

MEEKER COUNTY COVID-19 RESOURCES

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Agri-business & Farm Resources

- **CDC**
Selected Pages
 - **Agriculture Workers and Employers**
<https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-agricultural-workers.html>
- **Crisis Text Line:** Immediate, free and confidential support for people in distress
 - Text MN to 741741
- **FLAG- Farmers' Legal Action Group:** Farmers' Guide to COVID-19 Relief. Many programs are included in this guide
<http://www.flaginc.org/covid-19-guide/>
- **Minnesota Farm & Rural Helpline**
 - Phone: 833-600-2670
 - Available 24/7
 - Free/Confidential
- **Minnesota Department of Agriculture**
Selected Pages
 - **MDA COVID-19 Food and Agriculture**
<https://www.mda.state.mn.us/covid-19-agriculture>
 - Questions may be sent to MDAResponds@state.mn.us.
- **Minnesota Farmers Market Association:** Resources for farmers markets
<https://www.mfma.org>
- **Minnesota Rural Mental Health Specialists:** Monica and Ted work with farmers throughout Minnesota. There is no cost and no paperwork
 - Monica McConkey 218-280-7785 (Generally serving areas north of Highway 12, which runs from Ortonville through Willmar to the Twin Cities)
 - Ted Matthews 320-266-2390 (Generally serving areas south of Highway 12)
- **Mobile Crisis Teams:** This web site has an interactive map that lists phone numbers for each county
 - Phone: 1.800.432.8781 Calls are answered 24/7
 - <https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/adult-mental-health/resources/crisis-contacts.jsp>
- **National Suicide Prevention Lifeline**
 - Call 800-273-8255 (800-273-TALK)
- **University of Minnesota Extension:** This site lists financial and mental health resources
<https://extension.umn.edu/rural-stress>
Selected Pages
 - **Fruit and Vegetable Farms Response Plan Template and FAQ**
<https://blog-fruit-vegetable-ipm.extension.umn.edu/2020/04/covid-19-response-plan-template-and-faq.html>

Business and Employer Support *(See also MN Unemployment)*

Local Resources:

- **Litchfield Area Chamber of Commerce:** Please contact the chamber for support with state and federal programs for employees and employers.
 - Phone: (320)693-8184 Please leave a message
 - Email: judy@litch.com or marla@litch.com
- **Meeker County Economic Development Association**
 - Phone (507)2270-5402 Please ask for Lisa

State Resources and Helpful Sites:

- **Minnesota Department of Employment and Economic Development (DEED):** Includes: General guidance for all businesses, restaurants and bars, personal care services/salons, retail, outdoor recreation. In the future, this page will include guidance for future phases of business re-openings, including: gyms, studios, and fitness centers, places of worship, youth sports and recreation, and entertainment. <https://mn.gov/deed/>

Selected Pages

- **A Guide for Minnesota Small businesses**
<https://mn.gov/deed/newscenter/covid/employers/small-business-help/>
- **Businesses Doing Good (MN DEED) Stories of businesses doing extraordinary things during this time**
<https://mn.gov/deed/newscenter/covid/stories/doing-good/>
- **Convenience Stores Preparedness Plan**
http://www.dli.mn.gov/sites/default/files/pdf/COVID-19_convenience_stores_preparedness_plan_guidance.pdf
- **Food processing and Manufacturing COVID-19 Best Practices Checklist**
<https://www.health.state.mn.us/diseases/coronavirus/busiplantchecklist.pdf>
- **Gyms and Fitness Centers**
https://mn.gov/deed/assets/gym-fitness-center-industry-guidance-acc_tcm1045-434834.pdf
- **Manufacturing Preparedness Plan Guidance**
http://www.dli.mn.gov/sites/default/files/pdf/COVID-19_manufacturing_preparedness_plan_guidance.pdf
- **Recreational Entertainment Venues**
https://mn.gov/deed/assets/recreational-entertainment-industry-guidance-acc_tcm1045-434886.pdf
- **Restaurants, bars, and other services Preparedness Plan template and instructions**
<https://www.dli.mn.gov/updates>
- **Safely Returning to Work**
<https://mn.gov/deed/newscenter/covid/safework/>
- **Seated Entertainment Venues**
https://mn.gov/deed/assets/seated-entertainment-industry-guidance-acc_tcm1045-434868.pdf

- **The Industry Guidance for Safely Reopening: Restaurants & Bars**
https://mn.gov/deed/assets/restaurant-bar-industry-guidance-ACC_tcm1045-432897.pdf];] provides a complete list of requirements for safely reopening these businesses.
- **Minnesota Department of Health**
<https://www.health.state.mn.us/>
 - Selected Pages
 - **Authorization for Disclosure of Protected Health Information**
<https://www.health.state.mn.us/diseases/coronavirus/materials/busitemp.docx>
 - **COVID-19 Employee Screening and Testing Recommendations for Industry**
<https://www.health.state.mn.us/diseases/coronavirus/busiscreentest.pdf>
 - **COVID-19 Health and Safety Guidelines for the Meatpacking Industry**
 (great resource appropriate for all businesses)
https://www.dli.mn.gov/sites/default/files/pdf/COVID_19_meatpacking_guidance.pdf
 - **COVID-19 Recommendations for Health Care Workers**
<https://www.health.state.mn.us/diseases/coronavirus/hcp/hcwrecs.pdf>
 - **Food Processing and Manufacturing Best Practices Checklist**
<https://www.health.state.mn.us/diseases/coronavirus/busiplantchecklist.pdf>
 - **Employee Screening and Testing Recommendations for Industry**
<https://www.health.state.mn.us/diseases/coronavirus/busiscreentest.pdf>
 - **Enhanced employee Screening Form**
<http://www.health.state.mn.us/diseases/coronavirus/materials/busiscreen.docx>
 - **How Supervisors and Managers Can Support Staff during COVID-19**
<https://www.health.state.mn.us/communities/ep/behavioral/supervisors.pdf>
 - **Occupational Health and Safety Resources Related to COVID-19**
<https://www.health.state.mn.us/communities/occhealth/reports/covidresources.html>
 - **Stay Safe Minnesota: guidance for Safely Reopening Businesses**
<https://content.govdelivery.com/accounts/MNMDH/bulletins/28ccaef>
 - **When to Return to Work after COVID-19**
<https://www.health.state.mn.us/diseases/coronavirus/returntowork.pdf>
 - **Visitor and Employee Health Screening Checklist**
<https://www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf>
- **Minnesota Department of Human Rights – Discrimination Helpline**
 - <https://mn.gov/mdhr/intake/discrimination-helpline.jsp>
 - 1-833-454-0148
 - Monday-Friday, 8:00 a.m. to 4:30 p.m.
 - Translation/interpretation services available

- **Minnesota Department of Labor and Industry – OSHA**
<https://www.dli.mn.gov/>
 - **MN OSHA Compliance:** If you have workplace safety or health questions or concerns, contact MNOSHA Compliance
 - Phone: 651.284.5050 or 877.470.6742
 - Email: osha.compliance@state.mn.us
 - **MN OSHA Questions on Sick leave and Pay**
 - Contact 651.284.5075
 - Or email dli.laborstandards@state.mn.us
 - **MN OSHA Workplace Safety Consultation:** If you would like to request workplace safety or health assistance, Contact MNOSHA Workplace Safety Consultation
 - Phone: 651-284-5060
 - Email osha.consultation@state.mn.us

Selected Pages

- **Equipment for COVID-19:** Non-essential business factsheet
<https://www.dli.mn.gov/sites/default/files/pdf/fact equip for COVID-19 noncritical businesses.pdf>
- **Frequently asked questions for employers and employees related to COVID-19**
<https://www.dli.mn.gov/sites/default/files/pdf/Employer and employee questions related to COVID 19.pdf>
- **Protecting Grocery Store Workers Factsheet**
<https://www.dli.mn.gov/sites/default/files/pdf/fact grocery stores.pdf>
- **Safety and health guidelines for the employers and employees of essential work operations**
<https://www.dli.mn.gov/sites/default/files/pdf/COVID-19 safety guidelines for employers and employees.pdf>
- **Updates related to COVID 18**
<https://www.dli.mn.gov/updates>
- **Worker protections related to COVID-19**
<https://www.dli.mn.gov/sites/default/files/pdf/MN worker protections related to COVID 19.pdf>

Federal/National Resources and Helpful Sites:

- **Centers for Disease Control and Prevention (CDC)**
<https://www.cdc.gov/>

Selected Pages

- **FAQ about Executive Orders Related to Bars, Restaurants, and Other Places of public Accommodation**
<https://www.health.state.mn.us/diseases/coronavirus/hospitalityfaq.pdf>
- **Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes**
<https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>
- **Well Being from Home** – Resources to maintain your well-being at home.

- <https://healthylife.com/wfh/>
- **Well Right - Three Ways to Support Employees Returning to the Workplace**
https://www.wellright.com/blog/3-ways-to-support-employees-returning-to-the-workplace?utm_campaign=Blog&utm_medium=email&hsmi=87495268&hsenc=p2ANqtz-9hRTtA0hWhMA--eYMVLOty7aoGFPON8MIY1P7PzqS6tfRFjbcAJAB-hJwsgf7fnxyRuYXg&utm_content=87495268&utm_source=hs_email
- **United States Department of Labor**
<https://www.dol.gov/agencies/whd>
 - Selected Pages
 - **OSHA publication – Guidance on Preparing Workplaces for COVID-19**
<https://www.osha.gov/Publications/OSHA3990.pdf>
 - **COVID-19 Funding programs** for small businesses including child care providers and nonprofits. Status of this federal program is changing – and may be closed – based on availability of federal dollars appropriated by Congress. For current status
<https://www.sba.gov/funding-programs/disaster-assistance>
 - **COVID-19 information for workers and employers**
<https://www.osha.gov/SLTC/covid-19/>

CDC Resources *(See also MDH Resources)*

Home Page – Comprehensive COVID-19 resources

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

Selected Pages

- **Coronavirus Disease Basics**
https://www.cdc.gov/coronavirus/2019-ncov/faq.html#anchor_1584386215012
- **Disability:** General Disability and Health Emergency Preparedness Tools and Resources are available from the Centers for Disease Control and Prevention (CDC).
<https://www.cdc.gov/ncbddd/disabilityandhealth/emergency-tools.html>
- **Frequently asked Questions (FAQ)**
<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>
- **General Recommendations & Protecting Yourself and Your Family: COVID-19**
<https://www.cdc.gov/coronavirus/2019-ncov/community/home/index.html>
- **Households living in Close Quarters**
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/living-in-close-quarters.html>
- **Running Essential Errands**
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html>

Cash and Economic Assistance

- **Apply MN:** Get connected with state and county services to help meet basic needs. Apply for cash assistance, Supplemental Nutrition Assistance Program (SNAP) benefits, child care assistance, and Emergency Assistance.

- Call 651-431-4000
<https://applymn.dhs.mn.gov/online-app-web/spring/public/process-login?execution=e2s1>
- **Bridge to Benefits:** Identify eligibility for public works programs, including SNAP, WIC, School Meal Program, Minnesota Health Care Programs, Energy Assistance, and Child Care Assistance.
<http://www.bridgetobenefits.org/Home2>
- **Community Action Agencies:** Local, state, federal, and private resources to help individuals and families with low incomes.
<https://www.minncap.org/>
- **Emergency Assistance:** Assistance for emergency needs, such as paying rent or utility bills. To learn about availability, eligibility, and how to apply.
<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-5207-ENG>
- **Financial Supports for College Students:** For information on student's ability to continue to receive current state financial aid payments, being paid for scheduled work study hours and child care grants, more information can be found at: State Financial Aid Guidance during COVID-19.
<https://www.ohe.state.mn.us/mPg.cfm?pageID=2391>

Chemical Dependency Resources & Recovery Support

(See also Crisis Resources and Mental Health)

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- **Addiction Group** – comprehensive site on abuse and addiction with free resources on alcohol and other drugs
<https://www.addictiongroup.org/alcohol>
 - **Al-Anon:** Resources to support continued chemical dependency meeting attendance during this time and central websites.
 - www.al-anon.org
 - Directions: at website go to drop box on right and pick “find a meeting”, then scroll down to “Electronic Meetings” and click the blue “Find and Electronic meeting” tab. Next click “Please click here to view Phone List Meetings”.
 - **Alcoholics Anonymous:**
 - Main: www.aa.org
 - Virtual Meetings: <http://aa-intergroup.org>
 - Directions: For online AA meetings click on the blue “Go” under “Online Meeting Directory
 - “Pause A While” is hosting a free conference call for AA meetings – 2 p.m. every day, Dial-in number: (425) 436-6360...access code: 422932# *If any extra help is needed for the “Pause A While” AA meetings contact: pauldart@pausewhile.org
 - **In The Rooms** is hosting both NA and AA meetings
 - www.intherooms.com
 - Directions: Go to site, scroll down on main page till you see list of different meetings, topics and schedules
 - **NAMI:**

- <https://namimn.org/>
- **Narcotics Anonymous Virtual meetings:**
 - Main: www.na.org
 - Online/phone meetings: www.virtual-na.org
 - Directions: From the “Home” page, hold mouse over “For Our Members” tab and click on “Virtual Meetings” and make your choice from that web page. See instructions and guidelines on page.
 - **Quit Partner:** free support to quit smoking, vaping, or chewing. Quit Partner offers coaching by phone or online and free medications like patches, gum, or lozenges delivered right to the door. You can access support from home. <http://quitpartnermn.com/>
 - **SAMHSA – Substance Abuse and Mental Health Services Administration**
<https://www.samhsa.gov/find-help/national-helpline>
 - **SMART Recovery Online Recovery Meetings:** To sign in or register for online community and online meetings. Also to find online reading SMART materials www.smartrecovery.com
 - **Secular AA:**
www.secularaa.org
 - **Women for Sobriety Online Support:**
<https://womenforsobriety.org/community/#supportTab-2>

Childcare *(See also Schools)*

Child care providers.

Child care providers are essential workers and can remain open. Providers are encouraged to prioritize children of essential workers with public health guidance and information on mn.gov/childcare. We encourage providers to regularly update their status and capacity to help connect families with needed care.

- **COVID-19 Cleaning and Disinfecting Guidance for Schools and Child Care Programs**
<https://www.health.state.mn.us/diseases/coronavirus/schools/clean.html>
- **COVID-19 Prevention guidance for Youth, Student, and Child Care Programs**
<https://www.health.state.mn.us/diseases/coronavirus/schools/socialdistance.pdf>
- **Center for Inclusive Child Care:** (CICC) free relationship-based professional development, support, training and resources for child care programs throughout Minnesota to assist child care providers in promoting positive practices in inclusion, health and safety, and infant toddler caregiving.
 - Services are free at all times to licensed child care programs in Minnesota
 - To request CICC coaching, call 651-641-8339
 - No referrals are necessary though they are welcome as well.
- **Child Trends:** Online support for early childhood providers regarding trauma informed support to children and families during COVID-19. More information can be found here

https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic?utm_source=hs_email&utm_medium=email&utm_content=85116678&hsenc=p2ANqtz-z3VmBgaNGeuoMndluFHJ1mpWILVcUluIm05LiGGw4DyY_sPd_9LRjYb-gVN9VY4fUIwTj8TsLqCr9MJZrUUAmGsmm9cXRCoQGWVLCs5jExbzJvp0&hsmi=85116678

- **Coronavirus Resources for Early Childhood Professionals:**
<https://www.zerotothree.org/resources/3291-coronavirus-resources-for-early-childhood-professionals>
- **Decision Tree for Symptomatic People in Schools & Child Care Programs**
<https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf>
- **Frequently asked Questions about COVID-19 for Facilities Service and Cleaning Staff**
<https://www.health.state.mn.us/diseases/coronavirus/schools/cleanfaq.html>
- **Funding for Childcare: Childcare Aware: Financial Supports for Child Care Providers.** Licensed child care programs can now apply for grants to support them during the peacetime emergency. Recipients are selected on a month-to-month basis and start at \$4,500.
<https://www.childcareawaremn.org/providers/grants-and-scholarships/>
- **Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes**
<https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>

Families seeking childcare

- **Parent Aware Hotline:** Essential workers in need of child care.
 - Phone: 1-888-297-9811 for assistance.
- **Non-essential workers in need of child care** -find resources and a map of open providers
<https://mn.gov/childcare/>

Crisis Resources *(See also Chemical Dependency & Mental Health)*

County Crisis Contacts

- **Adult Mental Health Crisis Response Numbers**
 - Meeker County (800)992-1716 or (800)432-8781
 - Text the crisis team at **CRISIS (**274747)
 - <https://mn.gov/dhs/people-we-serve/adults/health-care/mental-health/resources/crisis-contacts.jsp>
- **Children's Mental Health Crisis Response Numbers**
 - Meeker County (800)992-1716
 - <https://mn.gov/dhs/people-we-serve/children-and-families/health-care/mental-health/resources/crisis-contacts.jsp>
- **Crisis Text Line**
 - Text MN to 741741
 - Immediate, free and confidential support for people in distress

- **Domestic abuse and violence hotline.** There are places of sanctuary open for anyone facing abuse or violence. Call Minnesota's statewide crisis hotline
 - Crisis line: 1-866-223-1111 or send a text to 612-399-9995.
 - <https://dayoneservices.org/>
 - <https://cornerstonemn.org/emergency-services/statewide-hotline/>
- **End Violence Against Children**
 - **Protecting Children During the COVID-19 Outbreak**
 - <https://www.end-violence.org/protecting-children-during-covid-19-outbreak>
- **National Suicide Prevention Lifeline Phone** – support for you, loved ones, and resources for professionals
 - 24/7 Lifeline (800)273-8255
 - Main: <https://suicidepreventionlifeline.org/>
 - More information for youth: <https://suicidepreventionlifeline.org/help-yourself/youth/>
- **Women's Advocates Domestic Abuse 24 Hr. Crisis Line**
 - Call: (651)227-8284

Faith Organizations & Ministerial Support

Names and numbers for pastors in Litchfield who have agreed to be emergency mental health contacts if needed during COVID-19:

- Pastor Jeff Garland 320-224-4509 – Cornerstone, Litchfield
- Father Jeff 320-221-4120 – St Phillip's Church, Litchfield
- Father Brian 320-905-6529 – St Phillip's Church, Litchfield
- Pastor Rod Rindahl 641-220-4781 – Harvest Church – Evangelical Free, Litchfield
- Pastor Bill Kerr 320-693-3409 – Methodist, Litchfield
- *MORE RESOURCES COMING SOON with contacts for additional church leaders in Meeker County!!*
- **Cultural and Faith Communities COVID-19 Newsletter** Register to receive this. https://public.govdelivery.com/accounts/MNMDH/subscriber/new?topic_id=MNMDH_491
- **Faith-Based Communities, Places of Worship, Weddings, and Funerals Preparedness Plan Requirements**
https://mn.gov/deed/assets/worship-guidance-ACC_tcm1045-433301.pdf
- **Guidance for Gatherings: Faith-based Communities, Places of Worship, and Ceremonies (PDF)**
<https://www.health.state.mn.us/diseases/coronavirus/guidefaith.pdf>

Family Supports *(see also Mental Health and Schools)*

- **Alliance for a Healthier Generation**
<https://www.healthiergeneration.org/campaigns/covid-19>
- **Children and Nature Network**
<https://www.childrenandnature.org/research/greenspace-exposure-is-associated-with-wide-ranging-health-benefits-across-143-studies/>

- **Help Me Grow website**
<http://helpmegrowmn.org/HMG/index.htm>
- **Minnesota Communities Caring for Children Resources for Adaptation and Resiliency During the Coronavirus (COVID-19) Outbreak**
<https://www.pcamn.org/prevention-resources/>
- **Minnesota Communities Caring for Children** – this site houses recorded sessions on “Practicing Resilience in the Community” focusing on simple daily practices.
<https://www.pcamn.org/practicing-resilience-in-community/>
- **Minnesota Department of Health Child and Family Resources About COVID-19**
<https://www.health.state.mn.us/communities/ep/behavioral/covid19.html#family>
- **National Parent Helpline**
<http://www.nationalparenthelpline.org/>
- **Parent Support Outreach Program:** early intervention program focusing on family strengths and needs to ensure safety for children and support for families
<https://mn.gov/dhs/people-we-serve/children-and-families/services/child-protection/programs-services/parent-support-outreach.jsp>
- **Postpartum Support International Helpline**
<https://www.postpartum.net/>

Food/Nutrition/Dining Services

Local Resources

- **Ecumen:** Hot, nutritious meals delivered to the door
 - Contact: To set up meals, contact Amy Larson – Phone: (320)-373-6638
 - Eligibility: Program is available for people within the city limits of Litchfield (possible expansion of program in future)
 - Service Dates And Hours:
 - Client receives a monthly menu and can select days for delivery or be on a set schedule. Meals are available 365 days a year.
 - Delivery hours are between 11:00 – 12:00 pm
 - Cost: Current cost of meal is \$6.50. New pricing of \$7.50 is supposed to be going into effect May 1st.
 - Client Wellbeing: If a client is on a set schedule and the driver is unable to make contact, additional calls to the home or to the emergency contact are attempted. If unable to make contact, the non-emergency police line is called and a well person check is requested.
 - Meal Info: Meals consist of 3 oz. protein, ½ c. vegetable, ½ c. starch, 1 slice of bread, and a dessert. Condiments are included.
 - Special Dietary Needs: Therapeutic and mechanically altered diets are available. Food allergies and preferences are listed and followed.
- **Hope for Our City – food distribution**
 - Located at First Lutheran Church parking lot in Litchfield with a drive through service format
 - Pre-registration required with a cost of \$2 per week per share
 - For more information and to register please call Karla Rick at 320. 221-3386

- Check out their Facebook page: Hope for Our City - Litchfield
- **Lutheran Social Services Senior Dining:** Offering curbside and delivery meal service
 - www.lssmn.org/meals
 - Contact: Chrissy Elton, Regional Manager LSS Meals, Office Phone: 1-866-974-0289, Cell: 320.905.228, Email Chrissy.elton@lssmn.org
 - Service Format: Meals on Wheels will be left at client doors to limit potential contact. Volunteers will knock on the door of the diner to let them know their meal has arrived. Dining sites have shifted from dine-in meals to curbside pick-up only. LSS is also able to offer a 14 day emergency meal supply.
 - Ordering Meals: To place an order and get details on pick uptimes, please call the appropriate contact number below. Meals should be ordered before noon for the next day's meal.
 - Cost:
 - Those 60 and over are asked to complete registration making them eligible to give a suggested donation of 5.00/meal. They're sent a contribution letter 1x month with the total meals they received.
 - Those 59 and under are asked to pay the full price of the meal which is 8.00 with a few exceptions such as, if they are a volunteer, if they are a spouse of a 60 plus that also receives the meals, disabled, or a caregiver caring for someone that is receiving the meals.
 - If someone is interested in SNAP benefits they can also contact LSS meals at 1.800.488.4146.
 - No one will be turned away because of an inability to pay.
 - Updates: Please check LSS Meals Facebook page for additional updates.

City	LSS Meals on Wheels	Site Phone Number	Site Address
Cosmos	Home Delivered Meals M- F	320.877.7525	Catered and Delivered by: <i>Mugshots</i> <i>100 Astro Blvd E</i> <i>Cosmos</i>
Dassel	Home Delivered meals M-F Volunteers will deliver in town; anyone outside city limits will need to pick up at the center	320.275.3308	Meals catered by: <i>Lakeside Health Care Center</i> <i>439 Williams Ave. E.</i> <i>Dassel</i>
Eden Valley	Home Delivered Meals M-F	Contact Mary Lou at 320.453.4407	Meals catered by McKales with pickup at: <i>Eden Valley Civic Center</i> <i>171 Cossairt Ave.</i> <i>Eden Valley</i>

Grove City	Home Delivered meals are available M-F	Contact Rosie or Andrea at The Care Office 320.857.2274	Meals catered by McKales. With pick up at: South Grove Square 200 South Avenue Grove City
Litchfield	No service. Contact Ecumen for alternative services	Contact 320.693.6318	n/a
Watkins	Yes	Contact 320.764.5615	St. Anthony Manor 131 Church Street Watkins

- **Meeker County Area Food Shelves:** The food shelf provides drive thru or other alternative pick-ups for client safety.

<http://meekercountyfood.org/>

- Dassel – Phone: (320)693-7661
- Litchfield– Phone: (320)275-0124

- **Ruby’s Pantry**

<https://www.rubyspantry.org/>

- For more information please call Cornerstone Church at (320)593-7971

- **SNAP Outreach Specialists:** For those needing food assistance, specialists can provide more information

<https://applymn.dhs.mn.gov/online-app-web/spring/public/process-login?execution=e2s1>

Nutrition assistance for youth:

- Families with children receiving free or reduced-prices meals when schools closed in March are eligible for an additional \$325 per child in additional funding to help pay for groceries. Families do not need to apply for these benefits or take any additional action, as this benefit is automatic.
- If the child was not receiving free or reduced-price meals, but was part of their family’s SNAP or MFIP case, they are also eligible for this benefit. To access these benefits they need to apply at <https://mn.p-ebt.org/en/> **prior to June 20, 2020.**
- If you have questions about requesting or using these benefits, please contact the P-EBT Hotline at [651-431-4050](tel:651-431-4050) or [800-657-3698](tel:800-657-3698).

- **Restaurants:** Several area restaurants are offering curbside service and delivery
 - Please call to confirm hours and availability as this is changing daily.
 - A list of area restaurants is included as a part of this resource

State Resources

- **Coronavirus Aid, Relief, and Economic Security (CARES) Act Coronavirus Relief Fund:** Funding is allocated to **provide meals** to children, youth, adults without families and families experiencing increased food insecurity as a result of COVID-19
<https://home.treasury.gov/policy-issues/cares/state-and-local-governments>
- **Food Safety during the COVID-19 Pandemic**
<https://www.health.state.mn.us/people/foodsafety/emergency/covid.html>

- **Hunger Solutions:** Website include a map with locations with free and low-cost meals for kids, discount groceries and other resources. Help for those struggling to afford or access food.
 - Phone: 1.888.711.1151
 - <http://www.hungersolutions.org/find-help/>
- **Minnesota Department of Health**
 - **Guidance for Providing Food and Beverages for On-site Consumption at Indoor and Outdoor Gatherings (PDF)** Outlines guidance for food and beverage consumption at gatherings taking place in indoor and outdoor venues such as event centers, faith-based buildings, community centers, rental halls, or at similar outdoor spaces.
<https://www.health.state.mn.us/diseases/coronavirus/foodgather.pdf>
- **Minnesota Department of Human Services**
 - **Online Electronic Benefits Transfer (EBT)** In response to the pandemic, information about online EBT.
<https://mn.gov/dhs/people-we-serve/children-and-families/economic-assistance/food-nutrition/resources/online-ebt-faqs.jsp>
 - **Pandemic EBT FAQs (DHS)** One-time application for food benefits for families with children who receive free or reduced-price school meals.
<https://mn.gov/dhs/people-we-serve/children-and-families/economic-assistance/food-nutrition/resources/online-ebt-faqs.jsp>
 - **Supplemental Nutrition Assistance Program (SNAP)**
<https://mn.gov/dhs/food-emergency/>

Grocery & Pharmacy Services/Household Essentials

- **Family Fare:**
 - Grocery**
 - Phone: (320) 693-7246
 - Special Store hours for seniors and those at risk
 - Thursday 7-9 am
 - Order online and Pick up Outside
 - <https://www.shopthefastlane.com/>
 - Pick up hours are 7 am to 8:30 pm in store parking lot
 - Pharmacy**
 - Pharmacy: Phone:(320)693-3261
 - Special Store and Pharmacy hours for seniors and those at risk Thursdays 7-9 am
 - Pharmacy Hours: Mon – Fri 8:30-7, Sat 8:30-5, and Sun 10:00 – 2:00
 - Mail Delivery: Order in advance. Must have credit card on file
 - Next Day Delivery: Available Mon- Fri. Must order in advance and have a credit card on file. Deliveries go out between 2-6 pm.
 - Curb side pick-up available. Please park outside and call pharmacy. Staff will bring prescription to your car. A credit card is needed on file.

- **Walmart**
 - Grocery**
 - Phone: (320) 693-1022
 - Special Store and Pharmacy hours for seniors and those at risk
 - Tuesdays 6-7 am
 - Order online and Pick up Outside go to the website or use the Walmart app <https://grocery.walmart.com/> (Note: **Use this website!! Do not use Walmart.com as they will not allow certain essential items (i.e. milk, eggs) to be added to the cart.**)
 - Pick up hours are 7 am to 8:30 pm in store parking lot
 - Pharmacy**
 - Phone: (320)639.2004
 - Will mail or do curbside delivery
 - Hours: Mon-Fri 9:00 am- 7:00 pm, Sat. 10 – 5, Sun 10 – 4
- **Other retail, convenience and gas stations** that carry bare essential products.
 - Bare Essential products include: Milk, bread, eggs, butter, toilet paper, diapers and water.
 - Availability: These locations regularly carry many of the products listed above but may impose customer limits, have limited supply, or be out of stock. (Items most likely to be in short supply include: toilet paper, hand sanitizer, cleaning products, and eggs)

City	Place	Phone
Watkins	Jack's	764-5345
Kingston	Mini Mart	398-9501
Litchfield	Food Coop	693-7539
Watkins	J & R Market	764-2980
Litchfield	Speedway	693-7498
Darwin	Schmidty's	693-0019
Litchfield	Speedway South	693-7595
Eden Valley	Jack's	453-2248
Grove City	Schmidty's	857-2741
Cosmos	Casey's	877-7628
Dassel	Casey's	275-1275
Litchfield	Casey's	693-9029
Litchfield	Cenex	693-2821
Litchfield	Food Shelf	693-7661
Litchfield	Family Dollar	693-9304
Dassel	Red Rooster Foods	275-2254

Healthcare and Long Term Care *(See Also Testing, CDC and MDH Resources)*

Local Resources

- **Meeker Memorial Hospital and Clinics** For complete information on Meeker Memorial's response to COVID-19 please visit:

https://meekermemorial.org/MMH_covid19/

COVID-19 Triage Line:

- [\(320\) 373-1026](tel:3203731026)
- Hours: Monday – Friday 8:00 am – 5:00 pm

State Resources (See Also MDH)

- **Mayo Clinic - Coronavirus disease 2019 (COVID-19)**
<https://www.mayoclinic.org/diseases-conditions/coronavirus/symptoms-causes/syc-20479963>
- **Minnesota Department of Health** For health questions, please visit the MDH website
 - Call MDH at 651-201-3920 or 1-800-657-3903.

Selected Pages

- **Guidance for Window Visits at Long-Term Care Facilities**
<https://www.health.state.mn.us/diseases/coronavirus/hcp/lcwindows.pdf>
- **Got Your Shots? - pediatric vaccination during COVID-19**
<https://www.health.state.mn.us/people/immunize/hcp/covidpediz.pdf>
- **Minnesota COVID-19 Response: “If you are Sick”** – provides information on what to do if sick, provides an interactive screening tool to decide if testing is needed and a map to find test locations.
<https://mn.gov/covid19/for-minnesotans/if-sick/>
- **Minnesota Covid-19 Response: “If you are Waiting for Test Results**
<https://www.health.state.mn.us/diseases/coronavirus/waiting.pdf>
- **MDH – Surgeries and Procedures During COVID-19 FAQ’s**
<https://www.health.state.mn.us/diseases/coronavirus/hcp/surgery.html>
- **Outdoor visitation Guidance for Long-Term Care facilities (PDF)**
<https://www.health.state.mn.us/diseases/coronavirus/hcp/lc Outdoor.pdf>
- **Toolkit for Long-Term Care**
<https://www.health.state.mn.us/diseases/coronavirus/hcp/lctoolkit.pdf>

Health Care Coverage

- **State Programs:** Continued services for Minnesota health care coverage renewals suspended. If you or your family members are on Medical Assistance, Minnesota Coverage, or the Children's Health Insurance Program, the annual renewal process and closures are suspended during the COVID-19 pandemic. Enrollment in the programs is still available.
<https://www.mnsure.org/new-customers/enrollment-deadlines/special-enrollment/covid19-sep.jsp>
- **Minnesota Health Plans:** State leaders have partnered with local nonprofit health plans to remove barriers to care and coverage during the COVID-19 pandemic. Refer to your health plan for a better understanding of changes specific to your coverage. Some of the changes for commercially insured members include:
 - No costs for COVID-19 testing.
 - Most plans will not charge members if they need to be hospitalized due to COVID-19 and use an in-network hospital

- Most plans and providers have increased access to telemedicine services, allowing Minnesotans to get the care they need from the safety of their homes
- Employer coverage may vary. Many Minnesotans are covered through their employers, who offer their own benefit structure. The State of Minnesota cannot mandate these benefits to these plans but is encouraging employers to offer similar COVID-19 coverage.

Health Care Directives

- **Honoring Choices Minnesota**
<https://www.honoringchoices.org/health-care-directives>
- **Prime West**
https://www.primewest.org/delegate/resource/document/3cc0e0b2-a34e-4b57-bf6c-3ad7f20d6fe7/PW_2007_035.pdf
- **Minnesota Legislature**
<https://www.revisor.mn.gov/statutes/cite/145C.16>
- **Minnesota Advanced Psychiatric Directive**
https://mn.gov/omhdd/assets/MN%20Advanced%20Psychiatric%20Directive_tcm23-27626.pdf

Housing, Evictions, Utilities, Energy Assistance and Shelter Resources

- **COVID-19 Interim Testing Recommendations: Congregate Settings for People Experiencing Homelessness and Individuals and Families Residing in Emergency Shelters**
<https://www.health.state.mn.us/diseases/coronavirus/guidetestshelter.pdf>
- **Consumer Financial Bureau:** For homeowners experiencing difficult making on-time mortgage payments. Information is available on the Consumer Financial Bureau's website
<https://www.consumerfinance.gov/about-us/blog/guide-coronavirus-mortgage-relief-options/>
- **Energy Assistance Program (EAP):** This program helps pay for home heating costs and furnace repairs for income-qualified households. Learn how to apply to your local Energy Assistance provider through June 1. EAP still has sufficient funds and expects more from the CARES Act.
 - **Eligibility:** Renters & homeowners are eligible. Assets such as the home are not considered in determining eligibility. Income eligibility is based on past one month of income only. Additional Crisis funds are available to: help pay a past due bill (even without a shut-off notice) or get an emergency fuel delivery and help homeowners get their broken furnace repaired or replaced.

- **Funding:** Grants range from \$200 - \$1,400, based on household size, income, and fuel cost. The average grant is about \$500. Annual crisis maximum is increased to \$1,200 (up from \$600).
- **Deadline:** The application deadline is extended to July 1.
- **Phone:** Households contact their local EAP service provider to apply for EAP by calling 1-800-657-3710 & entering their zip code, or by going to:
- **Utilities:** Utility payments may also be eligible under emergency assistance funding above. Many telephones, internet, and cell providers signed the "Keep America Connected Pledge" and are not disconnecting services or are offering special payment plans. Many providers are also opening public hotspots and offering free Wi-Fi for students and low-income families.
- **Website:** <https://mn.gov/commerce/consumers/consumer-assistance/energy-assistance/eap-provider.jsp>
- **Evictions:** the Governor signed an order to suspend evictions. Rent is not reduced or waived during this time. Once the suspension has ended, owners can file for evictions and removals can be enforced. Not paying rent on time can impact credit or cause problems that impact future housing options.
 - **Emergency Assistance:** If you are a renter and need emergency assistance, talk to your landlord. You can also contact your county's human services agency, Community Action Agency, or the Department of Human Services.
 - **Legal assistance:** If you're a renter, you can get legal help on a wide range of issues, including repairs, evictions, security deposits, landlord invasion of privacy, and more. Call HOME Line's hotline at 612-728-5767.
 - **If you receive an eviction notice:** If you receive an eviction notice during peacetime emergency, you may contact the Attorney General's office to submit a complaint.
- **Guidance for Retirement Communities and Independent Living**
<https://www.cdc.gov/coronavirus/2019-ncov/community/retirement/index.html>
- **Information and resources on Housing Discrimination and Eviction Protections.** Contact Minnesota's Discrimination Helpline with the Department of Human Rights. Translation/Interpretation services available
 - 1-833-454-0148
 - <https://mn.gov/mdhr/news-community/newsroom/civilrightsupdates.jsp?id=423491>
- **Homeless Service Settings: Interim Guidance for Providers**
<https://www.health.state.mn.us/diseases/coronavirus/guideshelter.pdf>
- **Homeless - Shelter**
 - Contact: Rochelle Brummond Phone: 320.693.3645
 - Current Status: 2-3 adult males in area w/o shelter or other options but wish to stay in Meeker County, sheltering 26 people throughout the county.
- **Interim Guidance for Hotel Managers and Owners** – Including those providing isolations sites and alternative housing
<https://www.health.state.mn.us/diseases/coronavirus/lodgingcleaning.pdf>

- **Minnesota Housing:** Resources and information that can help renters, homeowners, landlords, and lender including FAQ's and information in multiple languages
<http://www.mnhousing.gov/sites/Satellite?c=Page&cid=1520221592207&pagename=External%2FPage%2FEXTStandardLayout>

Household Fix-it

- **Thumbs Up Handyman Service** – Larry and Karla Rick
 - Phone: 320.221.1907

Internet:

- **Keep Americans Connected:** Many companies have pledged to help Keep Americans Connected by offering free internet to families with students or low-income households during this time. For more info go to:
<https://www.fcc.gov/keep-americans-connected>
- **Comcast** is opening its Xfinity Wi-Fi Network nationally for free, connecting low-income families to free internet to support them with distance learning during school closures.

Masks

- **Helpful Face Mask Reminders from Centracare:**
 - Do make sure you can breathe through your mask
 - Do wear it whenever going out in public
 - Do make sure it covers your nose and mouth
 - Do wash after using your mask
 - DO NOT place a mask on a child under two years old
 - DO NOT use surgical masks or other personal protective equipment intended for healthcare workers
- **Donning and Doffing PPE Instructions on how to put on and remove PPE**
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/using-ppe.html>
- **Homemade Mask link:**
<https://www.centracare.com/blog/2020/april/making-your-own-face-mask/>
- **COVID-19 Masks Do's and Don'ts**
<https://www.health.state.mn.us/diseases/coronavirus/materials/videos.html>

Mental Health *(See also Chemical Dependency, Crisis Resources)*

LOCAL PROVIDERS AND COUNTY CRISIS CONTACTS

- **Adult Mental Health Crisis Response Numbers**

<https://mn.gov/dhs/people-we-serve/adults/health-care/mental-health/resources/crisis-contacts.jsp>

- **Bounce Back Project**
<https://www.bouncebackproject.org/>
- **Centra Care Clinics**
 - **Mental Health video visits:** available to new and established patients (child or adult), no referral needed, same day or next day appointments are possible, covered by insurance just like in-person visit.
 - Call 320.255.6677 to schedule
- **Children’s Mental Health Crisis Response Numbers**
<https://mn.gov/dhs/people-we-serve/children-and-families/health-care/mental-health/resources/crisis-contacts.jsp>
- **Crow River Family Services** Phone: 320-774-3354
<http://crowriverfamilyservices.com/about-crfs/locations/>
- **Lighthouse Counseling**
 - Phone: (320)434-2188
 - <https://www.lighthousecounseling.com/therapists/>
- **Stearns County MN Government**
 - **Video: Talking to Your Kids about COVID-19 -Stearns County MN Government**
<https://www.facebook.com/StearnsCounty/videos/677327803055890>
- **Woodland Centers**
 - Phone: (320)693-7221 or (800)432-8781
 - <http://www.woodlandcenters.com/>
- **Woodland Centers Mobile Crisis Unit** This is a free service for adults and children in Meeker County.
 - Hours: Unit remains open 24 hours a day, 7 days a week.
 - Phone: 320-231-9158 or 800-432-8781
 - If you are underinsured or have no insurance Woodland Centers does a sliding fee. Your employer may also have an EAP program that includes individual therapy.

STATE RESOURCES:

- **(The) Beautiful Mind Project:** If you or someone you know is in need of urgent mental health care. For more details about urgent mental health care visit the website. Same and next day appointments.
 - Call 320-216-3300
 - <http://www.thebeautifulmindproject.org/>
 - Facebook at <https://www.facebook.com/thebeautifulmindproject>
- **Crisis Text Line:** Immediate, free and confidential support for people in distress
 - Text MN to 741741
- **Minnesota Association for Children’s Mental Health:** -Connect for help, to navigate the mental health system, or for support and resources.
 - Phone: 800.528.4511
 - <https://www.macmh.org>

- **Minnesota Communities Caring for Children** : join us in a daily, 30-minute, family-friendly practice of Resilience,
 - Monday-Friday at 12:30 p.m. on Zoom
 - No pre-registration required! Just join any day you are available using one of the following methods
 - Join using a computer or smart phone by clicking this link and following the instructions: <https://zoom.us/j/145915007>
 - Or join by phone only at: +1 312 626 6799 Meeting ID: 145 915 007
 - One tap mobile: +13126266799,,145915007#
- **Minnesota Department of Health:**
 - Selected Pages**
 - **Behavioral Health and Emergency Preparedness for healthcare responders, parents/caregivers, teens, kids and families**
<https://www.health.state.mn.us/communities/ep/behavioral/index.html#aid>
 - On this page:
 - Responder Resources
 - Community Resources
 - Child and Family Resources
 - Mental Illness Support Resources
 - Hotlines, Crisis Lines, Suicide Prevention, Helplines
 - **Find Your Happy Place: Tips to Reduce COVID-19 Stress (PDF)**
<https://www.health.state.mn.us/communities/ep/behavioral/anxiety.pdf>
 - **Mental and Behavioral Health Resources during “COVID-19**
<https://www.health.state.mn.us/communities/ep/behavioral/covid19.html>
 - **Supporting Mental Promotions during COVID-19**
<https://www.health.state.mn.us/communities/mentalhealth/index.html>
 - **Supporting People Who Have Disabilities During COVID-19**
<https://disabilityhubmn.org/health/coronavirus-disease-2019-covid-19>
 - **State of MN Covid-19 Response- Mental Health Support** - Many Resources!!
<https://mn.gov/covid19/for-minnesotans/get-help/mental-health.jsp>
 - **Supporting Mental Well-Being During COVID-19**
<https://www.health.state.mn.us/communities/mentalhealth/support.html>
 - **Supporting Mental Well-being during COVID-19 a list of ideas and resources for well-being for individuals, children and families**
<https://www.health.state.mn.us/docs/communities/mentalhealth/mwbcovid19.pdf>
 - **Tips and Resources for Children and Parents During COVID-19**
<https://www.health.state.mn.us/communities/mentalhealth/children?fbclid=IwAR14fYel8szuAUJyu2Z6uU6upR-xfyG1UuPju011Q0qfVF-KTtjaGj30A3Q>
 - **Tips for Work/Life Balance during COVID-19**
https://www.health.state.mn.us/communities/ep/behavioral/work_life.pdf
 - **Minnesota Department of Human Services:** Children’s Mental Health Training and Consultation available through DHS

- <https://mn.gov/dhs/partners-and-providers/training-conferences/childrens-mental-health/>
- **Mental Health Helpline:** available to provide information about mental health programs and services
 - Phone: 1.800.862.1799
 - Email: helpline@mentalhealthmn.org
- **Minnesota Warmline:** Line is answered to provide peer-to-peer support. Talk to a specialist with firsthand experience living with a mental health condition
 - Phone: 1-877-404-3190 or 651.288.0400
 - Text “Support” to 85511
 - Hours: Monday – Saturday 5-10 pm
 - Chat available on their website
<https://mentalhealthmn.org/support/minnesota-warmline/>
- **(Minnesota)NAMI -National Alliance on Mental Illness:** the helpline will continue to operate but please know that people will need to leave a message and it may take longer to return your call.
 - Helpline: 651.645.2948 Ext 117
 - Main Line: 888.528.4511 or 888.626.4435
 - Email: namihelps@namimn.org.
 - COVID-19 Resource and Information Guide
<https://namimn.org/nami-minnesota-covid-19-resources>
<https://www.nami.org/covid-19-guide>
- **Playworks MN** leverages the power of play to transform children’s social and emotional health through play based learning and activities
 - Hours: Monday -Friday at 11 am, 1 pm, and 3 pm
 - **Webpage with library of videos and other resources**
<https://www.playworks.org/get-involved/play-at-home/>
 - **Play at Home Play book**
<https://www.playworks.org/get-involved/play-at-home/>
 - **Live Virtual Recess**
<https://www.facebook.com/makerecesscount>
- **University of Minnesota**
 - **Coping with Change and Loss in COVID-19 Times**
<https://www.takingcharge.csh.umn.edu/coping-change-and-loss-covid-19-times>
 - **Psychological First Aid: A Minnesota Community Supported Model** (online training)
https://learning.umn.edu/search/publicCourseSearchDetails.do?method=load&courseId=1735854#courseSectionDetails_23718916
 - **The First Responder Toolkit**
<https://firstrespondertoolkit.com/>

NATIONAL RESOURCES:

- **American Psychological Association**

- **Connecting with children and adolescents via telehealth during COVID-19**
<https://www.apa.org/topics/covid-19/telehealth-children>
- **Crisis and Trauma Resource Institute** - Mindful breathing exercises
<https://us.ctrinstitute.com/wp-content/uploads/2020/04/Mindful-Breathing-Tips.pdf>
- **Center for the Study of Traumatic Stress**
 - **Grief Leadership During COVID-19**
https://www.cstsonline.org/assets/media/documents/CSTS_FS_Grief_Leadership_During_COVID19.pdf
- **Centers for Disease Control and Prevention (CDC)**
 - **Managing Stress and Anxiety during the Pandemic**
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
 - **Taking Care of Your Emotional Health** Website: Website:
<https://emergency.cdc.gov/coping/selfcare.asp>
- **Headspace** – Headspace Meditations ~ Brief meditations developed for COVID response
<https://www.headspace.com/covid-19>
- **Make the Connection: Real stories of Veteran’s strength and recovery along with mental health resources.**
 - <https://maketheconnection.net/>
- **Mental Health America**
 - **Tools2Thrive Toolkit**
<https://www.mhanational.org/mental-health-month>
- **Mindful – Brief information and a three minute guided meditation**
<https://www.mindful.org/the-three-minute-breathing-space-practice/>
- **National Association of School Psychologists**
 - **Helping Children Cope With Changes Resulting From COVID-19**
<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>
- **National Suicide Prevention Lifeline Phone** – support for you, loved ones, and resources for professionals
 - 24/7 Lifeline(800)273-8255
- **SAMHSA -Substance Abuse and Mental Health Services Administration**
Disaster Distress Helpline: Crisis counseling and support for those experiencing emotional distress related to a disaster.
 - Phone: 1.800.985.5990
 - **Taking Care of Your Behavioral Health**
<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>
- **Search Institute**
 - **Relationships Check** - Check list for building relationships with youth to help cope with adversity:

<https://www.search-institute.org/relationships-check>

- **Zero to Three:** A variety of tips for families with young children and age-appropriate responses to help manage the stress of this public health emergency.
 - **A guide to self-care and activities for children**
<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

Minnesota Department of Health (MDH) Resources

(See also CDC)

- **Minnesota Department of Health- Comprehensive COVID-19 resources**
<https://www.health.state.mn.us/diseases/coronavirus/index.html>

Minnesota Helpline

- Lines are open Weekdays 8 am to 4:30 pm ~ *weekend hours are no longer available*
- (651) 297-1304 or 1(800)657-3504
- Interpreters available

Selected pages:

- **How to Wash your Hands (video)**
<https://www.health.state.mn.us/diseases/coronavirus/materials/videos.html>
- **Managing Chronic Conditions during COVID-19**
<https://www.health.state.mn.us/people/conditions/index.html>
- **Food Safety during the COVID-19 Pandemic**
<https://www.health.state.mn.us/people/conditions/index.html>
- **General Recommendations & Protecting Yourself and Your Family: COVID-19**
<https://www.health.state.mn.us/diseases/coronavirus/prevention.html>
- **Situation Update for Coronavirus Disease 2019 (COVID-19)**
<https://www.health.state.mn.us/diseases/coronavirus/situation.html>
- **Limited-English:** MDH has resources, fact sheets and posters available in multiple languages, including ASL on MDH Coronavirus Materials page.
www.health.state.mn.us/diseases/coronavirus/materials/index.html
- **Materials and Resources for Coronavirus Disease 2019 (COVID-19) Response:** Video PSAs, print materials, and translated documents to assist with preparing for and responding to COVID-19
<https://www.health.state.mn.us/diseases/coronavirus/materials/index.html>
- **Protecting Yourself and Your Family: COVID-19**
<https://www.health.state.mn.us/diseases/coronavirus/prevention.html>
- **Videos for Coronavirus Disease 2019 (COVID-19) Response**
<https://www.health.state.mn.us/diseases/coronavirus/materials/videos.html>
- **Workers' Rights and Protections:** Information and resources are available from the Minnesota Department of Labor and Industry
<https://www.dli.mn.gov/workers/worker-rights-and-protections>

Minnesota Governor Tim Walz (Office Of)

Office of Governor Tim Walz: Please see website for resources, news alerts, FAQ's to stay up-to-date in this ever-evolving situation.

<https://mn.gov/governor/covid-19/>

- **Executive orders**
<https://mn.gov/governor/news/executiveorders.jsp>
- **Minnesota's Stay Safe Plan**
<https://mn.gov/covid19/for-minnesotans/stay-safe-mn/stay-safe-plan.jsp>
- **FAQ on Stay Safe Plan**
<https://mn.gov/covid19/for-minnesotans/stay-safe-mn/faq.jsp>
- **News Updates**
<https://mn.gov/governor/covid-19/news/>

Minnesota Unemployment:

For those whose employment has been affected by COVID-19, individuals can apply for unemployment benefits on the Minnesota Unemployment Insurance website. For more information or to apply for benefits visit

- www.uimn.org
- To learn more:
<https://www.uimn.org/applicants/needtoknow/news-updates/covid-19.jsp>

News/Media: Alerts, Events, Cancellations, and Postponements

- **KLFD Radio**
 - AM 1410
 - FM 95.9
 - <https://klfdradio.com/>
- **Independent Review and Crow River Media**
 - <https://www.crowrivermedia.com/independentreview/>
 - <https://www.crowrivermedia.com>
- **Disinformation Toolkit:** intended to bring awareness to misinformation, disinformation, and conspiracy theories related to COVID-19. Includes talking points, frequently asked questions, and flyers, and provides simple steps individuals can take to combat false or misleading information related to the pandemic
<https://www.cisa.gov/covid-19-disinformation-toolkit>

Parks and Recreation

- **CDC- Centers For Disease Control**
 - **Visiting Parks and Recreational Facilities**

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/visitors.html>

- **Explore Minnesota**
- **Safe Ways to Explore Minnesota This Summer**
https://www.exploreminnesota.com/list/safe-ways-to-explore-minnesota-this-summer?utm_medium=email&utm_source=govdelivery \
- **Minnesota Department of Agriculture**
Selected Pages
 - **County Fairs**
https://www.bah.state.mn.us/media/COVID19_CountyFairGuidance.pdf
- **Minnesota Department of Health**
Selected Pages
 - **COVID-19 Prevention Guidance for Overnight Camps** (PDF) Supplemental guidance for overnight camp operations. Overnight camps can start planning to operate beginning in July.
<https://www.health.state.mn.us/diseases/coronavirus/schools/overnightcamp.pdf>
 - **Frequently Asked Questions about Organized Youth Sports**
<https://www.health.state.mn.us/diseases/coronavirus/schools/youthsportsfaq.pdf>
 - **Guidance for Social distancing in Adult Sports**
<https://www.health.state.mn.us/diseases/coronavirus/adultsports.pdf>
 - **Guidance for Social Distancing in Youth Sports**
<https://www.health.state.mn.us/diseases/coronavirus/schools/youthsports.pdf>
 - **Stay Safe MN: Stay Safe during Outdoor Activities**
<https://staysafe.mn.gov/individuals-families/outdoor-activity.jsp>
 - **Stay Safe MN: Stay Safe when Traveling to Cabins and Campgrounds**
<https://staysafe.mn.gov/individuals-families/cabins-campgrounds.jsp>
- **Minnesota Department of Natural Resources:** Enjoy time outside by exploring your local walking trails and parks. Always stay at least 6 feet from others and try to go when it isn't crowded, which is usually early or late in the day. For more information, visit:
<https://www.dnr.state.mn.us/aboutdnr/covid-19-outdoor-recreation-guidelines.html>
Selected pages:
 - **Guidance for Safely Opening Outdoor Recreation**

<https://www.dnr.state.mn.us/aboutdnr/safely-opening-outdoor-recreation.html>

- **Minnesota DNR: COVID-19 Response**

<https://www.dnr.state.mn.us/covid-19.html>

Schools: Online Learning, Childcare, Meals *(See also Childcare)*

- **Nutrition assistance for youth:**
 - Families with children receiving free or reduced-price meals when schools closed in March are eligible for an additional \$325 per child in additional funding to help pay for groceries. Families do not need to apply for these benefits or take any additional action, as this benefit is automatic.
 - If you have questions about requesting or using these benefits, please contact the P-EBT Hotline at [651-431-4050](tel:651-431-4050) or [800-657-3698](tel:800-657-3698).
- **Meeker County:** Local school districts are providing free lunches for students residing in their districts. These services are for those birth to 18 years of age. The Meeker County Food Shelves also offers support for those in need of food. Please complete online registration or call in advance to arrange --service.
 - **Atwater Cosmos Grove City Public Schools**
 - Website: <http://www.acgcfalcons.org/>
 - Phone: (320) 244-4700
 - **Dassel Cokato Public Schools**
 - Website: <https://www.isd466.org/>
 - Phone: (320)- 286-4100
 - **Eden Valley Watkins Public Schools**
 - Website: <https://www.ev.watkins.k12.mn.us>
 - Phone: (320) 453-2900
 - **Litchfield Public Schools**
 - Website: <https://www.litchfield.k12.mn.us/>
 - Phone (320) 693-2444
- **Minnesota Department of Education**
 - 651.582.8200
 - <https://education.mn.gov/MDE/dse/health/covid19/>

Selected Pages:

- **Early childhood Screening Programs during COVID-19**
- <https://education.mn.gov/MDE/dse/health/covid19/supstucovid19/MDE032749>
- **Fall Planning Survey**
<http://sgiz.mobi/s3/2020-Parent-Distance-Learning-Feedback-Survey>
- **MDE Fall Planning Guidance**
https://education.mn.gov/mdeprod/idcplg?IdcService=GET_FILE&dDocName=MDE032934&RevisionSelectionMethod=latestReleased&Rendition=primary

- **Minnesota Department of Health:** For school and child care questions, please visit the MDH website or call MDH
 - Main Site
<https://www.health.state.mn.us/>
 - 651-201-3920 or 1-800-657-3903
 - **Decision Tree for Symptomatic People in Schools & Child Care Programs**
<https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf>
 - **MDH Fall Planning Guidance**
<https://www.health.state.mn.us/diseases/coronavirus/schools/k12planguide.pdf>
 - **Vehicle Gatherings / Parades Guidance (PDF)**
<https://www.health.state.mn.us/diseases/coronavirus/vehiclegather.pdf>

Senior Care and Services

The Minnesota Association of Area Agencies on Aging has a list of resources available during this Covid-19 environment. This is a searchable listing of services for older adults including sources for home-delivered meals, grocery delivery, care coordination, caregiver services and more. Resources may be new or may be offered in a new way such as telephone support instead of face-to-face support. The list is attached to the Metro AAA website because they coordinate the effort for the state.

- www.HelpOlderAdultsMN.org
- <https://metroaging.org/resources-for-older-adults-during-covid-19/>

Social Services

- **Meeker County Social Services** is ready to serve you in this public health emergency. Our lobby is not open, but our staff is available by phone and all of our social services also remain available. Some contacts may be done by phone or video conferencing. If you or someone you know has a need for services please contact our intake worker.
 - Phone: 320-693-5300.
 - Phone hours: 8:00 - 4:30 pm Monday through Friday.
 - Meeker County website, www.co.meeker.mn.us.
 - Address: Meeker County Family Services Building at 114 North Holcombe Avenue, Litchfield, MN 55355
 - Drop box: Applications for SNAP and cash and emergency assistance, as well as for medical assistance are available in a rack outside of our building and can be submitted to Social Services by placing them in the drop box to the right of the main doors
 - Email: Applications can also be emailed to: SocServ.info@co.meeker.mn.us
 - Online Resources: You may also apply for cash, SNAP, and childcare assistance on line at

- SNAP: ApplyMN@dhs.st.mn.us
- Medical Assistance: www.mnsure.org.
- **Woodland Centers mobile Crisis Unit:** If you or someone you know needs urgent mental health care, Woodland Centers Mobile Crisis unit remains open 24 hours a day, 7 days a week. This is a free service for adults and children in Meeker County. They can be reached at
 - 320-231-9158 or 800-432-8781

Special Health Needs including Deaf and Hard of Hearing

- **Disability Hub:** provides free statewide information, referral and assistance service to help people with disabilities, chronic illnesses and their representatives connect to community services
 - <https://disabilityhubmn.org/health/coronavirus-disease-2019-covid-19>
- **Family Voices of Minnesota:** provides information, resources, and peer-to-peer support for families with children with special health needs or disabilities
 - <http://familyvoicesofminnesota.org/>
- **How to Make an Accessible, Deaf-Friendly Face Mask**
<https://www.hsd.org/accessible-deaf-friendly-face-mask/>
- **Minnesota Dept. of Human Services - Deaf and Hard of Hearing Services Division (DHHS)** DHHS's Mental Health team will continue to provide mental health services remotely (via video or phone) to adults who are deaf, deafblind, hard of hearing and late-deafened throughout the state during our regular business hours. They also provide referrals to other mental health service providers that serve children who are deaf, deafblind, or hard of hearing, and community-based programs that serve both adults and children. Contact them for an appointment or referral today!
 - Voice or your preferred relay service: 800-657-3663
 - Videophone: 651-964-1514
 - Email: dhs.dhhsd@state.mn.us
 - Website: <https://mn.gov/deaf-hard-of-hearing/communication-access/emergency/covid19.jsp>
- **National Association of the Deaf (NAD)** See links for guidance for communicating. They offer steps you can take to prepare for communication access if you need to go to the hospital. They also have suggestions for various apps and other communication tools.
 - [Communicating with Medical Personnel During Coronavirus.](https://www.nad.org/2020/03/28/communicating-with-medical-personnel-during-coronavirus/)
<https://www.nad.org/2020/03/28/communicating-with-medical-personnel-during-coronavirus/>
- **PACER:** Resources for families of children with disabilities including parent advocates and staff available to assist families
 - Phone: 952.838.9000
 - pacer@pacer.org

- **Minnesota Dept. of Human Services - Deaf and Hard of Hearing Services Division (DHHS)** DHHS's Mental Health team will continue to provide mental health services remotely (via video or phone) to adults who are deaf, deafblind, hard of hearing and late-deafened throughout the state during our regular business hours. They also provide referrals to other mental health service providers that serve children who are deaf, deafblind, or hard of hearing, and community-based programs that serve both adults and children. Contact them for an appointment or referral today!
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 - Email: dhs.dhhsd@state.mn.us
 - <https://mn.gov/deaf-hard-of-hearing/communication-access/emergency/covid19.jsp>

Taxes

The date for filing taxes has been moved from April 15 to July 15, 2020. Many free tax sites are suspending in-person tax preparation assistance. Here are some resources that can help you with tax-related services and guidance.

- **Minnesota Department of Revenue:** Free online filing options: Find out more information (available in additional languages)
<https://www.revenue.state.mn.us/free-electronic-filing>
- **US Internal Revenue Service:** Economic Impact Payments: Learn more about the economic impact payments, otherwise known as the federal stimulus
<https://www.irs.gov/newsroom/economic-impact-payments-what-you-need-to-know>

Testing

State Mobile Testing resources and tools:

- **Find Testing Locations**
<https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp>
 - **State Mobile Testing Team FAQs (MDH)**
<https://www.health.state.mn.us/diseases/coronavirus/hcp/ltctestfaq.pdf>
 - **State Mobile Testing Preparedness Checklist (MDH)**
<https://www.health.state.mn.us/diseases/coronavirus/hcp/ltctestlist.pdf>
 - **Office of Ombudsman for Long-Term Care: COVID-19 Testing Notice**
<https://www.health.state.mn.us/diseases/coronavirus/hcp/ltctestombud.pdf>
 - **2020-2021 COVID-19 Testing Registration Form (MDH)**
<https://www.health.state.mn.us/diseases/coronavirus/hcp/ltctestform.pdf>
 - **COVID-19 Post-Test Instructions (MDH)**
<https://www.health.state.mn.us/diseases/coronavirus/hcp/ltcposttest.pdf>
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Transportation

- **Central Community Transit CCT:** Will provide free transportation to residents to assist with meeting emergency food needs and will also provide door step delivery of essential items
 - Litchfield: 320.693.7794 or Willmar: 320.214.7433
 - <https://www.cctbus.org/>
- **Rideshare, Taxi, Limo and other Passenger Drivers-for Hire Guidance**
<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/rideshare-drivers-for-hire.html>

Veteran's Support

- **Make the Connection: Reals stories of Veteran's strength and recovery along with mental health resources.**
 - <https://maketheconnection.net/>
- **Meeker County Veterans Services**
 - 320.693.5445
 - <https://www.co.meeker.mn.us/198/Veterans-Service>
- **National Veteran's Crisis Line (for Veterans and their families)**
 - 1.800.273.8255 press 1
 - Text: 838255
 - Chat on their website
<https://www.veteranscrisisline.net/>

Volunteer Support

- **Facebook page "Be the Village – Meeker County"** This page focuses on rallying and coordinating volunteers for various community and individual organizations. The page is hosted by Jessica Gore Miller.
- **Facebook page "Meeker Volunteer "** This page focuses on rallying and coordinating volunteers for various community and individual organizations. The page is hosted by Amy Brustuen.