



# COVID-19 Resources for Participants

Updated as of 3/20/2020

## Basic Information

- What you need to know about COVID-19 from the [Center for Disease Control](#)
- [Minnesota Department of Health – Guidance for All Minnesotans](#)
- For health-related questions, call 651-201-3920 or 1-800-657-3903 between 7 a.m. to 7 p.m.
- United Way First Call for Help provides comprehensive, up to date information and referral statewide. [Visit their website](#) or call 1-800-543-7709.

## Food

- Find resources at [MN Hunger Solutions](#) or call 1-888-711-1151.

## Education

- [School closure information](#)
- For Minnesota Department of Health, schools and childcare questions, call 651-297-1304 or 1-800-657-3504 between 7 a.m. to 7 p.m.

## Employment Information

- Visit [MN DEED information and resources for workers](#)

## Unemployment:

- [How to apply for unemployment insurance](#)
- Please only call if you need interpreter services or do not have online access. Wait times are very long.
  - o Twin Cities area: 651-296-3644
  - o Greater Minnesota: 1-877-898-9090
  - o TTY (for the hearing impaired): 1-866-814-1252

## Mental Health

- [NAMI](#)
- CDC tips for [managing stress and anxiety](#)

## Internet Access

- [Comcast](#)
- [National Digital Inclusion Alliance](#)