

Last Updated - 3/20/2020

## ST. LOUIS & EAST ST. LOUIS - RESOURCE GUIDE

This document is created as a resource and guide for the St. Louis region. Please share widely and use it as a tool to share resources with family, friends, and the community.

### More local resources:

- St. Louis Local and General Resources - <https://bit.ly/3b3F2ZS>
- St. Louis Resource Guide - <https://bit.ly/33orhIW>

### List of government-initiated mandates and closures in Metro St. Louis:

[https://docs.google.com/spreadsheets/d/1NawwB1DHoOQ\\_IdvBnz8tnVR55pp4lQnAO4UONVxiHwk/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1NawwB1DHoOQ_IdvBnz8tnVR55pp4lQnAO4UONVxiHwk/edit?usp=sharing)

National COVID-19 Resource Kit - <https://bit.ly/3a1VZ6U>

## LOCAL ADVOCACY SUPPORT REQUEST

COVID-19 is an unique challenge that is impacting our vulnerable populations the most and as such communities will suffer greatly. Organizations have come together who are committed in justice and equity in the region to recommend policy and practice changes.

As they shared, “If our region is to effectively combat the spread of this virus, and truly prioritize the health of all its people, we must today adopt an approach that centers the needs of those who are otherwise likely to be most impacted. For this reason, local and state policymakers should implement a comprehensive set of policies targeted at the following populations most at risk of contracting this disease, and the institutions and practices that pose the greatest threat. Our shared safety and health depends upon it.”

To learn more and support these initiatives – **sign the petition:**

<https://www.ipetitions.com/petition/stlmocovid19response>



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**National, St. Louis, and East St. Louis updates highlight general updates that may be most commonly asked questions. For more LIVE updates this seems like a good resource from St. Louis Post Dispatch - <https://bit.ly/2U59hu0>**

## COUNT OF KNOWN CORONAVIRUS CASES

**Numbers updated 11:45 a.m. Friday March 20**

**Missouri:** 1 death, 47 known cases. Cases include 10 in **St. Louis County**, five in **St. Louis city** and one in St. Charles County.

**Illinois:** 4 deaths, 422 known cases. Cases include **three in St. Clair County** and one in Madison County. Gov. J.B. Pritzker announced the death total on Thursday.

**National:** At least 15,650 people in all 50 states, Washington, D.C. and Puerto Rico have tested positive for coronavirus, **according to a New York Times database**. At least 202 patients with the virus have died.

## NATIONAL UPDATES

**CDC Information -**

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

**WHO Information -**

<https://www.who.int/health-topics/coronavirus>

**Coronavirus Support Network -**

<http://coronavirusnetwork.org/resources/>

3/20/2020

The income tax filing date has been pushed back from April 15 to July 15. The secretary of the treasury announced the decision in a tweet on Friday. [Read more.](#)

3/19/2020

New C.D.C. data showed that nearly 40 percent of hospitalized patients in the U.S. [were aged 20 to 54](#). But the risk of dying was significantly higher in older people.

Last Updated - 3/20/2020

3/18/2020

White House [announced](#) a suspension in foreclosures and evictions for Federal Housing Administration-insured mortgages for single family properties for the next 60 days.

3/16/2020

White House urged the public to avoid gatherings no larger than 10 people. CDC recommends cancelling all events of 50 or more people for the next 8 weeks (March 15, 2020).

## **ST. LOUIS, MO UPDATES**

3/20/2020

St. Louis County introduced a text message service Friday for alerts with new information about the coronavirus. [Read more.](#) To receive alerts, text STLOUISCOALERT to 67283.

3/19/2020

While jobs are drying up at restaurants, bars and many retailers, some St. Louis businesses are hiring. Schnucks and Dierbergs, for instance. Both grocery chains said they need to add workers to meet the demand created by the coronavirus pandemic. Some of the jobs will be temporary, but some could last beyond the immediate crisis. [Read more.](#)

3/18/2020

City of St. Louis and St. Louis County is restricting the size of events and social gatherings to no more than TEN people.

3/17/2020

Carry-out only: Restaurants in St. Louis County and City ending eat-in service by midnight Thursday

3/16/2020

Ameren Missouri - Suspends all disconnections for non-payment and forgive any late payment fees for residential and business customers

Spire has suspended disconnects and late fees until May 1 for residential and business customers.

Last Updated - 3/20/2020

St. Louis Housing Authority and Sheriff Betts - there will be a moratorium on evictions until further notice to ensure individuals can maintain access to housing. **\*note from author - evictions can still occur if a judgement has already been entered - individuals should take note**

City Office of Treasurer - All tickets written today, 3/16 are voided. Parking meters will be free and no tickets will be written through April 6, 2020. Penalties will be frozen through April 15, 2020.

St. Louis County Housing Authority confirmed there will be no eviction proceedings in public housing for at least the next 30 days. **\*note from author - evictions can still occur if a judgement has already been entered - individuals should take note**

All scheduled events and social gatherings with more than 50 people in attendance are prohibited in St. Louis City, St. Louis County, St. Charles County, St. Clair County, and Madison County.

Recommended that by March 18, all public, private, charter, and parochial schools in St. Louis City, St. Louis County, St. Charles County, St. Clair County, and Madison County close until further notice. Decision reevaluated by April 3.

## **EAST ST. LOUIS, IL UPDATES**

3/19/2020

While jobs are drying up at restaurants, bars and many retailers, some St. Louis businesses are hiring. Schnucks and Dierbergs, for instance. Both grocery chains said they need to add workers to meet the demand created by the coronavirus pandemic. Some of the jobs will be temporary, but some could last beyond the immediate crisis. [Read more.](#)

3/18/2020

Bus fares in Madison County will be suspended starting Wednesday to eliminate the passing of cash, tokens and bus passes between passengers and drivers, according to Madison County Transit. Also included are the transit's runabout paratransit services for elderly and disabled riders.

3/16/2020

Ameren Illinois - Suspends all disconnections for non-payment and forgive any late payment fees for residential and business customers

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## CONTACT INFORMATION FOR RESOURCES

**Missouri residents:** For general questions about COVID-19 and Missouri's response, contact 877-435-8411 or visit [health.mo.gov](https://health.mo.gov).

**St. Louis City:** For general questions, contact City of St. Louis Department of Health - 314-657-1499 or visit <https://www.stlouis-mo.gov/government/departments/health/communicable-disease/covid-19/index.cfm>

**St. Louis County:** For general questions, contact the St. Louis County COVID-19 Hotline 24/7 314-615-2660 or visit [www.stlcorona.com](http://www.stlcorona.com)

**Illinois residents:** For general questions about COVID-19 and Illinois' response, contact 1-800-889-3931 or visit [dph.illinois.gov](https://dph.illinois.gov).

**St. Clair County:** For updated information visit <https://www.facebook.com/stclaircoilema/> or additional information can be found here <http://www.co.st-clair.il.us/publicNotices/Pages/default.aspx>

### United Way 2-1-1

The United Way 2-1-1 Navigation Center - The community response team is continuously monitoring local and national resources available and updating our resource database. You can find more information on available resources [here](#) or dial 2-1-1 for assistance

## WHERE CAN I GET TESTED FOR COVID-19?

### Mercy Clinic

- Mercy Virtual Care Center, 15740 S. Outer Forty Road in Chesterfield, Missouri.
- <https://www.mercy.net/newsroom/2020-03-04/mercy-responds-to-novel-coronavirus-covid19/>

## SSM Health

- [SSM Health opening 5 COVID-19 testing locations in the region](#)
- Anyone interested in the virtual screenings can [click here](#) to learn more.

## Memorial Hospital

- “Memorial Hospital, in cooperation with the St. Clair County Health Department, Thursday opened the Metro East’s first drive-through COVID-19 testing sample collection site. All patients must first get a referral from their primary care doctor who will screen them for testing in order to be tested at the site. As of Thursday, only people who had a fever or respiratory symptoms and had been in contact with someone with COVID-19 or had those symptoms and has travelled to an area with a known large outbreak were eligible for testing in Illinois. The site will be open seven days a week from noon to 6 p.m. at 4000 North Illinois Lane in Swansea, the former location of Siteman Cancer Center. The samples collected at the site will then be sent to an Illinois Department of Public Health’s laboratory for analysis.” - reported by St. Louis Post-Dispatch
- <https://www.bjc.org/coronavirus>

## FUNDING SUPPORT

- **COVID-19 Regional Response Fund**
  - <https://stlgives.org/covid19/>
  - A coalition of philanthropic and chamber organizations brought together by the St. Louis Community Foundation have created the COVID-19 Regional Response Fund, foundation officials announced today. The fund will be used to direct resources to regional nonprofits that are working with local communities disproportionately affected by the coronavirus crisis and its economic fallout.

## COVID-19 MUTUAL AID

### NATIONAL RESOURCE

- **AOC Mutual Aid Tool Kit**
  - <https://act.ocasiocortez.com/go/2912?t=2&akid=774%2E184652%2EK-UXBa>
- **COVID-19 Mutual Aid & Advocacy Resources**
  - This editable document is meant to be a resource for people looking out for themselves and their communities through personal preparation, collective care, mutual aid and advocacy.
  - [https://docs.google.com/document/d/1dpMzMzsA83jbVEXS8m7QKOTk4nj6gIUk1U1t6P4wShY/edit?fbclid=IwAR2AAxtC-PRDQc1mUmX3yNTT7wsgCLjGBbjUVpK578owu3\\_hecKcfAkATfE](https://docs.google.com/document/d/1dpMzMzsA83jbVEXS8m7QKOTk4nj6gIUk1U1t6P4wShY/edit?fbclid=IwAR2AAxtC-PRDQc1mUmX3yNTT7wsgCLjGBbjUVpK578owu3_hecKcfAkATfE)

- **COVID-19 Mutual Aid Fund for LGBTQI+ BIPOC Folks**
  - <https://www.gofundme.com/f/covid19-relief-fund-for-lgbtqi-bipoc-folks>
- **Service Workers Mutual Aid Fund**
  - Request financial support and fulfill requests for service workers
  - <https://www.paypal.com/pools/c/8nqac5Dh6w>

## LOCAL RESOURCE

- **STL COVID Mutual Aid**
  - For financial aid follow this link: [bit.ly/stlcovidfund](http://bit.ly/stlcovidfund)
  - For other aid follow this link: [bit.ly/stlcovid](http://bit.ly/stlcovid)
- **STL Quarantine Support**
  - Their aim is to run errands like grocery shopping and picking up medications and delivering those items so vulnerable and sick people don't have to leave their homes. We hope this will have a positive impact on public and individual health.
  - If you are quarantining, or need to begin quarantining, please fill out this form: : <https://tinyurl.com/STLQSintake> and a volunteer will contact you soon to discuss your needs and arrange for deliveries.
  - If you're interested in volunteering fill out this form: <https://tinyurl.com/STLQsvolunteer> and someone will reach out with how you can help.
  - Please note, while volunteers will follow CDC guidelines on hand-washing and social distancing, we will not be attempting to sanitize any of the goods delivered. Participants should understand that delivered goods are coming straight from the grocery store, and should take necessary actions once the goods arrive to keep themselves and their families safe.

## RESOURCES BASED ON TYPE OF EMPLOYMENT

- For resources for **freelance artists**, click [here!](#)
- For resources for **bartenders**, click [here!](#)
- **Service workers**
  - One Fair Wage Emergency Fund
    - Providing free, cash assistance to restaurant workers, delivery drivers and other tipped workers and service workers — who are seeing their income decline during this disaster, or aren't able to work because of quarantines or other health concerns.
    - <https://ofwemergencyfund.org/help>
  - Service Workers Mutual Aid Fund
    - Request financial support and fulfill requests for service workers



- <https://www.paypal.com/pools/c/8nqac5Dh6w>
- **Childcare for Healthcare Workers**
  - <https://www.hcwchildcareco-op.com/st-louis-hcw/>
- Resources from **banks to customers**,  
<https://www.forbes.com/sites/advisor/2020/03/12/list-of-banks-offering-relief-to-customers-affected-by-coronavirus/#7e90318d3ee3>
- **Emergency Assistance Fund**
  - We help corporations make emergency hardship grants for their employees when they face unexpected and unavoidable financial hardships or disasters.
  - <https://emergencyassistancefdn.org/>

## HEALTH

- CDC COVID-19 Prevention & Treatment
  - [https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html?CDC\\_AA\\_rfVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprotect%2Fprevent.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html?CDC_AA_rfVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprotect%2Fprevent.html)
- CDC Handwashing
  - <https://www.cdc.gov/handwashing/>
- Harm Reduction
  - Safer Drug Use During the COVID-19 Outbreak
    - [https://drive.google.com/file/d/1L7BslaZtYHyd5aK\\_wpCktfEBrb2dmiN\\_/view?fbclid=IwAR3wsJqMP318w3Yyyx9C-Gu4cmymrvSj\\_A-x6a2K0XrpP44iReUa1\\_Tbgcg](https://drive.google.com/file/d/1L7BslaZtYHyd5aK_wpCktfEBrb2dmiN_/view?fbclid=IwAR3wsJqMP318w3Yyyx9C-Gu4cmymrvSj_A-x6a2K0XrpP44iReUa1_Tbgcg)
  - COVID-19 Guidance for People Who Use Drugs and Harm Reduction Programs
    - [https://harmreduction.org/miscellaneous/covid-19-guidance-for-people-who-use-drugs-and-harm-reduction-programs/?fbclid=IwAR3JNmEOmjUkGwBSe8wUTtt9\\_E3vZnP1zhMegnyb1p54LYX1svJLg\\_uo-zQ](https://harmreduction.org/miscellaneous/covid-19-guidance-for-people-who-use-drugs-and-harm-reduction-programs/?fbclid=IwAR3JNmEOmjUkGwBSe8wUTtt9_E3vZnP1zhMegnyb1p54LYX1svJLg_uo-zQ)
- Food Handling During Outbreak
  - <https://docs.google.com/document/d/166WOC-scrbYYuObsls6zvrigWd3y5VxaQGhPEyikbRI/edit?fbclid=IwAR3NVhHR54-p9cHa7o65IPDioD9pancEWNblxLEYuN1w1mla-6PqN9fUhEc>

## FOOD

- All Our Kids
  - This site will serve as a collaborative effort to ensure all students in the St. The Louis region will continue to have access to healthy, nutritious meals.
  - <https://sites.google.com/rsdmo.org/allourkids/home?authuser=0&fbclid=IwAR2mGONP8dLElqXFi-128l8TZjYcZSlnZz8WfArZiUa-yubDjJq2j6Hsz-w>

- Known & Grown STL
  - Posting regularly about what farmers markets, stores, and farmer stores, and delivery options are available
  - <https://docs.google.com/spreadsheets/d/1NfE4znaAW7yqodlaZGF-xbKKrMaFKWa5AxRvfyTSg00/edit?fbclid=IwAR1lkQkdSDsTPv0l8er8X0th8SlxQKdIZYlyI7inSMrIYPxG3WHdQ0nwV48#gid=0>
- Fields Foods
  - From 7am-8am is offering shopping only for people ages 60+
  - [https://www.ksdk.com/article/news/health/coronavirus/fields-foods-shopping-60-older-coronavirus-at-risk/63-17a39454-3d9e-4653-91ee-8964e9f99f0b?fbclid=IwAR2mElkOlfTiH2Hr9PGZ0Q9r\\_1tcOQ4wEEbNd7brqJcFnhE3VJa4ldh10](https://www.ksdk.com/article/news/health/coronavirus/fields-foods-shopping-60-older-coronavirus-at-risk/63-17a39454-3d9e-4653-91ee-8964e9f99f0b?fbclid=IwAR2mElkOlfTiH2Hr9PGZ0Q9r_1tcOQ4wEEbNd7brqJcFnhE3VJa4ldh10)
- Schnucks
  - Beginning on Wednesday, March 18 and continuing indefinitely, Schnucks is reserving the first hour of each day – from 6 AM to 7 AM – for shopping by seniors aged 60 and above, and for those who are most at risk of COVID-19.
  - <https://nourish.schnucks.com/schnucks-store-status/?fbclid=IwAR1KuOUxp1iEAGSIQCWwU228mMOe0LmqulZkCohLHYOnTZI6jEJ0chVBjJU>
- Dierbergs
  - Reserve 8am – 9am each day for those shoppers who are at a higher risk of severe illness by COVID-19, which includes older adults (60+) and individuals who have compromised immune systems.
  - <https://www.facebook.com/Dierbergs/photos/a.243022930297/10163194843495298/>
- Crazy Bowls & Wraps offering free meals to local kids impacted by school closures
  - [https://www.kmov.com/news/crazy-bowls-wraps-offering-free-meals-to-local-kids-impacted/article\\_629d436e-66e7-11ea-ab0c-93a12f3e5e20.html?fbclid=IwAR1L9oq-wBBsMSB6lp1kuaIIgpkTPEpN9kZK5kWHYQZiH-OMUh0UhWSnTxA](https://www.kmov.com/news/crazy-bowls-wraps-offering-free-meals-to-local-kids-impacted/article_629d436e-66e7-11ea-ab0c-93a12f3e5e20.html?fbclid=IwAR1L9oq-wBBsMSB6lp1kuaIIgpkTPEpN9kZK5kWHYQZiH-OMUh0UhWSnTxA)
- Food Programs
  - [https://www.startherestl.org/food-programs--pantries.html?fbclid=IwAR0nnGAwkpChO\\_CdjRjUn323QtFXNZksJNBsg2Ge5Rvr730ZAK7n\\_cGdkcM](https://www.startherestl.org/food-programs--pantries.html?fbclid=IwAR0nnGAwkpChO_CdjRjUn323QtFXNZksJNBsg2Ge5Rvr730ZAK7n_cGdkcM)
    - **Operation Food Search**
      - [www.operationfoodsearch.org](http://www.operationfoodsearch.org)
      - This organization provides an automated list of food pantries by zip code. You'll be directed to put in your zip code, and they'll give a list of all of the pantries in your area.
      - Call our Hunger Hotline at 314-726-5355 to find food near you, or use our interactive [MAP HERE](#). You can also TEXT your ZIP CODE to (785) 503-3310.

## TRANSPORTATION

Metro - <https://www.metrostlouis.org/health/>

Last Updated - 3/20/2020

3/20/2020

**New MetroBus Boarding Procedure** – At this time, all MetroBus customers using a pass, Gateway Card, ticket or transfer will need to present their fare to the operator at the front door, and then board the bus via the rear door. Customers paying with cash or who require the use of a lift or bus kneeling will continue to use the front door to board their bus.

## EDUCATION

### COVID-19 Education Response Survey

EdHubSTL and SKIP are wondering how organizations can be immediately helpful to the educational community. Help us identify gaps and needs for yourselves and/or the children and families you serve.

<https://docs.google.com/forms/d/e/1FAIpQLSeUYePiD6LivvOsgafImgbd8kmvQEC1tiiuBjgpT1quL2i2HQ/viewform?fbclid=IwAR0UDs8HKuX4bKsjErXvI7gWJQQPsmFNnamyRz4eeCtRzltlpSZ0by6L4dw>

### School District Offices & Updated Information

East St. Louis School District 189 - <https://bit.ly/2Qlifkx>

St. Louis Public School - <https://www.slps.org/CovidFAQs>

### ESL School District 189 - Chromebook Pick Up

- East St. Louis Students of District 189, pick up your Chromebook that [East St. Louis School District 189](#) will provide for students. More information below.
  - March 19 & 20, 2020 Chromebook Pickup Schedule (from the school your child attends):
  - Grades 1 & 2: Thurs or Fri 9-11am
  - Grades 3 & 4: Thurs or Fri Noon-2pm
  - Grades 5 at Avant & Bush: Thurs or Fri Noon-2pm
  - Grades 5 & 6 at Lincoln & Mason/Clark: Thurs or Fri 9-11am
  - Grades 7 & 8 at Lincoln & Mason/Clark: Thurs or Fri Noon-2pm
  - Grades 9 & 10 at Eastside: Fri 9-11am or Noon-2pm
  - Grades 11 & 12 at Eastside: Thurs 9-11am or Noon-2pm
  - Wyvetter Younge students (any grade): Thurs 9-11am or Noon-2pm OR Fri 9-11am or Noon-2pm
- <https://www.facebook.com/estl189/photos/a.1399571616983769/2527809664159953/>

### ESL School District 189 Grab and Go Student Meals

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Grab and go student meals will be provided during school closure. In order to limit large groups of people gathering, meals will be delivered in a new method. Details include:

- Meals will be provided daily Monday through Friday, beginning March 16, 2020. Meals will not be provided March 30-April 3 (Spring Break).
- Meals will only be available from 9:00am - 11:00am at schools and participating centers.
- Meals will include one day of breakfast and lunch provided in one bag.
- Meals will be available for pick-up and taken home to eat.
- Meals can be picked up by students or their families. Parents/guardians may pick up to 4 meals at a time.
- Meals will be delivered via school bus to a number of locations in the area, including all schools, some bus stops and some after-school community centers. Brief bus stops for Grab and Go Meals include: [Brief Bus Stop Locations](#) Centers (serving 9-11am) include:
  - All 10 schools
  - John DeShields Community Center: 1235 McCasland Avenue
  - Orr Weathers Community Center: 1400 East Broadway, Building 12
  - Griffin Center: 2630 Lincoln
  - Forest Village: 4313 Forest Blvd
  - Roosevelt Center: 1328 North 44th Street
  - Sinai Family Life Center: 1200 St. Louis Avenue
  - Mary Brown Center: 606 South 15th Street
  - Lessie Bates Davis Neighborhood House: 1200 North 13th Street
  - Christian Activity Center: 540 North 6th Street
  - Jackie Joyner Kersee Center: 101 Jackie Joyner Kersee Circle

### **School District 189 Student Support Text Helpline: 618-249-4443**

- District 189 Student Support Staff are only a text away during these stressful times. If students have social-emotional needs, staff can be reached at 618-249-4443.

### **St. Louis Public Schools Meals**

- Peabody Elementary will still host a food program during Spring Break (March 16-20). This is free for everyone under 19 years of age. The cost for adults 19 and over is \$1.
  - <https://www.facebook.com/stlpublicschools/photos/a.841355999241909/3136574529720033/?type=3>

### **St. Louis Public Schools**

- In partnership with the City of St. Louis Government and area charter schools, Saint Louis Public Schools (SLPS) and its food services vendor Southwest Foodservice Excellence (SFE) will provide free grab-and-go meals at 33 school sites throughout the city while the District is closed.

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- Serve meals free of charge for all St. Louis children 18 and younger from 8am to noon, Monday through Friday for the dates listed (most up until 4/3/2020). No student ID is required. Students must be present to receive the meal. Grab-and-go meals are available for students, but students cannot stay at the school to eat them because of social distancing guidance from state and local health agencies.
- For more information and an interactive map visit [www.slps.org/meals](http://www.slps.org/meals).

#### More Information on where to pick up meals for kids in St. Louis region

- All Our Kids
  - This site will serve as a collaborative effort to ensure all students in the St. Louis region will continue to have access to healthy, nutritious meals.
  - <https://sites.google.com/rsdmo.org/allourkids/home?authuser=0&fbclid=IwAR2mGONP8dLElqXFi-128l8TZjYcZSInZz8WfArZiUa-yubDjJq2j6Hsz-w>
- Belleville, IL
  - Project Compassion and Living The Word Church are working together to provide a free sack lunch for children in the Belleville area. Anyone who needs help may go to the Compassionate Cafe, located at 6611 West Main, Belleville. The meals are available March 16-March 20, 11 a.m.-2 p.m.
  - <https://www.facebook.com/projectcompassionfp/photos/a.10151613127971980/10159426133441980/?type=3>

## FOR STUDENTS AND PARENTS

- **VERY COMPREHENSIVE** - There are many national resources that are mobilizing to help. **Parents/Teachers:** Check out this comprehensive compilation of free educational resources as you move forward into uncharted territory.
  - <http://www.amazingeducationalresources.com/?fbclid=IwAR199-AA8vk6a4qTUk6GsYihq11TBNdW85Zg4-GSDezEXLSy76ORdDtrZ8>
- Coronavirus quarantine resources for parents and caregivers
  - [https://docs.google.com/document/d/1hOQrtB3ae-Vbc\\_roGNRIKUncXjViA61xWQKbWWev5Bk/mobilebasic?fbclid=IwAR22RZWLtn-ZZcjbB9J1p5Rb12IFpPO5xeNr9u\\_-hexal43qtikdPjfOKk](https://docs.google.com/document/d/1hOQrtB3ae-Vbc_roGNRIKUncXjViA61xWQKbWWev5Bk/mobilebasic?fbclid=IwAR22RZWLtn-ZZcjbB9J1p5Rb12IFpPO5xeNr9u_-hexal43qtikdPjfOKk)
- Anti-Oppressive/Anti-Racist Home School Options During Quarantine
  - [https://docs.google.com/document/d/1rBqt7UJ7U\\_8Nz0mnLgbRd3TsSgzoJ1gawefZPCNNmAY/edit?fbclid=IwAR0jFunSncJIKguhpSyf4C6dfoKE3gssJHtXdlt5LF56Nj9uiHR85\\_NF8pc](https://docs.google.com/document/d/1rBqt7UJ7U_8Nz0mnLgbRd3TsSgzoJ1gawefZPCNNmAY/edit?fbclid=IwAR0jFunSncJIKguhpSyf4C6dfoKE3gssJHtXdlt5LF56Nj9uiHR85_NF8pc)

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- [Personalizable schedule for each student family member](#). For example, you can input breakfast, lunch, dinner, outside time, online learning time, coloring time, workbook time etc... based on ages and assignments.
- Scholastic Learn at Home: day-by-day projects to keep kids reading, thinking, and growing. <https://classroommagazines.scholastic.com/support/learnathome.html>
- 450 Ivy League courses to take online now for FREE
  - <https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/?fbclid=IwAR1DMZsZEP7f9jaZFrX1yWofNIUuCFprhMAHeLUaiF-8h1L5CTbWN2VH8>
- Lesson Plans
  - <https://growing-minds.org/lesson-plans-landing-page/?fbclid=IwAR3WKVEo-GR1WmEytd7v7o-NfOE8cX2n7F5ahCJhhh10FFWcmAohFK-eKO4>
- General online learning tools -
  - <https://www.khanacademy.org/>
  - <https://ed.ted.com/>
  - <https://www.funbrain.com/>
  - <http://whyville.net/smmk/nice>
  - <https://kids.nationalgeographic.com/>
  - <https://code.org/learn>
  - <http://www.amazingeducationalresources.com/>
- Tips for talking to your kids about coronavirus:
  - NPR [Comic](#) for Kids
  - <https://www.parkslopeparents.com/Newsflash/coping-coronavirus.html?ceid=8956466&emci=80a3c6d1-5d65-ea11-a94c-00155d03b5dd&emdi=b7529a39-6165-ea11-a94c-00155d03b5dd>
  - [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

## **FOR TEACHERS**

- Distance learning tricks and tips for teachers:
  - <https://www.microsoft.com/en-us/microsoft-365/blog/2020/03/11/helping-teachers-students-switch-remote-learning/>
- Free 30 day trial membership for teachers to ixl online learning:
  - <https://www.ixl.com/membership/teachers/trial>

## INTERNET ACCESS FOR LOW-INCOME FAMILIES

- Spectrum call 1-844-488-8398
  - More Information - <https://www.businessinsider.com/coronavirus-free-spectrum-internet-wifi-offer-student-households-promotion-2020-3>
- Comcast/Xfinity call 1-800-934-6489
  - More Information - <https://corporate.comcast.com/covid-19>
- Open-source document to track all the updated COVID19 offers made by Internet Service Providers across the nation.
  - [bit.ly/digcltisp](http://bit.ly/digcltisp)

## RENT

\*assistance is not guaranteed.

- United Way
  - 2-1-1
- Employment Connections
  - 314-333-5627
  - <https://www.employmentstl.org/>
- Urban League
  - <https://www.ulstl.com/>
  - St. Louis City
    - 935 N. Vandeventer
    - St. Louis, MO 63108
    - (314) 615-3642
  - St. Louis County
    - 8960 Jennings Station Rd.
    - Jennings, MO 63136
    - (314) 388-9840
  - St. Clair County Division
    - 10220 Lincoln
    - Fairview Heights, IL 62208
    - (618) 274-1150
- Salvation Army
  - Funds based on zip code
  - 314-646-3000
  - <http://stlouis.satruck.org/>

## DOMESTIC VIOLENCE

- If you are concerned about being quarantined in an unsafe home situation or need help, all DV shelter resources are generally available on: [domesticshelters.org](http://domesticshelters.org)

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- The National Domestic Violence Hotline is also available 24/7 at 1-800-799-7233 (SAFE) or 1-800-787-3223 (TTY)
- Safe Connections
  - Hotline at 314-531-2003
  - <https://safeconnections.org/>
- Violence Prevention Center
  - 618-235-0892
  - <https://www.belleville.net/528/Violence-Prevention-Center>

## SELF-CARE

- Toolkit Support for Anxiety/Stress from impact of COVID-19
  - <https://www.virusanxiety.com/>
- St. Louis Public Library
  - Sign up for an eCard and get instant access to the digital collection!
  - <https://www.spl.org/ecard/>
- Music
  - Free Calming Playlist from NPR
    - <https://www.npr.org/2020/03/13/815457669/isle-of-calm-stream-6-hours-of-soothing-music?fbclid=IwAR3bKNJNhZ2RKiY0Vy1pwmRYQmtwyxVtisJNjNnqFhUq31To7GS4KuuqZgwo>
- Exercise
  - Down Dog -Yoga for Beginners, HIIT, Barre, and 7 Minute Workout - completely free until April 1st.
    - <https://www.downdogapp.com/?fbclid=IwAR2sVjxTWNFiY65NIqlhY-e9x6zn-Ng3OjbgQHAsI7MMP4XV9IVH0ampQ8E>
  - CorePower Yoga Offers Free Online Classes
    - [https://303magazine.com/2020/03/core-power-yoga-online/?fbclid=IwAR294L7ZTIHu1hwOyjy9S2TWoyuEoNzK37TGqwOqbw\\_dmJBaUhgHYdgSSjk](https://303magazine.com/2020/03/core-power-yoga-online/?fbclid=IwAR294L7ZTIHu1hwOyjy9S2TWoyuEoNzK37TGqwOqbw_dmJBaUhgHYdgSSjk)
  - Peloton
    - Offering new users a 90-day trial of its subscription workout app as more gyms shut down in response to the coronavirus pandemic.
    - <https://www.usatoday.com/story/money/2020/03/17/coronavirus-peloton-offers-free-90-day-trial-home-fitness-app/5067236002/>
- Mediation
  - Headspace
    - Offering all US healthcare professionals, who work in public health settings, free access to Headspace Plus through 2020.
    - <https://www.headspace.com/health-covid-19>
- Online Therapy
  - Talk Space



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- <https://www.talkspace.com/>
- Better Help
  - <https://www.betterhelp.com/>
- Entertainment
  - Lunch Doodles with Mo Willems
    - <https://www.kennedy-center.org/education/mo-willems?fbclid=IwAR309zIENytP9RfTDZB8LeuRnCJAc0ZPn5ZPsa5ZU2X5izcFoiku0Y4-sdM>

## COVID-19 MULTI-LANGUAGE SUPPORT

- Information available in 15 languages from King County in Washington
  - [https://www.kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus.aspx?fbclid=IwAR0J0kL3m-gXdhDmspPCP49M7IC31ZryWL3i\\_B3IAloUU5ecLBNLyailgxw](https://www.kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus.aspx?fbclid=IwAR0J0kL3m-gXdhDmspPCP49M7IC31ZryWL3i_B3IAloUU5ecLBNLyailgxw)
- Multiple Languages (from the IRC)
  - [https://mcusercontent.com/e46bc2a137f8fc2ebfa85179c/files/98f93134-519e-4387-8fe9-9b76d141a598/24\\_x\\_36\\_Poster\\_COVID\\_19\\_Dari\\_Farsi\\_Tigrinya.pdf](https://mcusercontent.com/e46bc2a137f8fc2ebfa85179c/files/98f93134-519e-4387-8fe9-9b76d141a598/24_x_36_Poster_COVID_19_Dari_Farsi_Tigrinya.pdf)
- Health information in Spanish
  - CDC (Spanish)
    - <https://www.cdc.gov/coronavirus/2019-ncov/index-sp.html>
  - AAP Healthychildren.org (Spanish)
    - <https://www.healthychildren.org/spanish/health-issues/conditions/chest-lungs/paginas/2019-novel-coronavirus.aspx>

## ADVOCACY OPPORTUNITY

- Public charge information/chilling effect:
  - Many families are extremely concerned about participating in public programs to keep families safe and healthy. Most families are not eligible for the services that are included in the Public Charge regulation and can safely participate in services that are offered. Remember that use of WIC, school lunches/summer feeding programs, food pantries, etc, are not included for public charge. The Protecting Immigrant Families campaign has a lot of information participation in public programs, available in MANY languages
  - <https://protectingimmigrantfamilies.org/know-your-rights/>
- [Mutual Aid and Advocacy Resources Google Doc](#)
- Coronavirus Syllabus
  - [https://docs.google.com/document/d/1dTkJmhWQ8NcxhmjeLp6ybT1\\_YOPhFLx9hZ43j1S7DjE/edit?fbclid=IwAR2G\\_J3nZzpquMrrMRuyFmTf2rSFlg-NCYXrxgfulvgFEhwYzU2bDZMmp\\_M](https://docs.google.com/document/d/1dTkJmhWQ8NcxhmjeLp6ybT1_YOPhFLx9hZ43j1S7DjE/edit?fbclid=IwAR2G_J3nZzpquMrrMRuyFmTf2rSFlg-NCYXrxgfulvgFEhwYzU2bDZMmp_M)

## LEGAL

St. Louis employment law firm HKM is offering a free advice hotline to employees in St. Louis with legal questions regarding COVID-19: [hkm.com/stlouis/coronavirus](https://www.hkm.com/stlouis/coronavirus). Anyone with questions can call 314-582-5806 or email [stlouiscoronavirus@hkm.com](mailto:stlouiscoronavirus@hkm.com) to get answers which will be posted on the site. A free online roundtable is set for 2 p.m. on March 25.

## OTHER RESOURCES

- Stray Rescue needs people to foster/adopt animals since they have an overload currently and they are opening up a pet food pantry for people who can't buy food due to covid-19 financial hardship <https://www.strayrescue.org/coronavirus>
  - Another pet food pantry <https://bi-statepetfoodpantry.org/>
  - Jeffco pet food pantry <http://www.a4apetpantry.org/>
- Bankers and Consumers -
  - <https://www.fdic.gov/coronavirus/index.html?fbclid=IwAR0sg58mugLIQTNLrnYExJxNHOM87jtgi4-popS8TwiNqTkT42sxStMWTXY>
- Caring Across Distance: Some Things to Consider Before Movement Gatherings During COVID-19
  - [https://docs.google.com/document/d/1ILE8kk\\_zUqMscO8FbdPgrQMLoijoRupuHHIC1YdvRGI/edit?fbclid=IwAR20UbQADz\\_Hm9I7Ej-JOb1IGUdOiexqGO01pySdTy6\\_hjvdPusYrUjniVs](https://docs.google.com/document/d/1ILE8kk_zUqMscO8FbdPgrQMLoijoRupuHHIC1YdvRGI/edit?fbclid=IwAR20UbQADz_Hm9I7Ej-JOb1IGUdOiexqGO01pySdTy6_hjvdPusYrUjniVs)