5626
- [MDH Resources to find low-cost health care or get health insurance](#)
 - [available in multiple languages](#) (scroll down the page)
- [MNSure To Open Up Special 30-Day Enrollment Period Amid COVID-19 Outbreak](#)
 - Apply for health care assistance online at [mnsure.org](#).
 - The enrollment period begins Monday, March 23 and will run through April 21.
- [U.S. Secretary of Education Betsy DeVos waives student loan interest, allows students to suspend payments during #COVID19 national emergency.](#) (added 3/20/2020)
 - [Press Release](#)
 - Secretary DeVos has directed all federal student loan servicers to grant an administrative forbearance to any borrower with a federally held loan who requests one. The forbearance will be in effect for a period of at least 60 days, beginning on March 13, 2020. To request this forbearance, borrowers should contact their loan servicer online or by phone. The Secretary has also authorized

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an automatic suspension of payments for any borrower more than 31 days delinquent as of March 13, 2020, or who becomes more than 31 days delinquent, essentially giving borrowers a safety net during the national emergency.

- [Crisis Money Management Webinar](#) - 3/21/2020 at 1:00 pm CST

Food & Utilities

- [Sheridan Story and YMCA](#) - Food ready for pick up at multiple YMCA locations (added 3/26/2020)
- [Hunger Solutions](#)
 - Helpline (1-888-711-1151) and our [Find Help Map](#).
 - Blog - [5 ways to help food shelves](#)
- Apply for cash, emergency, and food assistance (SNAP) at [applymn.dhs.mn.gov](#).
- [Give Me the Mike](#) - list of programs and restaurants that offer free food to MN families
- [Second Harvest Heartland](#)
- [Loaves & Fishes](#)
- [Food Pantries in Minnesota](#) - listed by city
- [Minneapolis Public Schools Meal Pick Up Locations](#)
- [Saint Paul Public Schools Meal Plan](#) - buses drop off meals (1 week supply) at child's bus stop
- [Minnesota Farmers' Market Association](#)
 - St. Paul Farmers Market is open on 3/21/2020 from 9 am - 1 pm in Lowertown, 5th St E, St Paul, 55101.
- [Rally Around Mpls Small Biz](#) - statuses of local restaurants (i.e., open/closed/available for takeout/delivery)
- [MealConnect](#)
- [The Sheridan Story Fighting Child Hunger](#)
- Ward 4 Office is partnering with Help at Your Door for Northsiders to provide grocery assistance to our community elders and neighbors with disabilities!
 - If you are interested in volunteering, you can sign up on the [Help at Your Door website](#) and fill out the background check application to be paired with a Northsider.
 - If you know a community elder or neighbor with disabilities who would benefit from this service, please help them [sign up](#). Delivery fees are waived for those who qualify.
 - Additionally, thanks to the leadership of Folwell Neighborhood Association they are also providing supports for Folwell families. If you are a Folwell neighbor interested in donating or volunteering, call 612-643-1686 or visit the [Folwell Neighborhood Association website](#) for more information!
 - If you have any questions, feel free to call the Ward 4 office at 612-673-2204 and leave a message or call Help at Your Door at 651-642-1892.
- [Greater United Way Resources](#)
 - [211 - Food, Housing Bills, Childcare, Other essential services](#)
- [Xcel Energy Minnesota](#)

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- As families and communities face the challenges of COVID-19, we want to ensure our customers have the service you need to power your homes and keep your families safe. We will not disconnect service from any customers until further notice. If you have difficulty paying your bill, we are here to help. Just contact us and we will work to set up a payment plan that works for you.
- [Minneapolis Wi-Fi - Free temporary Services](#)
- [CenturyLink](#) - We will waive late fees and will not terminate a residential or small business customer's service for the next 60 days due to financial circumstances associated with COVID-19.
- [Comcast Xfinity](#) - Xfinity WiFi Free For Everyone: Xfinity WiFi hotspots across the country will be available to anyone who needs them for free – including non-Xfinity Internet subscribers. For a map of Xfinity WiFi hotspots, visit www.xfinity.com/wifi. Once at a hotspot, consumers should select the "xfinitywifi" network name in the list of available hotspots and then launch a browser.
- [Spectrum](#) - Charter will offer free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription and at any service level up to 100 Mbps. To enroll call 1-844-488-8395. Installation fees will be waived for new student households.
- [T-Mobile](#) -
 - Starting now - ALL current T-Mobile and Metro by T-Mobile customers who have plans with data will have unlimited smartphone data for the next 60 days (excluding roaming).
 - Providing T-Mobile and Metro by T-Mobile customers an additional 20GB of mobile hotspot / tethering service for the next 60 days – coming soon.
 - Working with our Lifeline partners to provide customers extra free data up to 5GB of data per month over the next two months.
 - Increasing the data allowance for free to schools and students using our EmpowerED digital learning programs to ensure each participant has access to at least 20GB of data per month for the next 60 days.
- [AT&T](#) -
 - Not terminate the service of any wireless, home phone or broadband residential or small business customer because of their inability to pay their bill due to disruptions caused by the coronavirus pandemic.
 - Waive any late payment fees that any wireless, home phone or broadband residential or small business customer may incur because of economic hardship related to the coronavirus pandemic.
 - Keep our public Wi-Fi hotspots open for any American who needs them.
 - The coronavirus pandemic is causing many hardships. If you find yourself in financial trouble and unable to pay your bill, we're here to help you. Please contact us at 800-288-2020 for AT&T broadband, residential wireless or small business services and 611 from your AT&T device for wireless.
- [Verizon](#) -
 - Verizon announced (March 13), for the next 60 days, it will waive late fees that any residential or small business customers incur because of their economic circumstances related to the coronavirus. In addition, the company will not

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terminate service to any residential or small business customers because of their inability to pay their bills due to disruptions caused by the coronavirus.

- In addition, Verizon announced support for relief efforts across communities impacted by the ongoing coronavirus (COVID-19) pandemic by tripling its monthly data allowance for its Verizon Innovative Learning schools and committing \$10 million to nonprofits directed at supporting students and first responders.
- As the list of nationwide K-12 schools shifting to remote learning heightens, Verizon is supporting the students and teachers in its Verizon Innovative Learning program, the company's education initiative targeting Title 1 middle schools, by tripling their data allowances.

Families & Education

- National Public Radio (NPR)
 - [Just for Kids: A Comic Exploring The New Coronavirus](#)
- The National Child Traumatic Stress Network
 - [Parent/Caregiver Guide to Helping Families Cope with COVID 19](#)
- [The Walk-In Counseling Center](#) provides 100% free professional counseling
- Scholastic is offering free online courses - [Learn at Home](#)
- TPT Twin Cities PBS
 - [How to talk to you kids about coronavirus](#)
- [Performances](#)
- [Virtual Field Trips](#)
- [Virtual Museums](#)
- A Reading of "[A Map into the World](#)"
- [Ivy League courses you can take online right now for free](#)
- [TED-ED](#)
 - To the students, parents and teachers affected by the COVID-19 pandemic: TED-Ed wants to support you by offering interactive, daily video lessons developed alongside expert educators from all over the world. Sign up here to get engaging lesson plans (for free!), delivered to your inbox every day.
- [Find low cost internet and affordable computers in your area](#) - for students
- [Walker virtual tour](#) (exhibition guides in English, Hmong, Spanish, Somali)
 - [Lesson plans](#) for teachers at bottom of page (K-12) (added 3/27)

Emergency Funds and Grants

- [Otto Bremer Trust Emergency Funds for Community Organizations](#)
- [MN Council on Foundations - Minnesota Disaster Recovery Fund \(MDRF\) for Coronavirus](#)
- [Headwaters Foundation for Justice - Communities First Fund](#)
- [Arts and Culture Leaders of Color Emergency Fund](#)
- [Facebook Small Business Grants Program](#)
- [Springboard for the Arts - Emergency Funding Resources for Artists](#)

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- [Modest Needs Self-Sufficiency Emergency Grant](#)
- [Community Sharing Fund Grant](#)
- [Coronavirus Response Fund at the South Dakota Community Foundation](#)
- Governor Tim Walz has signed Executive Order 20-15 (E.O. 20-15), establishing an [immediate relief loan program to small businesses and independent contractors whose businesses have been affected](#) by closures related the ongoing peacetime emergency.
- MN Council of Nonprofits Webinar
 - [Grantmaking in Response to Coronavirus](#) - video recording will be available.
- [COVID-19 Emergency Mental Health Fund](#)
 - The City of Minneapolis The Division of Race and Equity is temporarily making funds available to strengthen the capacity of mental and behavioral health providers and community cultural healers to provide services to community residents who may be experiencing increased stress and trauma related to the outbreak of the Coronavirus. Our goal is to provide short term relief to those who are experiencing crisis and whose ability to receive in person help is either limited or not existent at this time. Providers may apply for between \$2500 - \$7500 to meet these needs.
- [Women for Political Change Mutual Aid](#): This fund will center young women and trans & non-binary folks, specifically those who are Black, Indigenous, People of Color (BIPOC), queer, and/or part of the disability community.
 - [Make a contribution](#)
 - [Request for aid](#)
- Lists of small business grants for women
 - [Hiscox](#)
 - [Nerdwallet](#)
 - [USChamber](#)
 - [ValuePenguin](#)
 - [The Simple Dollar](#)
 - [US Small Business Administration](#)
- [St. Paul Mayor Announces Cash Grants for Poor Families, Small Businesses](#)

Information on COVID-19 for Survivors, Communities, and DV/SA Programs (compiled by [Futures without Violence](#)--a more extensive list can be found at [F&W's website](#))

- The National Domestic Violence Hotline is 24/7, confidential and free: 1-800-799-7233 and through [chat](#).
- The National Sexual Assault Hotline is 24/7, confidential and free: 800.656.HOPE (4673) and through [chat](#).
- The [StrongHearts Native Helpline](#) for domestic/sexual violence is available 7am-10pm CT, confidential, and specifically for Native communities: 1-844-762-8483.
- The [Trans LifeLine](#) for peer support for trans folks 9am-3am CT: 1-877-565-8860 This hotline is staffed exclusively by trans operators is the only crisis line with a policy against non-consensual active rescue.
- [National Parent Helpline](#) Monday -Friday 12pm-9am CT emotional support and advocacy for parents: 1-855-2736.

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Other Resource Lists

- [Future Without Violence](#)
- [COVID-19 Freelance Artist Resources](#)
- [Northside Achievement Zone](#)
- [Public Health Awakened and Spirit of 1848 COVID-19 Resources](#) (see different tabs on the bottom)
- [Minnesota COVID-19 Response](#)
- [To limit the spread of COVID-19, Metro Transit will reduce service beginning Wednesday, March 25.](#)

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Resources in Hmong

- MN Department of Health
 - [COVID 19 Information and Materials](#)
- TPT Twin Cities PBS
 - [FAQs in Hmong](#)
- [Hmong Innovating Politics](#) - Resources about COVID-19 in Hmong language
- [KOJ YUAV TSUM PAUB DABTSI TXOG COV KABMOB CORONAVIRUS](#)
- [XAV PAUB XAV POM: SPECIAL EDITION - SIB THAM TXOG TUS KAB MOB CORONA NROG HMOOB COV KWS KHO MOB.](#) (Video)
- [Hmong Radio AM 1590 - Corona Virus Prevention \(Aired on March 11, 2020\)](#)
- [CeebToom Txog KabMob Coronavirus LosNtawm KoomHaum Hmoob 18 Xeem Lav Minnesota](#) (Video)
 - Message about funerals starts at 2:18
 - [Hmoob Twin Cities News: Mayer Melvin Cater's Responds to Hmong 18 Clans](#)
- [LUS TSEEM CEEB TSHAJ TAWM TXOG TUS KABMOB CORONAVIRUS COVID-19](#) (Video)
- [Message from Dr. Moua Lo](#) (Video)
- [General information on COVID-19](#) (Video)

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Resources in Spanish

- MN Department of Health
 - [COVID 19 Information and Materials](#)
- TPT Twin Cities PBS
 - [FAQs in Spanish](#)
- [LO QUE DEBE SABER SOBRE EL CORONAVIRUS](#)
- [Coronavirus - Latino Community \(created by Lorenzo Adolfo Castañón Gonzalez\)](#)
- Recursos Para COVID-19 Para Comunidades en Minnesota
 - [Twin Cities](#)
 - [Rural Minnesota](#)

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Resources in Somali

- MN Department of Health
 - [COVID 19 Information and Materials](#)
- TPT Twin Cities PBS
 - [FAQs in Somali](#)
- [How to Prevent Catching & Spreading COVID-19 \(Arabic\)](#)
- [WAXA AAD U BAAHAN TAHAY IN AAD KA OGAATO KORONAFAYRAS \(CORONAVIRUS\)](#)
- [How to protect yourself against CORONA. Sidee iskaga ilaalin kartaa CORONA AMA COVID-19](#)

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Resources for Researchers

- University of Minnesota Office of Vice President of Research
 - [University of MN Guidance for Research Community](#) (updated 3/18/2020)
 - [Institutional Review Board FAQs](#)
 - [Human Research Checklist](#)

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Resources for University of Minnesota Faculty, Staff, and Students

- University of Minnesota
 - [Public Health Alert COVID 19](#)
- Campus Compact (Iowa/Minnesota)
 - [University and community engagement suggestions](#)
- Maryse Mitchell-Brody
 - [Caring Across Distance: Some Things to Consider Before Movement Gatherings During COVID-19](#)
- [Stress Busters Online Sessions - Free; Tuesdays at 12:00 pm; Registration required](#)
- [Give to the University of Minnesota COVID-19 relief funds](#)
- [Mindfulness for Students - Fridays 6-7 pm](#)
 - Mindfulness for Students will begin hosting weekly events online via Zoom, to cultivate community and connection during this time of uncertainty and physical isolation. [Join by Zoom](#)
- [Working and Learning Off Campus](#)
- [Update on S/N grading and extended withdrawal deadlines](#)
- [Frequently Asked Questions Regarding COVID-19 and Employee Health](#)
- [COVID-19 Rapid Response Campus Public Health Officer Update](#)
- Mental Health Services
 - [Employee Assistance Program](#)
 - [OHR's Mental Health Resources](#)
- [Office of Human Resources - Total Compensation](#)

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