

Summary of Resources to Support Communities in Responding to COVID-19

Due to evolving Covid-19 recommendations, many in our community may be challenged with food insecurity, lack of access to childcare, and loss of income due to quarantine, the need to care for family members, and/or school and work closures. This is a time when we must pull together as a community to show up for each other.

This is a working document that seeks to provide a list of general resources, health information, and ways for community members to help respond to this evolving situation. *We appreciate your help in creating this resource - please edit and add links and resources.*

If you're symptomatic, please call your health care provider first.

TABLE OF CONTENTS

TABLE OF CONTENTS	1
GENERAL INFO:	1
ACCESSIBILITY:	2
MENTAL HEALTH RESOURCES:	2
STATEWIDE FOOD RESOURCES:	3
PHARMACIES:	3
EDUCATIONAL RESOURCES:	3
BUSINESS RESOURCES:	4
FINANCIAL RESOURCES:	5
DONATIONS:	5
LEGAL RESOURCE:	5
STATEWIDE VOLUNTEERS:	6
REGIONAL RESOURCES:	6
DISCUSSION GROUPS:	9
COMMUNITY ZOOM CHATS	9

GENERAL INFO:

- For the most up to date state information, read the Vermont Health Department's resources for [businesses, health care professionals, educators here](#)
- Call Vermont's resource line by **dialing 2-1-1** with any questions about coronavirus or general questions about help and services in Vermont
- See the [Centers for Disease Control's website](#)
- [Positive Coronavirus \(COVID-19\) Cases In New England](#)
- VTDigger COVID-19 [email list sign-up](#)

- [CDC's Get Your Community Ready for Coronavirus Disease 2019](#) (Toolkit and resources)
- Health Dept. COVID hotline: (802) 863-7240
- [UVM Health Network Covid-19 Information and Updates page](#) organizes its updates by each hospital in the network.
- State Legislature: Daily Joint Rules Committee Public Teleconference: <https://legislature.vermont.gov/committee/detail/2020/54> Toll-Free: (888) 475-4499 Meeting ID: 615 543 0466 ##
- Here's a [list of local community organizers](#) working to coordinate community-level response and resources.

ACCESSIBILITY:

- [Registro para voluntarix de ayuda mutua COVID-19 en el área](#)
- [Audio transcription](#)
- [Content description information](#)
- Information on Coronavirus **translated into several languages**, developed by folks on the Refugee Health Committee in Vermont: https://www.youtube.com/channel/UC3zjPpeFnXqvESr1y3d4DvQ/?fbclid=IwAR3T_Tgf9j34z5R-1c50mjWK55kpzM3OlnKAMgyeDFbF8Yki3ZG2Py5IQ_M

MENTAL HEALTH RESOURCES:

- [Crisis Textline](#) Text: "Home" to 741741
- <http://youfeellikeshit.com/> (simple but effective website for those experiencing anxiety around COVID-19)
- [Pathways Vermont Support Line](#): Reach out to your neighbors, connect with your chosen family, and call or text the Pathways Vermont Support Line. Open from 3 PM to 6 AM. Connect with an operator by dialing (833) VT - TALKS / (833) 888 - 2557
- [Invest EAP](#) Online Guidebook and Mental Health Support: statewide non-profit serving employees and all household members. Not tied to insurance, and completely free and confidential to you. <https://www.investeapcovid19.org/> (check your or your partner's workplace benefits for your own EAP if you don't have Invest)
- CDC Managing Anxiety and Stress with COVID 19 [CDC](#)
- Mental Health Considerations during COVID-19 Outbreak [WHO](#)
- National Alliance Mental Illness [NAMI](#)
- Parent/Caregiver Guide to Helping Families Cope with the Coronavirus (Covid-19) [The National Child Traumatic Stress Network](#)
- [VT Alcoholics Anonymous](#)

STATEWIDE FOOD RESOURCES:

- **School Meals:** Most districts will still be providing meals to students during this closure. If your family's financial situation changes you can apply or re-apply for free school meals at any time during the school year, even if you have not qualified in the past! Contact your school for an application.
- **WIC:** WIC gives you access to healthy foods, nutrition education and counseling, and breastfeeding support. If you're pregnant, a caregiver, or a parent with a child under five, WIC is right for you! To find out more and apply visit <https://www.healthvermont.gov/family/wic> or text 'VTWIC' to 855-11
- **3SquaresVT:** Has your household lost pay? Have your childcare expenses increased? 3SquaresVT is here for you and your family to help put food on the table! You could be eligible to receive a 3SquareVT benefit or increase the benefit you already receive. To get help applying visit www.vtfoodbank.org/nurture-people/3squaresvt, call 855-855-6181 or text VFBSNAP to 85511. You can also visit <https://dcf.vermont.gov/benefits/3SquaresVT>
- **Meal Programs for Older Vermonters:** People age 60 and older are especially encouraged to stay at home in order to protect themselves from COVID-19, but staying well nourished is also critical for your health. To help, you may be able to pick up meals to go or have meals delivered to your home. For more information about meals for older adults, please call the Helpline at 1-800-642-5119.
- **Food assistance through the Vermont Foodbank network:** The Vermont Foodbank is dedicated to supporting Vermonters during all times of need. To get help during this time of crisis, visit vtfoodbank.org/gethelp or call 1-800-585-2265.
- Hannaford's Grocery To-Go [Order online](#) - **accepts 3SVT/EBT suspended till April**
- City Market (Burlington) Delivery Services (<https://www.citymarket.coop/shop/delivery>)
- Tool for networking within the Vermont food system <https://foodfightvt.com/>
- <https://www.pricechopper.com/taking-care/> **All PC stores will open for seniors only from 6-7am**

PHARMACIES:

- [Kinney Drugs](#) offers FREE prescription delivery. Plus, we can deliver other products, too, such as over-the-counter medicines, household supplies, pantry items and more. They also offer a convenient pharmacy drive-thru window at most locations.
- Walgreens Pharmacy Update: You can pick prescriptions for others with the last four digits of their phone numbers. They are doing deliveries, [visit their website](#) to request it. They are waiving the \$5 delivery fee at this time. Some folks may need help with this online form.

EDUCATIONAL RESOURCES:

- [Anti-Oppressive/Anti-Racist Home School Options During Quarantine](#)
- [Education Companies Offering Free Subscriptions due to School Closings](#)
- [12 museums that offer virtual tours](#)

- [State Guidelines on Non-Congregant “Feeding”](#)
- [Education consulting service](#)
- [COVID-19 Social Distancing with Families](#)
- [Home with Kids? Advice from a Homeschool Mom](#)
- [Paris Museums](#)
- [Scholastic Learn at Home](#)
- [Mo Willems weekly live doodle!](#)
- [Kids Yoga](#)
- [West Coast Literary Events Online](#)
- [Virtual tours of our national parks](#)

BUSINESS RESOURCES:

- The U.S. Small Business Administration (SBA) has issued guidance, as well as information on the SBA's Economic Injury Disaster Loans. The SBA is working with state Governors to provide targeted, low-interest loans to small businesses and nonprofits that have been severely impacted by the virus. If you are a Vermont small business being affected right now, contact the SBA district office at 802-828-4422.
- [Vermont Agency of Commerce and Community Development](#) has also established a hotline so that businesses may call to report impacts and be directed to resources: (802) 461-5143. The hotline will be staffed Monday through Friday, 7:45 a.m. – 4:30 p.m. ACCD and the Department of Labor are working to keep you updated whenever new information becomes available. Sign-up for ACCD's Business and Economic Response to COVID-19 Newsletter
- The Department of Labor will be issuing guidance for Employers and Employees, including information on the potential impact on unemployment insurance benefits, employee sick-time and other issues as a result of COVID-19. More information and further updates can be found at [labor.vermont.gov](#). Employer Assistance (Unemployment Claims): 1-877-214-3331.
- [Interim Guidance for Businesses and Employers](#) Recommendations & Response Plan
- Common Good Vermont [Resource for Nonprofits](#)
- Vermont Arts Council [Resources for VT Creative Sector](#)
- [New York Foundation for the Arts](#) has a list of emergency grants for Artists (not all apply to VT residents).
- [Vermont Community Foundation, Special and Urgent Needs](#) (\$500-\$5,000 grants to organizations statewide to help nonprofits dealing with unexpected emergencies.)
- [Consumer Assistance Program of Vermont](#) - (scroll down to COVID-19 Guidance and click on +)
- SCORE Resources: [How Small Businesses Can Prepare for COVID-19](#), [Small Business Disaster Preparedness \(Resources\)](#), [Disaster Preparedness and Continuity of Your Business](#)
- NOFA-VT will make funds available through our [Farmer Emergency Fund](#) to pay the relief workers. If you have experience working on dairy farms, and are willing to show up for our community in this way, please respond to Bill Cavanaugh on our Farmer Services

team: bill@nofavt.org, with your contact information, relevant experience on dairy farms, availability, and location. Again, you will be paid for your time and crucial service.

- [4 Tools for Remote Collaboration \(Free Webinar Recording with an email teaching series\)](#) by Round Sky Solutions a small online cooperative business incorporated and rooted in Vermont.
- [Center for Women & Enterprise](#) (610-420-1767) offers no-cost business counseling and online workshops for entrepreneurs and owners of small businesses. They are offering weekly [online 'Brain Trusts'](#) that allow entrepreneurs to connect with each other and strategize solutions for each other's businesses.
- North Country Federal Credit Union [Launches COVID-19 Financial Relief Loans](#). New and existing members of North Country Federal Credit Union whose income is affected by COVID-19 could be eligible to receive loans of up to \$5,000.

FINANCIAL RESOURCES:

- Take advantage of online banking, mobile banking apps, including mobile deposit capture, ATMs and drive through tellers.
- Vermont Economic Services is waiving in-person contact requirements for benefits programs. Apply [online](#) or by phone 1-800-479-6151
- Vermont Agency of Commerce and Community Development [COVID page](#) for businesses/employees/unemployment
- Vermont Department of Labor now has an [online form](#) for unemployment claim or call 1-877-214-3332. FAQs <https://labor.vermont.gov/covid19>

DONATIONS:

- [Vermont Foodbank](#) Communications director Nicole Whalen says cash donations are more helpful than food or other items at this time. <https://www.vtfoodbank.org/give-money>
- [Donate blood](#). The FDA has raised concerns about a blood shortage as donation drives are cancelled.
- The Vermont Community Foundation has set-up a [VT COVID-19 Response Fund](#) to help both with emergency response efforts and longer term recovery.
- [Vermont Farm Fund](#) Donations will support availability of Emergency Loan funds for Vermont food producers who are suffering COVID-19-related losses.

LEGAL RESOURCE:

- Legal Services Vermont and Vermont Legal Aid's legal help website: <https://vtlawhelp.org/coronavirus-updates>

STATEWIDE VOLUNTEERS:

- [Vermont Medical Reserve Corps](#)
- [Statewide Mutual Aid Sign Up](#) (Can sign up to just help in your own community) We are connecting folks in need of support of all kinds to those in their communities that signed up to help as well as helping some communities create their own network. We have now also added signing up to keep folks who are isolated company (virtually) and signing up to help with tutoring (virtually).
- [Mutual aid spreadsheet](#) template to tailor for your neighborhood (make sure to update those in your community and in this resource doc if you're spearheading this great work!)

REGIONAL RESOURCES:

- [Generic Mutual Aid Form to be Edited for Any Community](#)
 - (copy and paste language and questions into your own google form to collect responses at the community level)
 - Note that Mutual Aid Google Forms responses can be downloaded to Excel - if any folks need help with organizing spreadsheet data by town/types of responses, contact Laura Nace at 443.558.8118 or Laurajnace@gmail.com.
- [COVID-19 Mutual Aid-Central Vermont Facebook page](#)
- [Contact list for county-level organizers](#)

Addison County:

- [Mutual Aid website; opportunities to volunteer or to request help](#) -

Bennington County:

- This section is being worked on by a newly developed group of volunteers as of 3/17/2020/ Come back soon for updates!

Chittenden County:

- [Feeding Chittenden](#) -
- [Volunteer babysitter program](#), in case schools and daycares close. Fill out [this form](#) - if you are interested in providing your availability for volunteering, and fill out [this form](#) - if you are a parent interested in utilizing volunteer babysitters.
- [Share a meal](#) - with neighbors experiencing homelessness at ANEW Place. They currently have a lack of meal providers and could use your help.
- BTV [Quarantine delivery request](#)
- BTV [Mutual Aid Volunteer Sign-up](#)
- BTV [Herbal Mutual Aid Sign-up](#)
- Grocery Go Team
 - Volunteer Form: <http://forms.gle/K9i9QZw3MqY7FFmb8>
Contact: gabrielle.hall.vt@gmail.com 802-735-6494

- **Underhill/Jericho** Residents: Delivery/Shopping Request fill out [this form](#)
- [Essex Area Mutual](#)
- [Farrell Street Community Discord](#) (For socially distant fun and for extremely local help)

Franklin and Grand Isle County:

- Food Shelf & Community Action: <https://www.cvoeo.org/>
- [Champlain Islands Mutual Aid sign up](#)
- [Grand Isle County Community Action Network \(C.A.N.\)](#) - Facebook Group for sharing information, resources, and opportunities to volunteer (please join the group rather than “like” the page)

Lamoille County

- [Lamoille Neighbors](#)
- [Hyde Park Volunteers Sign UP](#)
- [Hyde Park Needs Request Form](#)

Northeast Kingdom (Orleans, Essex, Caledonia Counties)

- **MADVT** <https://nek.madv.org> - website listing lots of local resources
- [Southern NEK Delivery Request Form](#)
- [Southern NEK Mutual Aid Sign Up](#)
- [Northern NEK Delivery Request Form](#)
- [Northern NEK Mutual Aid Sign Up](#)
- [Craftsbury Need & Volunteer Form](#)
- [Northeast Kingdom Community Action](#) - NEKCA 1-802-334-7316 for food, fuel, utility, housing, and childcare assistance. Food shelves in Newport and Island Pond
- List of [Northeast Kingdom Food Shelves](#)
- Hardwick Area Food Pantry [\(802\) 472-5940](#) hours: Monday:12pm -2pm and Thursday and Saturday:9am-11am
- Craftsbury General store (586-2440) is offering curbside pick-up, bulk buying and home delivery
- [H.O.P.E Lyndonville](#) - basic services (802) 626-3228

Orange County:

- [Bradford-Area COVID-19 Mutual Aid Volunteer Sign-up Form](#)
- [Theford Emergency Management Covid-19 Information and Resources](#) “I can help” or “I need help”
- Randolph Area Food Shelf (RAFS): Maintaining normal hours (seen below). Space is small, so asking that guidance offered by volunteers in terms of numbers of shoppers occupying the space simultaneously be taken into consideration.
 - Hours: Monday, Wed, Friday 3-5 PM, Tuesdays 1-5 PM, Thursdays 5-7 PM

Rutland County:

- [Mutual Aid - “I can help” or “I need help”](#)

Washington County:

- Barre Town [Mutual Aid Sign-up](#)
- Berlin-Area [Mutual Aid Sign-up](#)
- [Montpelier mutual Aid volunteer sign up form](#)
- [Montpelier Area Needs Request Form](#)
- Montpelier [Mutual Aid - "I can help" or "I need help"](#)
- Waterbury CARES! [Resource Exchange & Support](#)
- Worcester Neighbor Network:
 - [Volunteer Form](#)
 - [Help Request Form](#)
- The Middlesex Town Clerk's office is coordinating community needs support and volunteer efforts: <http://middlesexvermont.org/>
- County wide [Food Distribution Volunteer Sign-up](#) (a partnership between Community Harvest of Central Vermont and their gleaned food recipient partners including Capstone Community Action and the VT Foodbank)

Windsor County:

- [Royalton Area Mutual Aid Volunteer Sign-up Form](#)
- [Upper Valley mutual Aid volunteer/Needs sign up Form](#)
- [Hartland-Area Mutual Aid Volunteer Sign-up](#)
- [Capstone Community Action \(https://www.capstonevt.org/\)](https://www.capstonevt.org/) : Please note, our doors may be locked, but we are open for business.

Emergency Housing and Fuel Assistance: Starting Monday March 16th, our staff will be available to work with you over the phone. Please call: 1-800-639-1053 to schedule a call with a counselor.

Barre Food Shelf: Starting Monday, March 16th, our food shelf will begin pre-packaging bags which will be available for pick up on our loading dock, behind the building. For the time being, our MWF schedule will remain the same. You may continue to visit every 14 days, and on Tuesdays for fresh produce and bread.

Tax Assistance: Our Volunteer Income Tax Assistance Program will be accepting drop-offs at our Gable Place office in Barre, our Randolph office, and our Morrisville office. We will not be conducting in-person appointments at this time. Please call: 802-477-5148 to arrange a drop off, or drop off during regular business hours. If doors are locked, ring the doorbell and someone will collect your paperwork. Please bring your picture ID and social security number cards for you and your dependents, if applicable, and we will make copies.

- [Precision Valley Mutual Aid Sign-Up](#)

Windham County:

[Brattleboro Area Mutual Aid](#)

[Putney Area Mutual Aid](#)

[Deerfield Valley Mutual Aid](#)

DISCUSSION GROUPS:

- [Vermont How Can I Help #Prepare](#) on Facebook
 - .VTDigger COVID-19 [email list sign-up](#)
 - Front Porch Forum
 - [Community Organizer Slack](#)
 - Suddenly find yourself working remotely? [Join us](#) Thursdays 9-1 in Zoom for a cowork!
-

COMMUNITY ZOOM CHATS

Next call: Mon. 3/16, 11 AM EST.

Meeting Room: **PLEASE DO NOT GO IN ROOM EXCEPT FOR SCHEDULED TIMES...**

there are other calls happening here.

<https://zoom.us/j/7386612394>

Meeting ID: 738 661 2394

One tap mobile

+16465588656,,7386612394# US (New York)

Dial by your location

+1 646 558 8656 US (New York)

Recordings:

- Fri March 13:
https://zoom.us/recording/detail?meeting_id=PNp%2F%2FMC%2BTwOtHA7FREqOog%3D%3D
- Sat March 14:
https://zoom.us/recording/detail?meeting_id=IMMWxljWRUSI3r1uYqdkfQ%3D%3D
- Thursday, March 19th from 3:00 - 4:00pm (EST)

- The University of Vermont Robert Larner College of Medicine invites you to join us for a free, informational [webinar on social distancing](#)

Notes: (Compilation of notes from multiple calls. Please add to this or adjust as makes sense on future calls)

1. KEY LOCAL ACTIONS TO TAKE

- a. Get key people in a community coordinating together
- b. Create & circulate a mutual aid form (work together to make sure there's one per community)
- c.

2. BEST PRACTICES / DO NO HARM

- a. Ensure that people are working together and not duplicating efforts
- b. If you're collecting info, be clear about confidentiality and what will happen with info. Have a plan for following up.
- c. If you're coordinating distribution of materials, use best practices for safe handling.