As your neighborhood organization, we have collected local resources that may be helpful to you during this unprecedented time for our community.

- **Food:**
  - **Online:** Find Help Map
  - **Phone:** Call the MN Helpline Phone Number (interpreters are available), 1-888-711-1151
  - **For MPS Students:** Minneapolis Public Schools is providing students with meals while schools are closed. Meals are being given to students at several schools, currently including Seward Montessori. Meals are given from school buses parked in school parking lots; school buildings will remain closed. Meal pickup services begin Tuesday, March 17 and continue Mondays through Fridays from 10 am to 2 pm while schools are closed. *(In Soomaali)*.

- **Unemployment:** For those whose employment has been affected by COVID-19, individuals can apply for unemployment benefits on the Minnesota Unemployment Insurance website or at 651-296-3644.

- **Workers’ Rights and Protections:** Information and resources are available from the Minnesota Department of Labor and Industry or at 651-284-5075.

- **Internet:** Many companies have pledged to help Keep America Connected by offering free internet to families with students or low-income households during this time. This pledge includes:
  - not terminating service to any residential or small business customers because of their inability to pay their bills due to the disruptions caused by the coronavirus pandemic;
  - waiving any late fees that any residential or small business customers incur because of their economic circumstances related to the coronavirus pandemic; and
  - opening Wi-Fi hotspots to any American who needs them.

- **Medical and Dental Care:** Community University Health Care Center (CUHCC) and Cedar-Riverside People’s Clinic remain open. Call ahead of time to ensure that it is appropriate for you to visit.
  - CUHCC: 612-301-3433
  - Cedar-Riverside People’s Clinic: 612-332-4973

- **Mental Health:** CDC and MDH have resources for Managing Stress and Anxiety during the outbreak, Taking Care of Your Emotional Health, and Behavioral Health and Emergency Preparedness for healthcare responders, parents/caregivers, teens, kids and families.

- **How to Prepare:** General recommendations from the CDC on how families can prepare.

- **MDH COVID-19 Hotlines (Language line interpreters are available):** As of today, both lines open 7 a.m. to 7 p.m.
  - **Community mitigation (schools, child care, business) questions:** 651-297-1304 or 1-800-657-3504
  - **Health questions:** 651-201-3920 or 1-800-657-3903

- **Other Needs:** Call the United Way and tell them what you need help with. They are available at by dialing 651-291-0211 and have language assistance available.

**For ongoing updates regarding the COVID-19 situation, please refer to these offices:**
- Governor Tim Walz
- Minnesota Department of Health
- Centers for Disease Control