

Centers For Disease Control and Prevention

[COVID - 19](#)

[Talking with Children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children](#)

[Keeping Workplaces and Homes Safe](#)

[Consideration for School Closures](#)

Minnesota Department of Health

[Strategies to Slow the Spread of COVID-19 in Minnesota](#)

For Families, Caregivers and Teachers

[Talking with Children: Tips for Caregivers, Parents and Teachers During Infectious Disease Outbreaks](#) by Substance Abuse and Mental Health Services Administration

[Talking to Kids about the Coronavirus](#) by Child Mind Institute

[Talking to Children about COVID -19: A parent Resource](#) by National Association of School Psychologists

[COVID - 19 Planning and Checklist for Parents and Families](#) by American Federation of Teachers

[Talking with Children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children](#) by Centers for Disease Control

[How to talk to your kids about Coronavirus](#) article by Nancy Kislin, LCSW, MFT, Child and Adolescent Psychotherapist

Minnesota Department of Education

[Questions and Answers on Providing Services to Children with Disabilities During the COVID-19 Outbreak](#)

[Fact Sheet: Impact of COVID-19 on Assessments and Accountability under the Elementary and Secondary Education Act \(March 12, 2020\)](#)

The Office for Civil Rights issued a [Letter to Education Leaders on Preventing and Addressing potential discrimination associated with COVID-19](#).

Unemployment Benefits

[Minnesota Department of Employment and Economic Development](#)

Apply for unemployment benefits online (using link above) or by phone to know if you are eligible.

Phone number (for Twin Cities area): 612-296-3644

Electricity/Energy Information

Until further notice, Xcel Energy is suspending service disconnections. Xcel will not disconnect residential customers' electric or natural gas service at this time, due to challenges being faced by customers during COVID-19 spread.

For more information:

https://www.xcelenergy.com/company/media_room/news_releases/xcel_energy_suspends_service_disconnections?utm_source=facebook&utm_medium=social&utm_campaign=3201969841

Mental Health and Stress Management Resources

Minnesota Department of Human Services--[Teledelivery of Mental Health Services](#)

[Coping with Stress During Infectious Disease Outbreaks](#)

[Taking Care of Your Mental Health in the Face of Uncertainty](#)

When everything feels overwhelming, check out [tips for taking in rapidly changing news](#).

De-stress together with [meditation apps for kids and families](#).

Health Care and Insurance

Individuals and families that qualify for the Children's Health Insurance Program (CHIP) or Medicaid can enroll at any time of the year, and there are enrollment options online, by phone, by mail or in person. For more information visit [insurekidsnow.gov](https://insurekidsnow.gov/healthcare.gov) or [healthcare.gov](https://insurekidsnow.gov/healthcare.gov)

The Centers for Medicare and Medicaid Services has provided the following fact sheets on payment for medically necessary medical services related to COVID-19:

- [Coverage and Payment Related to COVID-19: Medicare](#)
- [Individual and Small Group Market Insurance Coverage](#)

-Free Virtuwel online COVID-19 Assessment:

<https://blog.virtuwel.com/coronavirus-assessment/>

This is to evaluate if the user would need to be tested for COVID-19 using assessment questions about symptoms, travel history, and potential exposure to infected patients. If a user meets criteria for testing, they will be connected to a nurse for more comprehensive assessment.

Internet Access and Phone Service

Internet:

Comcast

Individuals and families that identify as low-income may receive free WiFi internet access through Comcast for 60 days during the COVID-19 outbreak **starting on Monday, March 16th**. All new customers will receive a free self-install kit that includes a cable modem and WiFi router, and there is no term contract.

To sign-up:

-Visit www.internetessentials.com

OR

-Call 1-855-846-8376 (English), 1-855-765-6995 (Spanish)

There is an option for video chat with an ASL interpreter, located on the website listed

Charter/Spectrum

Charter will offer free Spectrum broadband and WiFi access for 60 days to households with K-12 and/or college students who **do not** already have a Spectrum broadband subscription at any service level up to 100 Mbps. Installation fees will be waived for new student households.

To enroll:

Call 1-844-488-8395

****Note:** Ask for Sales department, and indicate that you are calling about the promotion available for students impacted by the COVID-19 closings**

****Additional note:** Set a reminder for 60 days after service starts, to call and cancel service so that you are not charged for when the promotion ends**

Cell phone:

AT&T, Sprint, T-Mobile, Comcast and Verizon have agreed to take the following action for at least the next 60 days:

- They will not terminate service to any residential or small business customers because of their inability to pay their bills due to the disruptions caused by COVID-19 spread.
- They will waive any late fees that any residential or small business customers incur because of their economic circumstances related to the COVID-19 spread.
- They will open their WiFi hotspots to any American who needs them

T-mobile (as of 3/16/20)

ALL current T-mobile and Metro by T-Mobile customers who have plans with data will have unlimited smartphone data for the next 60 days (excluding roaming). Providing T-Mobile and Metro by T-Mobile customers and additional 20GB of mobile hotspot/tethering services for the next 60 days - coming soon.

For more info: <https://www.t-mobile.com/news/t-mobile-update-on-covid-19-response>

Sprint (as of 3/16/20)

Customers with metered data plans will receive unlimited data per month for 60 days (a minimum of 2 billing cycles) at no extra cost.

Verizon

<https://www.verizon.com/about/news/update-verizon-serve-customers-covid-19>

AT&T

All AT&T consumer home internet wireline customers, as well as Fixed Wireless Internet, can use unlimited internet data. Additionally, we'll continue to offer internet access for qualifying limited income households at \$10 a month through our Access from AT&T program.

<https://about.att.com/pages/COVID-19.html>

Keeping your devices sanitized:

- Keep your device clean. Spray a non-abrasive or alcohol-based (70% isopropyl) disinfectant directly on a soft lint-free cloth and wipe down your device while it is powered down and unplugged
- Share things like photos through text messages instead of passing your phone around
- Since devices can collect germs, avoid putting your device on public surfaces and try to use a Bluetooth device or a hands-free headset to minimize the device's exposure to your face

Food/Meal Resources

[Second Harvest Heartland](#): Use their online search tool locate emergency food services in your area you

-Brian Coyle Community Center (Minneapolis)-- Food shelf serving all Minneapolis residents, open Monday-Friday 8:30 am-7:30pm, Saturday 10am-5pm

Address: 420 15th Ave. S., Minneapolis

Phone number: 612-338-5282

-Community Emergency Service (Minneapolis)--Neighborhood Food Shelf, open Monday-Thursday with doors opening at 10:30am (receive a number for the day), registration starts @ 12:30pm, and shelf runs 1-4pm

Address: 1900 11th Ave. S., Minneapolis

Phone number: 612-870-1125

-Catholic Charities Opportunity Center (Minneapolis)--The Opportunity Center provides breakfast and lunch meals every day, in addition to other supportive services (medical and mental health care, showers, employment counseling).

Open from 7 am-4:30pm daily

Address: 740 17th St. E., Minneapolis

-Que Viet (NE Minneapolis)-- Kids can receive a free order of fried rice starting 3/18.

Address: 2211 Johnson St., Minneapolis

-Peoples Organic (Minneapolis, Edina and Eden Prairie)-- Offering free meals for kids

-Salvation Army (St. Paul)-- Food shelf Mondays & Wednesdays @ 9am, Tuesdays and Thursdays @ 1pm

Address: 401 W. 7th St., ST. Paul

Phone number: 651-224-4316

-Catholic Charities Opportunity Center (St. Paul)--The Opportunity Center provides 3 free meals a day.

Other services include: physical, mental and chemical healthcare, employment training programs and job search assistance, housing search and placement services, access to VA benefits, SNAP, Medical Assistance, financial and legal support services, showers, laundry and storage services.

Open from 9am to 5:30 pm daily

Address: (Downtown St. Paul) 422 Dorothy Day Place, St. Paul, 55102

Phone number: 651-404-6407

-Hope Breakfast Bar (St. Paul)--Will provide free breakfast for students and families, by going to pick-up food (they will bring food out to you in a takeout bag).

Address: 1 South Leech St., St. Paul

If you are interested, please contact Brian@hopebreakfast.com

-Day by Day Cafe (St. Paul)--Offering hot dogs and chips at no charge starting 3/16

Address: 477 W. 7th St., St. Paul

-Station 280 (St. Paul)-- providing free lunches to students starting 3/16 (stop in after 11 am). Lunches include: milk, orange juice, turkey sandwich, fruit snack, and apple.

Address: 2554 Como Ave. #7, St. Paul

-Granite City Food & Brewery (Roseville)--Every child can receive a free lunch containing a turkey sandwich, chips and applesauce. Completely free, no other purchase necessary. Ask for a manager to receive the free lunch.

Address: 1595 Hwy 36 W., Roseville

-Piada Italian Street Food (MOA, Eagan, Woodbury)-- Offering a free kids pasta with sauce, cheese, and a fountain drink. Monday-Friday from 3/16-4/3, during lunch hours of 10:45am-1 pm

Addresses: MOA (N326)

Eagan (3380 Central Park Village Dr.)

Woodbury (345 Radio Dr. Building N, Space 101)

-Ha Long Bay (White Bear ,St Paul)--Between 3/16/20-3/27/20, Monday-Friday
11am-2pm any child who receives free/reduced lunch at school, can receive free lunch
with no purchase necessary. Dine in or take out. Parent/Guardians mention "KidsMeal"
to the cashier or server.

Address: 2741 Co. Rd. East, St. Paul

-Billy's on Grand (St Paul) -- 11am-2pm, kids 14 and under eat free

Address: 857 Grand Ave, St Paul

-El Tejaban (Richfield)-- Offering free kids meals to all kids under 15 years old from
11am-5pm 3/16/20-4/1/20

Address: 6519 Nicollet Ave., Richfield