

Resources for Neighbors during the COVID-19 Outbreak

Provided by the Seward Neighborhood Group (SNG)



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](#)