

COVID-19 Resources for Residents

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This material is for informational purposes only, does not purport to be a comprehensive listing of resources in the subject areas, and does not constitute any endorsement or sponsorship of the services.



COVID-19 Resources for Residents

Government Financial Assistance

AGENCY	PROGRAM
<p>The Treasury Department and the Internal Revenue Service</p>	<p>NEWS RELEASES https://www.irs.gov/newsroom/news-releases-for-current-month</p> <p>STATE TAX RETURNS Various tax file and pay deadlines extended to July 15, 2020 https://www.irs.gov/newsroom/payment-deadline-extended-to-july-15-2020</p> <p>ECONOMIC IMPACT PAYMENTS Eligibility and payment obligations. https://www.irs.gov/newsroom/economic-impact-payments-what-you-need-to-know</p> <p>EMPLOYEE RETENTION CREDIT Credit available to all employers regardless of size. Includes tax-exempt organizations. https://www.irs.gov/newsroom/irs-employee-retention-credit-available-for-many-businesses-financially-impacted-by-covid-19</p> <p>REFUNDABLE TAX CREDITS FOR PAID LEAVE The Families First Coronavirus Response Act provides refundable tax credits for small to midsize employers for employees on leave related to COVID-19. https://www.irs.gov/newsroom/covid-19-related-tax-credits-for-required-paid-leave-provided-by-small-and-midsize-businesses-faqs</p>
<p>CareerOneStop</p>	<p>STATE-BY-STATE UNEMPLOYMENT BENEFITS https://www.careeronestop.org/LocalHelp/UnemploymentBenefits/unemployment-benefits.aspx</p>
<p>U.S. Department of Education (Students)</p>	<p>FEDERAL STUDENT AID Coronavirus and forbearance info for students, borrowers, and parents: https://studentaid.gov/announcements-events/coronavirus</p>

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Additional Resources

AGENCY	PROGRAM
State Labor Office Commissioners, Directors, and Secretaries	STATE CONTACT INFORMATION https://www.dol.gov/agencies/whd/state/contacts
In Need of Public Assistance?	PUBLIC ASSISTANCE Get information on governmental programs in your state that may help with paying for food, housing, healthcare, and other living expenses. https://www.usa.gov/benefits
U.S. Department of Labor – Occupational Safety and Health Administration (OSHA)	GUIDANCE FOR PREPARING WORKPLACES FOR COVID-19 https://www.osha.gov/Publications/OSHA3990.pdf
Consumer Financial Protection Bureau	FEDERAL, STATE, AND LOCAL GOVERNMENT ACTIONS https://www.consumerfinance.gov/about-us/blog/protect-yourself-financially-from-impact-of-coronavirus/

Employment Resources

FOR PEOPLE WHOSE EMPLOYMENT HAS BEEN AFFECTED BY COVID-19: SICK; QUARANTINED; CAREGIVER FOR A FAMILY MEMBER; REDUCED/LOST WORK HOURS; SELF-EMPLOYED.	
How to File for Disability or Unemployment Benefits	https://www.dol.gov/general/topic/unemployment-insurance
New Guidance on Unemployment Insurance	The U.S. Department of Labor has announced new guidelines of flexibility pertaining to states administering unemployment insurance to assist Americans affected by COVID-19. https://www.dol.gov/newsroom/releases/eta/eta20200312-0
Interim Guidance for Businesses and Employers	https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html
U.S. Department of Labor	FAMILIES FIRST CORONAVIRUS RESPONSE ACT: PAID LEAVE RIGHTS https://www.dol.gov/agencies/whd/pandemic/ffcra-employee-paid-leave FAMILIES FIRST CORONAVIRUS RESPONSE ACT: FAQ https://www.dol.gov/agencies/whd/pandemic/ffcra-questions
Learn More About Unemployment Benefits	https://www.careeronestop.org/LocalHelp/UnemploymentBenefits/unemployment-benefits.aspx CareerOneStop is a career, training, and job search website for the U.S. Department of Labor which serves job seekers, businesses, students, and career advisors with a variety of free online tools, information, and resources.

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Student Resources

Free Temporary Internet	<p>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. Installation fees will be waived for new student households. Families must cancel the service by 60 days, or they will be charged.</p> <p>To enroll, call 1-844-488-8395 or visit:</p> <p>https://corporate.charter.com/newsroom/charter-expands-free-60-day-spectrum-broadband-internet-and-wifi-offer-to-include-educators-who-are-new-spectrum-subscribers</p>
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ELEMENTARY STUDENTS

Space Foundation	<p>Offering free downloadable STEM lesson plans for students in grades K-8 to help keep kids engaged during the gap in traditional class time.</p> <p>https://www.discover.space.org/education/for-educators/stem-lesson-plans/</p>
Children's Museum Houston	<p>Sharing experiments, activities and inside looks at their exhibits through its daily virtual learning broadcast schedule.</p> <ul style="list-style-type: none"> • 10:15 a.m. - O Wow Moment on Facebook • 11:15 a.m. - Story Time (English) sponsored by Phillips 66 on Instagram • 12:15 p.m. - Educator Moment on Facebook or Instagram • 1:15 p.m. - Story Time (Spanish) sponsored by Phillips 66 on Instagram • 3:15 p.m. - Toddler Time sponsored by McGovern Foundation on YouTube <p>https://www.cmhouston.org/classroom-curriculum?exhibits=%5B%5D&grades=%5B%5D&page=1&subject=%5B%5D&videoActivity=video</p>
Frontiers for Young Minds	<p>Frontiers for Young Minds provides a collection of freely available scientific articles by distinguished scientists that are shaped for younger audiences by the input of their own young peers.</p> <p>https://kids.frontiersin.org/articles</p>
Huntington Learning Center	<p>Online webinar and learning center for students and parents. Offers online tutoring.</p> <p>https://info.huntingtonhelps.com/doing-school-work-from-home</p>
DK find out!	<p>DK find out! has free lesson plan ideas for teachers and resources for parents, as well as videos and interactive modules on a variety of subjects.</p> <p>https://www.dkfindout.com/us/</p>
Epic!	<p>Digital library for kids 12 & under. 40,000 books, learning video, quizzes, and more.</p> <p>https://www.getepic.com/</p>
Bill Nye the Science Guy	<p>Bill Nye offers an explosion of life science, physical science, and planetary science lessons and videos.</p> <p>https://billnye.com/the-science-guy#0</p>

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BrainPOP	BrainPOP helps young students stay informed and on-track with free access during school closures. https://www.brainpop.com/
National Geographic Kids	With lessons and videos on animals and science, Nat Geo Kids also offers a multitude of games to keep young learners happy! https://kids.nationalgeographic.com/
Zearn	K-5 curriculum – including 400 hours of digital lessons with on-screen teachers and supportive remediation – is available for free during this time through no-cost individual accounts. Kids, teachers, parents, and caregivers can access all our top-rated content 24/7. https://about.zearn.org/distance-learning

ELEMENTARY, MIDDLE, AND ABOVE STUDENTS

ABCYa	ABCya provides over 400 fun and educational games for grades PreK through 6. https://www.abcya.com/
Disney Nature	Movies and complimentary educational materials for grades 2-6. https://nature.disney.com/movies
Scratch	With Scratch, you can program your own interactive stories, games, and animations — and share your creations with others in the online community. https://scratch.mit.edu/
CommonLit	CommonLit is a free collection of fiction and nonfiction for 3rd-12th grade classrooms. Search and filter our collection by lexile, grade, theme, genre, literary device, or common core standard. https://www.commonlit.org/en/texts
Carnegie Mellon University Computer Science Academy	CMU CS Academy is a free resource that may help during the COVID-19 pandemic, and they are providing daily webinars for educators interested in learning more. https://academy.cs.cmu.edu/coronavirus2020
Amazon Future Engineer	Amazon supports free computer science during COVID-19 with a large list of resources. https://www.amazonfutureengineer.com/free-course
SciShow Kids (YouTube)	SciShow Kids explores all those curious topics that make us ask “why?” Every Tuesday and Thursday, Jessi and her robot rat Squeaks answer your questions and explain fun, complex science concepts for young, curious minds. https://www.youtube.com/user/scishowkids/videos

COVID-19 Resources for Residents

HowStuffWorks (YouTube)	HowStuffWorks is an education website dedicated to satiating curiosity and explaining the world around you.
Code.org®	Code.org® is a nonprofit dedicated to expanding access to computer science in schools and increasing participation by women and underrepresented youth. https://code.org/
GreatMinds.org	Great Minds offers knowledge-building resources—written materials for math (Grades K–12) and daily instructional videos for English language arts (Grades K–8), math (Grades K-12), and science (Grades 3–5). https://gm.greatminds.org/en-us/knowledgeonthego
Khan Academy	Khan Academy’s library of trusted, standards-aligned practice and lessons covers math K-12 through early college, grammar, science, history, AP®, SAT®, and more. It’s all free for learners and teachers. https://www.khanacademy.org/
Quizlet	During the current outbreak of COVID-19, Quizlet’s goal is to support teachers and students around the world. To help with remote teaching and student engagement while school campuses are closed around the globe, they are providing free access to Quizlet Teacher through June 30, 2020. https://quizlet.com/
Cengage Unlimited	Cengage creates learning experiences that build confidence and momentum toward the future students want. Serving the higher education, K-12, professional, library and workforce training markets worldwide. https://www.cengage.com/

Food Resources

Food Distribution for Children (K-12)	Parents or guardians should visit their child’s school district website for information or call 2-1-1 for food resources. http://211.org/pages/about
U.S. Department of Agriculture – Food and Nutrition Services	USDA is continuing to offer all available program flexibilities and contingencies to serve program participants across 15 nutrition programs such as the Supplemental Nutrition Assistance Program, Child Nutrition Programs, and USDA Programs. Select your state to find more information. https://www.fns.usda.gov/disaster/pandemic/covid-19/snap-waivers-flexibilities
U.S. Department of Agriculture – ChooseMyPlate	MyPlate offers detail information for precautionary measures during the COVID-19 pandemic which contains information on food planning, what and how much to buy, and preparation tips. https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/coronavirus.pdf

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Food Pantries

Feeding America	Feeding American offers a nationwide network of food banks, food pantries, and meal programs. Contact your local food bank for more information. https://www.feedingamerica.org/find-your-local-foodbank
FoodPantries.org	FoodPantries.org set up a directory of food banks, soup kitchens, and other non-profit organizations. Visit the "Food Pantries by State" to find the nearest food pantries by you. https://www.foodpantries.org/

Online Food-Delivery Services

ButcherBox	Meat Delivery Subscription. Better meat for a better you. 100% grass-fed, grass-finished beef. Free-range organic chicken. Heritage-breed pork. No antibiotics or added hormones ever. https://www.butcherbox.com/
Daily Harvest	Meal Subscription. Daily Harvest creates delicious and nourishing smoothies, soups, oats, lattes and more. Our food is built on organic, thoughtfully sourced fruits and vegetables. https://www.daily-harvest.com/
Blue Apron	Blue Apron makes cooking fun and easy. They provide you with all the ingredients that you need to make a delicious meal in exactly the right proportions. https://www.blueapron.com/
Hello Fresh	Meal Kit Delivery Service. Offering the most recipe variety and meals starting at \$7.49 https://www.hellofresh.com/
Home Chef	Meal Subscription. Weekly deliveries of fresh, perfectly portioned ingredients have everything you need to prepare home-cooked meals in about 30 minutes. https://www.homechef.com/
Sun Basket	Meal Subscription. Choose your weekly menu - from vegetarian to paleo - and get delicious recipes featuring fresh, organic produce & clean ingredients delivered to your door. https://sunbasket.com/

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Freshly	Meal Subscription. Each Freshly meal is one serving, for one person, at one sitting - just heat and eat. https://www.freshly.com/plans-and-menu
EveryPlate	Meal Kit Delivery Service. Meal kit delivering filling, familiar, pre-measured ingredients with simple recipes, at only \$4.99/meal. Flexible menus, plans and deliveries https://www.everyplate.com/

Mental Health

ONLINE THERAPY

Talkspace	Low cost online therapy with a licensed therapist. \$100 off with code "1004U" https://www.talkspace.com/online-therapy/
Betterhelp	Making professional counseling accessible, affordable, convenient. https://www.betterhelp.com/about/
ReGain	ReGain offers private, affordable online counseling when you need it from licensed, board-accredited therapists. https://www.regain.us/
Teen Counseling	Tap into a network of licensed, accredited, and experienced counselors who can help you and your child with a range of issues including depression, anxiety, relationships, bullying, trauma, and more. https://www.teencounseling.com/
MDLIVE	MDLIVE makes it easy to visit a doctor in minutes through our mobile app, online and by phone. Get access to quality healthcare without ever leaving your home. https://www.mdlive.com/
HelpGuide	HelpGuide is a nonprofit mental health and wellness website. Their mission is to provide empowering, evidence-based information that you can use to help yourself and your loved ones. https://www.helpguide.org/

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MEDITATION APPS

Calm	The #1 app for sleep and meditation https://www.calm.com/
Headspace	Meditation & sleep https://www.headspace.com/headspace-meditation-app
Aura	https://www.aurahealth.io/
Sleep Cycle	Sleep better https://www.sleepcycle.com/

BOOK SUBSCRIPTIONS

Tailored Book Recommendations	This book subscription service pairs you with a professional book nerd who creates your own tailored book recommendations. You get the best books you didn't know you were looking for, and a reading experience that's expertly-curated. https://mytbr.co/
Kindle Unlimited	Kindle Unlimited: For a monthly fee of \$9.99, you get unlimited access to an online library of eBooks. All genres are featured, from science fiction to romance, and the books can be read on any device, not just a Kindle. https://www.amazon.com/gp/kindle/ku/sign-up
Scribd	The world's largest digital library. Read unlimited books with access to millions of documents. https://www.scribd.com/?lohp=2
Bookmate	In the Bookmate library you'll easily find books penned by modern and classic authors – as well as comics and audiobooks. https://bookmate.com/

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Physical Health

Yoga	<ul style="list-style-type: none"> Glo: Yoga, Meditation, & Pilates classes https://www.glo.com/ Yoga for Beginners: Learn Yoga https://apps.apple.com/us/app/yoga-for-beginners-mind-body/id1382141225
Running/Walking	<ul style="list-style-type: none"> Runkeeper: The app records your pace, distance, total exercise time, calories burned and other useful metrics, and also comes with a variety of training plans, complete with reminders and gamified challenges. https://runkeeper.com/ Strava: The app records your running speed, distance traveled, time and course taken for both useful metrics and tracking, but combines all that with leaderboards, achievements and challenges as you race against your friends. https://www.strava.com/ Peloton Digital: Peloton Digital's running instructors not only coach you through your miles, but also offer the perfect playlists for pushing you forward. https://www.onepeloton.com/app Charity Miles: Start the app up, choose from a list of charitable organizations, and then go for a run, take a hike or walk your dog. At the end of it, Charity Miles logs your total distance traveled, which is converted into a charitable donation by one of Charity Miles' corporate sponsors. https://charitymiles.org/
General Exercise:	<ul style="list-style-type: none"> PEAR Personal Fitness Coach: The PEAR Personal Fitness Coach apps is all about eyes-free, hands-free audio coaching, providing users with a rich array of guided workouts for a variety of fitness levels and intensities that adapt based on your performance. https://apps.apple.com/us/app/pear-personal-fitness-coach/id563723189 Fitbit Coach: Fitbit Coach uses the daily activity logged by your fitness tracker to recommend workouts and activities. https://coach.fitbit.com/welcome?redirect_url=%2F SworKit: Select whether you want to build strength, do yoga, practice cardio, stretch, pilates or build a custom routine, as well as a duration of your workout, and SworKit builds you a routine of randomized exercises that fit your exercise goals. https://sworKit.com/ CENTR: Centr is a personalized digital health and fitness program curated by Chris Hemsworth consisting of his hand-picked team of internationally renowned experts. https://centr.com/join-us Streaks Workout: Streaks Workout is the ideal training tool for people of all fitness levels and capabilities. No matter how much time you have spare each day, it will get you into a routine of building your strength and fitness. https://streaksworkout.com/

COVID-19 Resources for Residents

Entertainment

Learn a New Language!	<ul style="list-style-type: none"> • Duolingo - https://www.duolingo.com/ • OnlineFreeSpanish - https://www.onlinefreespanish.com/ • Babbel - https://www.babbel.com/ • Memrise - https://www.memrise.com/ • Busuu - https://www.busuu.com/
Learn a New Instrument!	<ul style="list-style-type: none"> • Guitar Tricks - https://www.guitartricks.com/ • Justin Guitar - https://www.justinguitar.com/ • ArtistWorks - https://artistworks.com/ • Piano in 21 Days - https://pianoin21days.com/how-to-play-piano/ • Become a Piano Superhuman - https://www.youtube.com/channel/UC1V2zlVQ5et66WtKXhAXXA • Drumeo - https://www.freedrumlessons.com/drum-lessons/
Learn Something New!	<ul style="list-style-type: none"> • MasterClass: 80+ classes, 20 lessons per class, 10-minute videos - https://www.masterclass.com/ • Wilson: A podcast magazine with curated playlists weekly. https://wilson.fm/ • Medium: Find compelling ideas, knowledge, and perspectives. https://medium.com/ • TEDEd: TED believes passionately that ideas have the power to change attitudes, lives, and ultimately, the world. https://ed.ted.com/
Video Chat Apps	<ul style="list-style-type: none"> • WhatsApp • Skype • Facebook Messenger • Zoom • Office 365 Video Calls • Houseparty • Google's Hangouts Meet • Amazon Chime
Video Streaming Services	<ul style="list-style-type: none"> • Netflix • Amazon Prime • HBO Go • Disney Plus • Hulu • Sling TV • Fubo TV • Crackle • Quibi

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Other

Domestic Violence Hotline	1-800-799-7233 https://www.thehotline.org/
The National Coalition Against Domestic Violence (NCADV)	For anonymous, confidential help, 24/7, please call the National Domestic Violence Hotline at 1-800-799-7233 (SAFE) or 1-800-787-3224 (TTY). https://ncadv.org/
Human Options	Shelters open and staff available 24/7. Free hotline at 1-877-854-3594 https://humanoptions.org/
National Teen Dating Abuse Helpline	Provides 24/7 support and resources at 1-866-331-9474 or via their live chat service. https://www.loveisrespect.org/
Domestic Shelters	Domestic shelters offers a search tool across the U.S. and Canada to find nearby domestic violence programs and shelter. https://www.domesticshelters.org/help#?page=1
Substance Abuse and Mental Health Services Administration	SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. 1-800-662-4357 https://www.samhsa.gov/find-help/national-helpline
National Suicide Prevention Lifeline	1-800-273-8255

Information Outlets

World Health Organization	https://www.who.int/emergencies/diseases/novel-coronavirus-2019
Centers for Disease Control and Prevention	https://www.cdc.gov/coronavirus/2019-nCoV/index.html
Updated COVID-19 Statistics	https://ncov2019.live/
Coronavirus by The White House, CDC, and FEMA	https://www.coronavirus.gov/
FEMA – Coronavirus Rumor Control	https://www.fema.gov/Coronavirus-Rumor-Control

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