

# COVID-19 COMMUNITY RESOURCE GUIDE



CREATED BY THE OFFICE OF  
CONGRESSMAN GREG STANTON

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## A Message from Congressman Greg Stanton

Dear Neighbor,

The coronavirus pandemic is on the forefront of our minds as the virus continues to spread in our community across the world. I want to make sure you and your family have access to accurate, current information regarding federal, state and local COVID-19 resources.

This guide is a compilation of existing government resources for those impacted by the COVID-19 outbreak, but by no means an exhaustive list of resources that may be offered through non-government organizations. Because the situation is evolving, [please check my website for updates](#).

This guide will be regularly updated, but if there is something you can't find here, there are members of my staff whose job it is to shepherd you through your time of need related to COVID-19 or otherwise. Please don't hesitate to contact my office with questions or concerns at (602) 956-2463 or [open a case with my office online](#).

Sincerely,

A handwritten signature in black ink that reads "Greg Stanton". The signature is written in a cursive, slightly slanted style.

Greg Stanton  
Member of Congress

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## Background on COVID-19

*The following is **not intended** to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.*

### What you should know

- **It's spreading fast** – COVID-19 is a respiratory virus with no verified vaccine or cure. It reached pandemic proportions months ago and as it continues to spread in Arizona, your life will be disrupted in many ways. We can all do our part to help minimize its impact by wearing a facemask in public, socially distancing and staying home as much as we can.
- **Anyone can get it** – Everyone risks contracting it as long as it remains widespread. While some experience mild symptoms or none, older people or anyone with previous health problems are most susceptible to it and for more serious complications. Some, but not all, younger and healthier people can recover with minimal medical intervention, while the older and sicker more likely require medical care or hospitalization.
- **Find the Facts** – As new information emerges, remember that the risk of COVID-19 is not connected with race, ethnicity or nationality. Seeking and sharing accurate information during a time of heightened concern is one of the best things we can do to keep rumors and misinformation from spreading. When you're looking for information, get it from trusted sources, like my office, the Centers for Disease Control and Prevention (CDC) and your local health department. Read often, as information evolves daily.

### How you can help slow the spread

- **Watch for symptoms** – If you contract this, you'll likely experience one or more of the following symptoms (or none): fever, cough, shortness of breath, fatigue, muscle or body aches, headaches, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting or diarrhea. Doctors say symptoms appear in two to 14 days after exposure. The CDC [regularly updates a list of symptoms and provides a self-checker](#).
- **Get tested** – If you experience symptoms or make contact with someone who has or is experiencing symptoms of COVID-19, you should get tested. While some tests are free, others can cost between \$50 and \$200, but you should ask your insurance provider if they cover them. Depending on where you live and when you have time to go, you may have to wait a few days for an opening if you don't show symptoms. [Find a testing site here](#). For more information on testing, **go to page 7**.
- **Stay home** – Work from home if you can and go out when you need to. Public health experts say and data shows the more we limit out time outside around others, the less likely we are to get the virus and spread it. Because some who contract COVID-19 experience no symptoms at all and feel fine, it is important that everyone stay home and practice healthy habits as if everyone has the virus. When you're around others and don't

need to be, you're potentially contributing to a domino effect of spreading it to others more at risk to serious complications or those who go home to more at-risk people.

- **Keep your distance and wear a mask** – If you must go out, the Centers for Disease Control and Prevention recommends you avoid close contact by staying at least six feet from others while wearing a facemask. Doing these simple things keeps you and everyone around you safer. You can buy a reusable facemask almost anywhere or you can [make one yourself using things you probably have at home](#).
- **Have healthy habits** – Whether you're out grabbing groceries for the next few weeks or at home with your family, maintaining good hygiene help keep you and those around you safe and healthy. Cover your coughs and sneezes with a tissue (then throw it away and sanitize or wash your hands) or the inside of your elbow, wash your hands often with soap and water, and clean frequently touched surfaces and objects. If you are sick, self-isolate. Always be sure to get enough sleep, water and healthy foods and take time to unwind away from an electronic device to manage stress and keep your mind clear.
- **Stay informed** – Use this guide to find answers to common question, the latest updates from state and federal agencies and more.

### How to plan ahead

- **Research** – Start by visiting the [Centers for Disease Control and Prevention's website](#) to find answers to common questions, situation updates, travel recommendations and more.
- **Make a plan and follow through** – Make an emergency plan of action with your household, relatives and friends and [lean on the CDC as a helpful resource](#).
  - Ask your work about sick leave and telework options. Stay at home if you can.
  - Make an emergency contact list with family, friends, neighbors, health care providers, teachers, employers, your local health department and local resources.
  - If you or one of your household members have a chronic condition and regularly take prescription drugs, talk to your health provider, pharmacist and insurance provider about keeping an extra month's worth of medications at home.

### What to do if you have or think you have COVID-19

- **Seek medical advice** – If you experience symptoms or make contact with someone who has or is experiencing symptoms of COVID-19, you should reach out to a health care provider. They will tell you what to do next.
- **Be safe** – Before you call and while you wait for medical advice, do these things:

- **Stay home** except for getting medical care and separate yourself from people and animals in your home. You should also avoid going to work, school, stores and any public area you don't need to be in and don't use public transportation.
- **Monitor your symptoms** and call before visiting your doctor. If you have an appointment, be sure you tell them you have or suspect you have COVID-19 so they can prepare for your visit or redirect you to another location or service.
- **Wear a mask** around others when you can't maintain at least six feet of distance and when you visit your doctor. When at home, if you can't wear one, stay in your room or have your household members wear one when they're near you.
- **Practice good hygiene** by washing your hands often and thoroughly, avoid sharing household items and clean all "high touch" areas often and thoroughly. Cover coughs and sneezes with a tissue and throw it away in a lined trash can. Wash hands afterwards with soap and water or use hand sanitizer at the very least.
- **Check in before you leave isolation** and call your health care provider first. Experts suggest to remain in home isolation for at least 7 days OR until at least 72 hours after your fever has resolved (and symptoms **go away**) whichever is longer.
- **Call 911** if you have an emergency and tell them you may have COVID-19.
- **Be cautious, not wrong** – If you were potentially exposed to someone with COVID-19, consider doing the things listed above. It's better for your health and the health of those close to you to stay home even if you don't show symptoms and feel fine. If you get sick and show symptoms after having close contact with someone with COVID-19, strongly consider doing those things. It's ultimately your choice when to seek care, but because the virus is widespread, it's safe to assume it's everywhere and you likely know someone who has had it. The best thing you can do for yourself is be cautious and stay informed.

### What you should know about testing

- **Types of testing** – Viral tests and antibody tests are the two tests available.
  - **Viral tests** are nose or mouth swab tests, are more abundant and available and tell you if you have COVID-19 or had it at the time of the test.
  - **Antibody tests** are finger prick or blood draw tests and are generally less abundant and available. These tests tell you if you have had it in the past or before the test, as antibodies take weeks to develop.
- **The cost** – Tests can cost between \$50 and \$200, but you should ask your insurance provider if they cover them. Depending on where you live and when you have time to go, you may have to wait a few days for an opening if you don't show symptoms. Some tests



are free, but those sites make up a minority of tests offered and operate under restricted hours.

- **Where to find them** – You can [find a testing site near you online](#). While some partners listed on that website offer tests for free to those who meet criteria established by the CDC and while health insurance should cover costs, expect to pay, especially if you don't have insurance. If you're unsure about the extent of your coverage or are worried about costs, reach out to the testing partner directly or call 211 for more information. You can get tested regardless of your immigration status through [sliding-fee-schedule clinics](#).
  - There are 300 testing sites in Arizona, 150 of which are in the Phoenix metro area. Depending on where you live and when you have time to go, you may have to wait a few days for an opening if you don't show symptoms. As the demand for testing continues to outpace supply, lines will remain long and results will lag.
  - Among the groups that offer free testing, dependent on some criteria or none at all, are [CVS](#), [Walgreens](#), [HeroZona](#) and [Equality Health Foundation](#).

### **What you should know about contact tracing**

- **It's a crucial tool** – Contact tracing is one of the most important things our government can do to better understand and respond to this pandemic. When you test positive for COVID-19, a case investigator from the Arizona Department of Health Services or your local health department is supposed to call you, but if you are contacted by them, it will likely be through text message. However they choose to contact you, they will ask you to retrace your steps and tell them where you've been and who you've interacted with within a period of time. They are then supposed to reach out to those contacts on your behalf.
- **Answer the phone** – If a public health professional calls you, it will be from a number you won't recognize and you are highly encouraged to take that call and cooperate. The time you spend talking with them is crucial to better understanding the reach of this virus and the details you give them will be kept confidential. If you don't pick up the phone, it's harder for public health workers to do their jobs and help get us out of this pandemic sooner.

## Congressional Response

Throughout the pandemic, Congress has crafted and passed four packages of bills in response to the hardships brought by COVID-19 and the gaps it exposed in our social safety nets. Arizona, and every other state, received billions. [Here's how we've spent it.](#)

### **H.R. 6074, Coronavirus Preparedness and Response Supplemental Appropriations Act**

- This \$8.3 billion COVID-19 stimulus package became law in early March and Arizona received \$28 million to pay for ADHS' pandemic response, AHCCCS hospital assistance, community health center programs, as well as programs to provide for those in elderly and community living facilities, among other things. [Read a summary here.](#)

### **H.R. 6201, Families First Coronavirus Response Act**

- This \$192 billion response package became law in mid-March and paid for programs to make COVID-19 testing free for most people, provide emergency paid leave, bump up Arizona's unemployment benefits by \$600 to \$840 a week, bolster food programs and Medicaid funding. Arizona received \$1.86 billion. [Read a summary here.](#)

### **H.R. 748, Coronavirus Aid, Relief, and Economic Security (CARES) Act**

- This \$2.2 trillion relief package became law in late March and gave states funds to help workers and small businesses in need of financial relief. Every tax-paying American adult, with some exceptions, was to receive a one-time \$1,200 check and \$500 for each child. It expanded unemployment insurance for part-time, self-employed and gig-economy workers and set aside funds for 8 weeks of forgivable loans for employers to with fewer than 500 employees. The bill also required private insurers and Medicare to cover COVID-19 prevention and treatment, among other things. [Read a summary here.](#)

### **H.R. 266, Paycheck Protection Program and Health Care Enhancement Act**

- This \$484 billion package was passed in late April and aimed to expand testing and allow banks to give health care providers and small businesses billions in needed aid as well as more funds for testing. It was passed just one week after a \$389 billion loan program ran out of funds because businesses hit hardest continued to struggle. [Read a summary here.](#) In June, [H.R. 7010](#), the Paycheck Protection Program Flexibility Act of 2020 passed.

### **In the works: H.R. 6800, The Heroes Act**

- The House passed an \$883 billion stimulus package to give people a second round of stimulus checks, help small businesses, increase SNAP benefits, assist farmers and local agriculture and schools, among other things. [Read a summary here.](#)

## Quick Arizona Resources

**For immediate, life-threatening emergencies, call 911**

### 211 Hotline

[Arizona's COVID-19 hotline](#) can answer most questions regarding testing information, symptoms and assistance programs. Call 2-1-1 any day of the week from 8:00 a.m. to 8:00 p.m.

### Arizona Governor's Office

You can read the office's [executive actions](#), [reopening guidance](#), information on efforts to slow the spread of COVID-19 and [resources from the Arizona Together initiative](#).

### Arizona Department of Health Services (ADHS)

For Arizona-specific information on COVID-19, [visit ADHS' website](#). It [reports statewide data daily](#), including the number of cases, deaths and hospitalizations. Call them at (602) 542-1025.

### Local Health Departments

Your county health department also keeps current information and can likely better assist you. Click the links below to find out more about what your county is doing to combat COVID-19.

<a href="#">Apache County</a> (928) 337-4364	<a href="#">Gila County</a> (928) 425-3231	<a href="#">La Paz County</a> (928) 669-1100	<a href="#">Navajo County</a> (928) 524-4000	<a href="#">Santa Cruz County</a> (520) 375-7900
<a href="#">Cochise County</a> (520) 432-9400	<a href="#">Graham County</a> (928) 428-3258	<a href="#">Maricopa County</a> (602) 506-3011	<a href="#">Pima County</a> (800) 775-7462	<a href="#">Yavapai County</a> (928) 771-3122
<a href="#">Coconino County</a> (928) 679-7272	<a href="#">Greenlee County</a> (928) 865-1929	<a href="#">Mohave County</a> (928) 753-9141	<a href="#">Pinal County</a> (520) 509-1311	<a href="#">Yuma County</a> (928) 317-4550

### Arizona Department of Education

The Arizona Department of Education [regularly shares guidance](#) about safely returning to school, statewide testing, special education services, school meals and more. You can call them at (602) 542-5393.

### The Arizona Department of Economic Security

The Arizona Department of Economic Security (DES) and its partners provide services to help people meet basic needs, including assistance with [unemployment](#), [short term crisis services](#), [mortgage payments](#), [child care](#) and [other programs](#). You can call them at (877) 600-2722.

### Arizona Courts

Attorneys, litigants and the public are encouraged to check with their local courts for local practices and advisories. COVID-19 information [is online](#) or by phone at (602) 452- 3300.

### Need help?

If you need more assistance, call my office at (602) 956-2463 or [visit my website](#).

## Quick Federal Resources

*If you need help with a federal agency or feel you have been treated unfairly, our office may be able to help. Call us at (602) 956-2463 or [open a case with us online](#).*

### Centers for Disease Control and Prevention

The Centers for Disease Control and Prevention is the leading national public health institute of the United States that [provides the latest national updates and guidance \(En español\)](#). There, you can find [information on travel guidance, tips on how to help slow the spread of COVID-19](#) and [answers to frequently asked questions](#). You can call them at (800) 232-4636.

### U.S Department of Health & Human Services

The federal health department works alongside other agencies and with state, local, tribal and territorial governments, health officials, health care providers and the private sector to help coordinate blanket and tailored pandemic responses. Find the latest news from HHS, details about its programs and answers to frequently asked questions [here](#).

### State Department Travel Advisories

The State Department created a 24-hour hotline for Americans abroad who are impacted by the COVID-19 crisis. Callers from the U.S. and Canada should call (888) 407-4747 and those from overseas should call (202) 501-4444. [Read the department's full travel advisory here](#). Travelers are strongly encouraged to [enroll in the State Department's Smart Traveler Enrollment Program \(STEP\)](#) to receive alerts and make it easier to locate them in an emergency.

### Federal Emergency Management Agency (FEMA)

FEMA works alongside HHS and other federal partners to do its part in the coordinated federal pandemic response. You can find latest news from the department and its programs, learn best practices, how to help health care workers and more [here](#). You can call them at (800) 621-3362.

### Small business Administration (SBA)

Arizona businesses affected by COVID-19 can [apply for a loan through the SBA here](#). SBA might be able to [assist with export challenges](#) by helping identify alternative markets or providing STEP vouchers to defray costs. You can call them at (800) 827-5722.

## Health Resources

### Arizona Health Care Cost Containment System (AHCCCS)

The website for AHCCCS, the state-run Medicaid program, will update with [information on telehealth services, COVID-19 testing coverage and more](#). You can call them at (855) 432-7587.

- If you're an ACC Health Plan member with symptoms, [call the 24-hour Nurse Line for your Health Plan](#).
- If you're an FFS Member or enrolled in the American Indian Health Program (AIHP), Tribal ALTCS or a Tribal Regional Behavioral Health Authority (TRBHA) [contact the nearest American Indian Medical Home \(AIMH\) 24-hour Nurse Line](#), your doctor, or the nearest IHS/638 facility.

### Medicare coverage and COVID-19

Medicare covers COVID-19 lab tests, [meaning you should pay no out-of-pocket costs](#). It also [covers all medically necessary COVID-19 hospitalizations](#), including if you're diagnosed and might otherwise have been discharged from the hospital after an inpatient stay, but instead you need to stay in the hospital under quarantine. Once a COVID-19 vaccine becomes available, [it will be covered by all Medicare Prescription Drug Plans \(Part D\)](#).

If you have a Medicare Advantage Plan, you have access to these same benefits and Medicare allows these plans to waive cost-sharing for COVID-19 lab tests. Many plans offer additional telehealth benefits beyond the ones described below. [Check with your plan about your coverage and costs](#). Scammers may use this pandemic to take advantage of people. Guard your Medicare card like a credit card, check claims summary forms for errors, and if someone calls asking for your Medicare Number, hang up.

### Mental Health Resources

- **The Arizona Department of Health Services** has [a page on its COVID-19 website](#) dedicated to mindfulness, as does the [Centers for Disease Control and Prevention](#) and the [United Nations](#).
- **The University of Arizona** has a comprehensive [list of free resources](#).
- **The National Alliance on Mental Illness** has provided [a resource guide](#) which includes information about COVID-19 and mental health. It also has a help line you can call Monday through Friday from 10:00 a.m. to 6:00 p.m. at (800) 950-6264 or text 'NAMI' to 741741.
- **The National Suicide Prevention Lifeline** continues to provide a free, 24/7 confidential hotline, (800) 273-8255. It has much more [free resources on its website](#).

### Safety and Well-being Resources

- Survivors are vulnerable in times of crisis and need support more than ever and can call the [Arizona Coalition to End Sexual & Domestic Violence](#). ACESDV's bilingual Sexual and Domestic Violence Services Helpline is open Monday through Friday from 8:30 a.m. to 5:00 p.m. at (602) 279-2900. You can also call the [National Domestic Violence Hotline](#) at (800) 799-7233 and TTY (800) 787-3224.

## Food Assistance

### The Arizona Department of Economic Security

The Arizona Department of Economic Security and its community partners provide many services for Arizonans, including [SNAP Nutrition Assistance](#), [emergency food assistance](#), [senior food assistance](#), a nutrition program for women, infants and children and [other programs](#). You can call them at (877) 600-2722.

### The Arizona Department of Health Services

The Arizona Department of Health Services also provides a [supplemental nutritional program for women, infants and children](#), [commodity supplemental food](#) and [other programs](#). You can call them at (602) 542-1025.

### Grocery Stores offering “Senior Hours”

#### AJ’s Fine Foods

- AJ’s Fine Foods will open from 5 a.m. to 6 a.m. on Wednesdays for senior shoppers, aged 65 and older, who must present government identification at the store entrance. A single caretaker is allowed to shop on behalf of the individual for whom he/she cares.
  - [Find your nearest AJ’s](#)

#### Albertsons

- Albertsons will open from 7 a.m. to 9 a.m. on Tuesdays and Thursdays for senior shoppers and shoppers with “underlying health concerns.”
  - [Find your nearest Albertsons](#)

#### Bashas’

- Bashas’ will open from 5 a.m. to 6 a.m. on Wednesdays for senior shoppers, aged 65 and older, who must present government identification at the store entrance. A single caretaker is allowed to shop on behalf of the individual for whom he/she cares.
  - [Find your nearest Bashas’](#)

#### Costco

- Costco will open from 9 a.m. to 10 a.m. on Monday through Friday for senior shoppers, aged 65 and older, who must present government identification at the store entrance. A single caretaker is allowed to shop on behalf of the individual for whom he/she cares.
  - [Find your nearest Costco](#)

#### Dollar General

- Costco will open from 8 a.m. to 9 a.m. every day for senior shoppers, aged 65 and older, who must present government identification at the store entrance. A single caretaker is allowed to shop on behalf of the individual for whom he/she cares.
  - [Find your nearest Dollar General](#)

### **Food City**

- Food City will open from 5 a.m. to 6 a.m. on Wednesdays for senior shoppers, aged 65 and older, who must present government identification at the store entrance. A single caretaker is allowed to shop on behalf of the individual for whom he/she cares.
  - [Find your nearest Food City](#)

### **Safeway**

- Safeway will open from 7 a.m. to 9 a.m. on Tuesdays and Thursdays for senior shoppers and shoppers with “underlying health concerns.”
  - [Find your nearest Safeway](#)

### **Sam’s Club**

- Sam’s Club will open from 5 a.m. to 6 a.m. on Wednesdays for senior shoppers, aged 65 and older, who must present government identification at the store entrance. A single caretaker is allowed to shop on behalf of the individual for whom he/she cares.
  - [Find your nearest Sam’s club](#)

### **Target**

- Target will reserve the first shopping hour from 8 a.m. to 9 a.m. on Wednesdays for senior shoppers and shoppers with “underlying health concerns.”
  - [Find your nearest Target](#)

### **Walmart**

- Walmart will open an hour early on Tuesdays for senior shoppers 60 years old or older. This senior hour will last from 6 a.m. to 7 a.m. each Tuesday.
  - [Find your nearest Walmart](#)

### **Whole Foods Market**

- Whole Foods Market will open an hour early every day for senior shoppers 60 years old or older. This senior hour will vary based on each location’s normal hours.
  - [Find your nearest Whole Foods Market](#)



## Financial Assistance

*If you need help with a federal agency or feel you have been treated unfairly, our office may be able to help. Call us at (602) 956-2463 or [open a case with us online](#).*

### Direct Federal Payments

If you have a work-eligible social security card number and made up to \$75,000 last year, you should have received a one-time \$1,200 federal rebate, \$2,4000 for married couples and an additional \$500 for each of your children. That rebate will be less if you make more than \$75,000 a year. If you never got one, you should [check on the status of your check](#) or call the Internal Revenue Service's hotline at (800) 919-9835. You can also call our office at (602) 956-2463, [open a case with us online](#) if you had a problem with the IRS or another federal agency or watch [our April webinar on this topic](#).

### State Financial Assistance

The Arizona Department of Economic Security (DES) and its community partners will continue to provide services to help individuals and families meet their basic needs, including:

- **Unemployment Insurance** for individuals who are [involuntarily unemployed as a result of COVID-19](#). You can [apply or file for unemployment insurance here](#).
  - You can find [employment resources and job listings at Arizona@Work](#).
- **Short Term Crisis Services Program (STCS)** provides temporary assistance to low-income families experiencing an emergency need, [including rental and utility assistance](#).
- **Mortgage Assistance** for homeowners who have been directly or indirectly affected by coronavirus and are [struggling to make mortgage payments](#).
- **Child Care Assistance** to eligible families in need so they can continue education or employment while ensuring a safe environment [through DES](#) or the [Arizona Child Care Resource & Referral](#).
- **Cash, Medical and Nutritional Assistance:**
  - The [Cash Assistance Program](#) provides temporary cash benefits and supportive services to needy Arizona children and their families. For more information.
  - The [Supplemental Nutrition Assistance Program](#) provides eligible households with monthly benefits. You can [apply for benefits here](#).
  - The DES Coordinated Hunger Relief Program partners with regional food banks to [provide food to individuals in need](#).
  - The [Congregate and Home Delivered Meals](#) programs provide nutritious meals to eligible older adults. Currently, although schools are closed statewide, several districts are providing free meal delivery and pickup for students. Check with your local school district to learn what options are available for you.



## State Housing Assistance

The Arizona Department of Housing is the best place you can go for [the latest information](#) on state community action agencies that offer emergency Eviction and Utility Assistance. They have resources for [rental eviction prevention assistance](#) and [rental and housing support by county](#). You can call them at (602) 506-5911. We also have [an April webinar on this topic](#). If you need to find housing in your area, [Arizona 211 has a full list of programs](#).

Try the following for mortgage help:

- [Fannie Mae](#) (if your mortgage is owned by them) – (800) 232-6643
- [Freddie Mac](#) (if your mortgage is owned by them) – (800) 373-3343
- [CFPB, FHFA & HUD](#)
- [Save Our Home AZ](#)

## Utility Bill Assistance

If you need help paying for your utility bills, you can reach out to a handful of organizations.

- **Arizona Department of Housing** has a [short term crisis services program](#).
- **Arizona Public Service Company** runs a [residential assistance plan](#) and says it will keep your power on even if you don't pay, waive late fees and promote a Customer Support Fund for those who missed payments and need help paying. You can reach APS about its Customer Support Fund weekdays from 7:00 a.m. to 7:00 p.m. at (602) 371-7171.
- **Arizona 211** can provide [tailored information](#) on bill assistance.
- **The Arizona Department of Housing** [works with Community Action Agencies](#) to help people pay their bills. Find help in your county using the table below.

<b>County Community Action Agency</b>	<b>Contact</b>
Apache County <a href="#"><i>Northern AZ Council of Governments</i></a>	(928) 774-1895
Cochise County <a href="#"><i>South Eastern Arizona Community Action Program</i></a>	(928) 428-4653
Coconino County <a href="#"><i>Coconino County Community Services Department</i></a>	(928) 679-7455
Gila County <a href="#"><i>Gila County Community Action Program</i></a>	(928) 425-7631
Graham County <a href="#"><i>South Eastern Arizona Community Action Program</i></a>	(928) 428-4653
Greelee County <a href="#"><i>South Eastern Arizona Community Action Program</i></a>	(928) 428-4653
La Paz County <a href="#"><i>Western Arizona Council of Governments</i></a>	(928) 782-1886
Maricopa County <a href="#"><i>Maricopa County Human Services</i></a>	(602) 506-5911
Maricopa County (Glendale) <a href="#"><i>City of Glendale Community Action Program</i></a>	(623) 930-2854

Maricopa County (Phoenix) <a href="#"><u><i>City of Phoenix Human Services</i></u></a>	(602) 534-2433
Maricopa County (Mesa) <a href="#"><u><i>Mesa Community Action Network</i></u></a>	(480) 833-9200
Mohave County <a href="#"><u><i>Western Arizona Council of Governments</i></u></a>	(928) 782-1886
Navajo County <a href="#"><u><i>Northern Arizona Council of Governments</i></u></a>	(928) 774-1895
Pima County <a href="#"><u><i>Community Action Human Resources Agency</i></u></a>	(520) 724-2667
Pinal County <a href="#"><u><i>Community Action Human Resources Agency</i></u></a>	(520) 466-1112
Santa Cruz County <a href="#"><u><i>South Eastern Arizona Community Action Program</i></u></a>	(928) 428-4653
Yavapai County <a href="#"><u><i>Northern Arizona Council of Governments</i></u></a>	(928) 774-1895
Yuma County <a href="#"><u><i>Western Arizona Council of Governments</i></u></a>	(928) 782-1886
Statewide <a href="#"><u><i>Portable Practical Educational Preparation</i></u></a>	(520) 770-2500
Tohono O’Odham Reservation <a href="#"><u><i>Tohono O’Odham Nation</i></u></a>	(520) 383-6250

### **Paid and Sick Leave**

If you’re being told by your doctor or health care provider to stay home, at the hospital or not go to work because of COVID-19, need to care for a family member or friend who’s contacted, you might be able to get two weeks of paid sick leave from your employer. Your employer, typically if they employ between 50 and 500 people, may also be able to get a tax credit to offset the amount of leave they give you. This was made possible by the Families First Coronavirus Response Act and the CARES Act mentioned on page nine. Guidance on how these funds is being spent has been released by the U.S. Department of Labor’s Wage and Hour Division, which gave guidance for [employees](#), [employers](#) and [answers to frequently asked questions](#).

### **Filing your taxes**

You have until July 15, 2020 to do it by mail or online, which is three more months than you usually get. The IRS has [published information about these deadlines](#) as well as [answers to frequently asked questions](#). The agency also houses the independent [Taxpayer Advocate Service](#) to shepherd you through any problems you may encounter when paying your taxes.

## Resources for Healthcare Workers

### U.S. Department of Veterans Affairs: National Center for PTSD

Healthcare workers are trained for stressful situations, but this pandemic is bringing an overwhelming sense of fatigue and stress for these important workers. That's why the Department of Veterans Affairs provides a [brief guide to help relieve that stress](#). If you need help with PTSD now, call (800) 273-8255 (Press 1 if you are a veteran). You can call them for more information at (802) 296-6300 or email them at [ncptsd@va.gov](mailto:ncptsd@va.gov)

### National Union of Healthcare Workers

This California-based labor union provides the [Covid-19 Healthcare Workers Bill of Rights](#), a policy document that outlines how to care and best uphold the rights of health care workers during the pandemic.

### PPE, Lodging, Travel, Food and More Resources

- **Nurse.org** frequently updates [an exhaustive aggregated list of resources for nurses and healthcare workers](#) and volunteer and donation opportunities for people outside the field. This list is far more extensive than one we could provide. It would almost double the size of this guide.
- **The American Nurse Association** has [a compilation of resources aimed for nurses during the global pandemic](#) including a coronavirus response fund, webinar series, and questions. It also has a [free COVID-19 webinar](#) on protecting yourself and providing the best care for your patients.
- **American Association of Critical Care Nurses** gives [free training to provide nurses with the knowledge](#) on COVID-19 pulmonary, ARDS, and ventilator resources to help ICU COVID-19 patients.
- **Maricopa County PPE Donation Management program** hopes to serve those who serve our community. Anyone and any organization can donate to help those in their time of need. Bring donations to 1645 E. Roosevelt St. Phoenix, AZ 85006 Monday through Friday from 9:00 am to 1:00 p.m.

## Resources for Small Businesses

### Small Business Administration (SBA)

Arizona businesses impacted by COVID-19 can [apply for a loan](#) through the Small Business Administration. SBA may also be able to assist with export challenges by [helping identify alternative markets or providing STEP vouchers to defray costs](#). Call them at (800) 659-2955 or email them at [disastercustomerservice@sba.gov](mailto:disastercustomerservice@sba.gov). You can also refer to [our detailed guide to SBA resources](#) help you get started and answer common questions, see a [list of qualified SBA lenders](#) in Arizona [watch our webinar on small business solutions](#).

### State Small Business Resources

- **Arizona Commerce Authority** focuses on promoting and advocating for business interests, especially during this pandemic. The agency continually updates a [resource page](#) with business guidance, financial resources, workforce tools and more.
- **Arizona Governor's Office** has a list of [executive actions](#), [reopening guidance for businesses](#), information on efforts to slow the spread of COVID-19 and other [business resources from the Arizona Together initiative](#).
- **Maricopa County Small Business Development** offers a [fact sheet on SBA loans](#).

### Non-Governmental Small Business Resources

- **U.S. Chamber of Commerce** offers a [small business guide and checklist](#) to walk you through loan eligibility, qualifications, amount restrictions, forgiveness and more.
- **Local First Arizona** supports independent, locally owned businesses with a variety of resources to help small businesses during this time. The group also offers [direct SBA assistance](#), [banking resources](#). You can call them at (602) 956-0909 (press 9 for Spanish or email at [fuerzalocal@localfirstaz.com](mailto:fuerzalocal@localfirstaz.com) or [info@localfirstaz.com](mailto:info@localfirstaz.com)).
- **Greater Phoenix Economic Council** provides a [financial resource guide](#) for businesses, which includes summaries of the CARES Act, SBA Assistance, PPP and much more.
- **Arizona Small Business Development Center Network** has a [comprehensive and accessible statewide resource](#) source of assistance for small businesses in every stage of development. Its [COVID-19 resource page](#) walks you through SBA loans, provides a PPP lender list and help, breaks down CARES Act support and can provide quick, tailored assistance. Email them at [azsbdc@domail.maricopa.edu](mailto:azsbdc@domail.maricopa.edu).
- **Community Investment Corporation** is a nonprofit economic development organization dedicated to the prosperity of Pima County. The CIC is supporting local small businesses in this time of uncertainty via [specialized loan products and partnerships](#).
- **National Restaurant Association** compiled a [list of resources and general information on COVID-19](#) as it relates to restaurant practices. Call them at (602) 307-9134.

### Non-Governmental Restaurant Employee Help

- **Another Round Another** Rally provides reimbursement grants and educational scholarships for hospitality industry workers. Those who are unemployed or face hour

cuts since the outbreak can [apply for a \\$500 relief grant](#). Contact CEO and Co-Founder Amanda Gunderson (818) 510-0900 or [amanda@AnotherRoundAnotherRally.org](mailto:amanda@AnotherRoundAnotherRally.org) or Co-Founder Travis Nass (480) 239-8708 or [travis@AnotherRoundAnotherRally.org](mailto:travis@AnotherRoundAnotherRally.org)

- **The Restaurant Workers' Community Foundation** is a nonprofit created by and for restaurant workers that help address issues that restaurant workers experience. They have been collecting [information and links to resources](#) that will help both restaurants and workers deal with the COVID-19 emergency.
- **USBG National Charity Foundation** focuses on advancing the stability and wellbeing of service industry professionals through education and charitable activities. You can call them at (855) 655-8724, email them at [foundation@usbg.org](mailto:foundation@usbg.org) or [find them online](#).
- **Bartender Emergency Assistance Program** offers grants to bartenders who have been impacted by catastrophic events. USBG defines a "Bartender" as an individual employed in serving beverages or otherwise engaged in the production, promotion or distribution of alcoholic beverages. Find out if you're [eligible and apply](#).

## Resources for Senior Citizens

### **AARP Arizona**

AARP offers [news, guidance and resources](#) for those most at risk from this virus and prolonged isolation. [Find help in your city](#), consumer tip sheets and answers to common questions.

### **Alzheimer's Association Desert Southwest Chapter**

[Alzheimer's Association Desert Southwest Chapter](#) provides education and support to those with Alzheimer's and similar conditions, their family and caregivers. The group has guidance [on how to best care for seniors during COVID-19](#). You can call their 24/7 hotline at (800) 272-3900.

### **Area Agency on Aging Region One**

[The Area Agency on Aging, Region One](#), a private nonprofit organization that makes and coordinates programs and services in Maricopa County for older adults and those that care for them and promotes donation and volunteer opportunities. You can call them at (602) 264-4357.

### **Arizona Caregiver Coalition**

[Arizona Caregiver Coalition](#) provides a caregiver hotline, current information, self care tips and COVID-19 resources from other organizations. Call their resource line at (888) 737-7794.

### **Arizona Grandparent Ambassadors**

[The Arizona Grandparent Ambassadors](#) has updates its [list of COVID-19 resources](#), including visitation guidance, a community resource list, food and housing assistance and much more.

### **Banner Alzheimer's Institute**

The [Banner Alzheimer's Institute](#) has altered its operations to continue providing care and conducting research. Here's its list of [COVID-19 patient resources](#). Call them at (833) 252-5535.

### **Benevilla**

[Benevilla](#) offers mostly volunteer-supported programs for seniors, adults with disabilities, children and their families that address needs like memory care, physical therapy and more.

### **Duet**

[Duet](#) is a nonprofit, interfaith organization that aims to help homebound adults, their caregivers and their family through errand assistance and medical appointment transportation for free.

### **FSL**

[Arizona's Foundational for Senior Living](#) seeks and gives donations and care, [like meals, errand help and in-home medical care](#) to help seniors continue living as comfortably as they can.

### **Justice in Aging**

[Justice in Justice In Aging](#) works to help every senior live with dignity regardless of their socioeconomic backgrounds. The group offers a [resource library](#) that houses [webinars](#), issue briefs and advocate guides to help people deal with challenges of state and federal programs.

## Resources for Veterans

### Veterans Who May Have COVID-19

If you have symptoms, before visiting your VA medical facility, community provider, urgent care center, or emergency department, call them or call MyVA311 (844) 698-2311 and press #3.

### U.S. Department of Veteran Affairs

The Department of Veteran Affairs [provides a list of their COVID-19 response](#) with advice for veterans on how to best protect themselves and a [resource guide for managing stress](#). Veterans in crisis can call the department's hotline at (800) 273-8255 (press 1) or use its [online crisis chat](#). For all other questions, call the department at (844) 698-2311 or text them at 838255. To learn more about the VA's financial relief actions, claims filing and time limit extensions for new or existing claims and other frequently asked questions, [visit the department's FAQ page](#).

- The Phoenix VA Regional Office won't accept walk-ins for claims assistance, appointments or any in-person service. [Do things online instead](#) or call (800) 827-1000.

### Arizona Department of Veterans' Services

Like the federal Department of Veteran Affairs, the [Arizona Department of Veterans' Services](#) connects local veterans with the services they need. As of July 2, the department said it is complying with federal and state guidelines by closing its buildings to the public and providing services online. You can learn how services have changed and who to call for what you need by reading their [brief resource guide](#). You can call them at (602) 255-3373 or [contact them online](#).

### Disabled American Veterans

Disabled American Veterans created an [unemployment relief fund](#) for service-connected, veterans with disabilities. They may also be able to help connect with finding local services. You can call them at (877) 426-2838 or [contact them online](#).

### Paralyzed Veterans of America

PVA is an organization that offers support to paralyzed veterans and often medical information as well. [The group's resource guide](#) offers how to take care of oneself, including information on high risk factors of paralyzed individuals, frequently asked questions, and a variety of resources. It also provides a [disaster relief fund](#) for those who need it and [unemployment information for student veterans](#). You can call them at (800) 424-8200 or TTY at (800) 795-9140.

### Financial Assistance for Military Families

Military Assistance Mission provides financial assistance to those affected by COVID-19 by [providing them with an E-card to purchase essentials](#). Call them at (602) 246-6421.

## Resources for Teachers students & Families

### Arizona Department of Education

The Arizona Department of Education [regularly shares guidance](#) about when and how to go back to school, statewide testing, provision of special education services, school meals, and more. You can call them at (602) 542-5393.

### School District Guidance

As of July 8, the first day of the school year could be as soon as August 17. Schools follows the same state guidance, but they will make the best decisions for them. Find your district below and go to their website or call them to see what the latest plans are for the coming school year.

<b>School District COVID-19 Information</b>	<b>Contact</b>
<a href="#">Balsz School District</a>	(602) 629-6400
<a href="#">Chandler Unified School</a>	(480) 812-7240
<a href="#">Creighton School District</a>	(602) 381-6000
<a href="#">Kyrene School District</a>	(480) 541-1660
<a href="#">Glendale Union High School District</a>	(623) 435-6000
<a href="#">Madison School District</a>	(602) 664-7900
<a href="#">Mesa Public Schools</a>	(480) 472-0000
<a href="#">Osborn School District</a>	(602) 506-5911
<a href="#">Phoenix Union High School District</a>	(602) 764-1100
<a href="#">Scottsdale Unified School District</a>	(480) 484-6234
<a href="#">Tempe Union High School District</a>	(480) 839-0292
<a href="#">Tempe Elementary School District</a>	(480) 730-7100
<a href="#">Washington Elementary School District</a>	(602) 347-2600



## University Resources and guidance

As colleges across the country prepare for the most unusual school year in recent memory, Arizona's three state universities have given resources and guidelines for faculty and students. While say they aim to protect the health of their students, they have different approaches.

- **Arizona State University** has a [COVID-19 website](#) that provides students with current news on the virus, university announcements and answers to common questions. Here is the school's [plan for the coming Fall 2020 semester](#).
- **University of Arizona** has a [COVID-19 resource page](#), as well as weekly briefings, updates on mitigation measures, re-entry plans and much more. Here is the school's [plan for the coming Fall 2020 semester](#).
- **Northern Arizona University** has a [COVID-19 resource page](#) and [one for first generation students](#) listing out the university's plans for the upcoming Fall 2020 semester

## Student Loans

- **Emergency Student Loan Forbearance:** The U.S. Department of Education paused payments on federal student loan payments and lowered loan interest to 0 percent from March 13<sup>th</sup>, 2020 to September 30<sup>th</sup>, 2020. Find [updates](#) and your [loan servicer](#).

## U.S. Department of Education

Find information and resources for schools and school personnel from the department [including information about the CARES Act Emergency Relief, remote learning resources and more](#). It also walks parents through [how to help keep children with disabilities learning](#) in these times.

## Parenting in COVID

This might be the toughest time to raise a child, but you aren't alone and there are people who can help. The University of Arizona's Mel & Enid Zuckerman College of Public Health's [online toolkit for parents and teachers](#) provides tips on how to talk with your kids about COVID and how to help keep them safe, as well as helping teachers and administrators make this pandemic a learning opportunity for students. Other resources for parents include:

- [AZ Health Zone's](#) COVID-19 school meal resource.
- [Common Sense Media's](#) resources for families, like time management apps, daily schedules, games, audiobooks and lessons on good hygiene.
- [National Child Traumatic Stress Network's](#) parent and caregiver guide to help families cope with the stresses and challenges of COVID-19.
- [Ready.gov](#) – A guide for helping children cope with the pandemic.
- [U.S. Centers for Disease Control and Prevention's](#) COVID-19 family preparation guide.

## Remote Learning for Children and Families

- **CoolMath Games** offers [free math games](#) for adults and kids during the day.
- **National Geographic** provides [educational resources for children](#) at home of various ages including summer programs and is also holding daily broadcasts at 11:00 MST.
- **Out School** offers [low-cost online classes](#) for kids ages 3-18.

- **Smithsonian Learning Lab** has resources for teachers and children, [events, and more](#).

### Remote Learning for High School or College Students

- **Academic Earth** offers [free online college courses](#).
- **ALISON** is a [free online learning platform](#) with fee for company monitoring.
- **Code Academy** is a [free coding platform](#) with both paid and team-based packages.
- **Coursera** has [free and paid courses](#) with graded assignments and certifications.
- **Duolingo** is a [free language learning platform](#).
- **EdX** offers [free online courses](#) with paid certificate option.
- **Engineer4Free** is a [free university-level](#) engineering tutorial site.
- **Free Code Camp** has links to [450 free Ivy League courses](#).
- **Girls Who Code** offers [at-home coding activities](#) aimed to empower young women.
- **LinkedIn Learning** offers [free online courses](#).
- **Khan Academy** offers subject tutoring and SAT/ACT help, maintains a [daily schedule for kids](#) to keep them learning and [provides resources for parents and teachers](#).
- **Marginal Revolution University** offers [free courses on economics](#).
- **MIT Open Courseware** offers [free online courses provided by MIT](#).
- **No Red Ink** offers [free writing curriculum](#).
- **Out School** offers [low-cost online classes](#) for kids ages 3-18.
- **Open Culture** offers [free cultural and educational media hub](#).
- **Open Learn** offers [free online courses](#) from The Open University.
- **Prodigy** is a [free math platform](#) for students, teachers and admin.
- **Purple Math** offers [free math courses](#).
- **Wide Open School** offers [online teaching resources](#) for teachers and families.