

MEEKER COUNTY COVID-19 RESOURCES

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New and Updated Resources

The resources and links in italics in the section immediately below have been released or updated since the last edition of the Meeker County COVID-19 Comprehensive Resource List.

Business

- [*COVID-19 Guidance for Hotel Managers and Owners \(PDF\)*](#)
- [*COVID-19 Preparedness Plan Guidance: Requirements for Public Pools \(MDH\)*](#)
- [*COVID-19 Preparedness Plan Requirements for Restaurants and Bars \(MDH\)*](#)
- [*Employer Toolkit*](#)
- [*Frequently Asked Questions: Bars, Restaurants, and Other Places of Public Accommodation \(MDH\)*](#)
- [*Guidance for Facilities Providing Transportation Services during COVID-19 \(PDF\)*](#)
- [*Safety tips for essential workers*](#)

Community

- [*COVID-19 Community Engagement Webinars \(MDH\) Includes upcoming COVID-19 webinars for cultural, faith, and disability communities*](#)
- [*COVID-19 Organized Sports Practice and Games Guidance for Youth and Adults \(PDF\)*](#)
- [*COVID-19 Preparedness Plan Guidance: Requirements for Public Pools \(PDF\)*](#)
- [*COVID-19 Preparedness Plan Requirements for Faith-Based Communities, Places of Worship, Weddings, and Funerals \(PDF\)*](#)
- [*COVID-19 Stories of Community Outreach and Partnership*](#)
- [*FEMA funding for COVID-related funeral expenses incurred after Jan. 20, 2020*](#)
- [*Guidance for Vehicle Gatherings, Parades, and Drive-ins \(PDF\)*](#)
- [*Music Activities and Performances During COVID-19 \(PDF\)*](#)
- [*Protect Yourself & Others*](#)
- [*Requirements for Celebrations and Significant Life Events \(PDF\)*](#)
- [*Safer Celebrations during COVID-19: Holidays and Other Gatherings*](#)

Congregate Care

- [*Corrections Staff COVID-19 Notification Toolkit \(PDF\)*](#)
- [*COVID-19 Prevention and Management in Licensed Group Homes \(PDF\)*](#)
- [*Integrating COVID-19 Vaccination with Tuberculosis Testing in Correctional Facilities \(PDF\)*](#)

Health Care

- [*COVID-19 Medication Options*](#)
- [*COVID-19 Recommendations for Health Care Workers \(PDF\)*](#)
- [*COVID-19 Vaccine Trainings for Health Professionals*](#)
- [*If You Are Sick: COVID-19*](#)
- [*Integrating COVID-19 Vaccination with Tuberculosis Testing \(MDH\)*](#)
- [*Serial Testing of Nursing Facility Staff for COVID-19: Frequently Asked Questions \(PDF\)*](#)
- [*Responding to and Monitoring COVID-19 Exposures in Health Care Settings \(PDF\)*](#)
- [*Therapeutic Options for COVID-19 Patients*](#)

Long Term Care

- [COVID-19 Guidance: Long-term Care Indoor Visitation for Nursing Facilities and Assisted Living-type Settings \(PDF\)](#)
- [COVID-19 Guidance: Nursing Home Visitation and Activity Restriction Modifications \(MDH\)](#)
- [COVID-19 Toolkit: Information for Long-term Care Facilities \(PDF\)](#)
- [Essential Resources and Forms for COVID-19 Testing and Case Management in Long-term Care Facilities \(PDF\)](#)
- [How to Complete the Long-term Care COVID-19 Vaccination Reporting Form \(PDF\)](#)
- [Long-term Care Testing: Antigen Testing](#) Video: Reporting of Point-of-Care Antigen Tests by Long-term Care Facilities
- [Long-term Care COVID-19 Vaccine Resources \(PDF\)](#)
- [Long-term Care Guidance for Non-medically Necessary Outings](#)
- [Long-term Care Visitation Guidance Flowchart for Exceptions \(PDF\)](#)
- [Long-term Care Visitation Guidance Flowchart for Outbreak Status \(PDF\)](#)
- [Minnesota Home Care Provider/Assisted Living Visitation and Activities Guidance Throughout the COVID-19 Pandemic \(MDH\)](#)
- [Vaccine Provider Models for Continuing COVID-19 Vaccination Efforts in Minnesota Long-term Care Facilities \(PDF\)](#)

Masks

- [Association of State-Issued Mask Mandates and Allowing On-Premises Restaurant Dining with County-Level COVID-19 Case and Death Growth Rates \(CDC MMWR\)](#)
- [Face Coverings in Organized Sports During COVID-19 \(PDF\)](#)

Mental Well-being

- [Mental Health and Resiliency Tools for Health Care Workers: COVID-19](#)
- Psychological First Aid: A Minnesota Community Supported Model MDH-U of MN School of Public Health collaboration. Five video series, with available CEUs.
 - [Psychological First Aid Part 1: Introduction to Psychological First Aid \(YouTube: 6 min\)](#)
 - [Psychological First Aid Part 2: The Impact of Trauma \(YouTube: 6 min\)](#)
 - [Psychological First Aid Part 3: Principles of Psychological First Aid \(YouTube: 4 min\)](#)
 - [Psychological First Aid Parts 4 & 5: Techniques and the "Dos" and "Dont's" of PFA \(YouTube: 10 min\)](#)
 - [Psychological First Aid Part 6: Responder Self Care \(3 min\)](#)
- [#StayConnectedMN: Mental Health Messaging Toolkit during COVID-19 \(MDH\)](#) Each week has a theme, key messages, one email with resource links, and three to four quick posts to use. Available in English, Spanish, Hmong, Karen, and Somali.
- [Wellness MN](#) This website has a link to the recorded trainings.

Minnesota State, Office of the Governor

- [As Cases Fall and Vaccination Ramps up, Governor Walz Adjusts COVID-19 Mitigation Measures \(GOV\)](#)
- [Executive Order 21-11: Adjusting Limitations on Certain Activities and Taking Steps Forward \(GOV\)](#)
- [Frequently Asked Questions about Stay Safe MN \(GOV\)](#)
- [Minnesota's Stay Safe Plan: Taking the Next Steps \(GOV\)](#) Includes details and links to the updated guidance

Schools, Daycare, and Higher Education

- [Campus Dining Services Guidance for Higher Education Institutions \(PDF\)](#)
- [COVID-19 Intercollegiate Sports Guidance for Higher Education \(PDF\)](#)
- [COVID-19 Organized Sports Practice and Games Guidance for Youth and Adults \(PDF\)](#)
- [Guidance for COVID-19 Cases and Outbreaks in Higher Education \(PDF\)](#)
- [Guidance for Delivering Direct Student Support Services: Staff Protective Equipment \(PDF\)](#)
- [Guidance for Mitigating COVID-19 at Higher Education Institutions \(PDF\)](#)
- [Guidance for Providing Support to Students in Their Homes \(PDF\)](#)
- [Guidance for Vehicle Gatherings, Parades, and Drive-ins \(PDF\)](#)
- [Minnesota Launches Youth Testing Campaign for School Year \(Video\)](#)
- [Music Activities and Performances During COVID-19 \(PDF\)](#)
- [Recommendations for Different Levels of COVID-19 Transmission Among Higher Education Institutions \(PDF\)](#)
- *Spring Break and Travel to or from Minnesota (language shared by MDE):*
 - **CDC Recommends No Travel:** The CDC recommends no travel (no domestic travel and no international travel) during COVID-19. Travel increases the chance of getting and spreading COVID-19. Read the CDC's information on [Travel During COVID-19](#) and the [After You Travel](#) information, which recommends individuals get tested 3-5 days after travel and stay home and self-quarantine for a full 7 days after travel, even if the test comes back negative.
 - **Two Weeks Following Spring Break Carry a Heightened Risk for Potential Exposure to COVID-19:** There is no requirement for schools to enforce the CDC recommendations for quarantine after travel, however because there may be many members of the school community who are returning from travel in many different locations, the two weeks following spring break will carry a heightened risk for potential exposures in the school setting. Please communicate the CDC's [post-travel recommendations](#), and reemphasize all [prevention measures](#) with members of the school community. We are aware that some schools are considering or planning to implement a hybrid or distance learning model for 1-2 weeks following spring break to guard against exposures in the school setting, similar to the approach many took in a delayed return after the holidays.
 - **Out-of-State Travel is Highly Discouraged:** People who visit Minnesota, and Minnesotans returning after traveling out of state, are asked to stay away from others (quarantine) for 14 days after they arrive in Minnesota. Read more [guidance on steps to take after traveling](#).
- [Test Every Two Weeks \(MDH\) Flyer](#) to encourage families to test regularly. Translated versions are available.

Testing

- [About COVID-19: COVID-19 variants](#)
- [Case Investigation and Contact Tracing: COVID-19](#)
- [Close Contacts and Tracing](#)
- [COVID-19 Community Testing \(MDH\)](#)
- [COVID-19 Testing \(MDH\)](#)
- [COVID-19 Testing for Kids and Families](#)
- [Cue COVID-19 Test](#)
- [Find Testing Locations \(GOV\)](#)
- [Quarantine Guidance for COVID-19 \(PDF\)](#)
- [Road Map for Conducting a COVID-19 Point Prevalence Survey \(PPS\) \(PDF\)](#)

- [Types of COVID-19 Tests](#)

Vaccination

- [About COVID-19 Vaccine](#) (MDH) Including information for fully vaccinated people
- [COVID-19 Community Vaccination Program](#) (GOV) New community vaccination sites at Twin Cities Orthopedics (TCO) Performance Center in Eagan and Roy Wilkins Auditorium in Saint Paul.
- [COVID-19 Vaccine](#) (MDH) This landing page has links to all the high-level vaccine optics.
- [COVID-19 Vaccine Basics](#) (PDF) Fact sheet on why we need COVID-19 vaccine, what to expect, and more. Translated versions are available.
- [COVID-19 Vaccine Communication Toolkit](#) (MDH) Toolkit designed to help community and faith-based organizations educate about COVID-19 vaccine
- [COVID-19 Vaccine Dashboard](#) (GOV) Questions about the dashboard can be sent to health.covid.vaccine@state.mn.us
- [COVID-19 Vaccine Facts](#) (PDF)
- [COVID-19 Vaccine Key Messages](#) (PDF)
- [COVID-19 Vaccine Phases and Planning](#)
- [COVID-19 Vaccine Second Dose Guidance](#) Provider guidance about the importance of second doses, completing a series you did not start, and managing inventory.
- [Find Vaccine Locations](#) (GOV) See also [FAQs](#) for Vaccine Locator Map.
- [Getting Vaccinated for COVID-19](#) (MDH) Patient education resource
- [How mRNA COVID-19 Vaccines Work](#) (PDF)
- [Interim Public Health Recommendations for Fully Vaccinated People](#). MDH is reviewing this guidance, as well as other recent quarantine guidance changes, and updating materials as quickly as possible
- [Minnesota COVID-19 Vaccine Allocation Advisory Group](#)
- [Minnesota Guidance for Allocating and Prioritizing COVID-19 Vaccine – Phase 1a](#) (PDF)
- [Minnesota Guidance for Allocating and Prioritizing COVID-19 Vaccine – Phases 1b, 1c, 2](#) (PDF)
- [Vaccine Connector](#) (GOV) and [Frequently Asked Questions about the Vaccine Connector](#). (MDH)
- [Vaccine Hotlines](#) (GOV)

Agri-business & Farm Resources

- [Agriculture Workers and Employers](#) (CDC)
- [Coping with Farm and Rural Stress - Minnesota Farm & Rural Helpline](#) (MDA)
 - Phone: 833-600-2670
 - Available 24/7
 - Free/Confidential
- [Coping with Rural Stress](#) (UMN): offering financial and mental health resources
- [FLAG- Farmers' Legal Action Group](#): Farmers' Guide to COVID-19 Relief. Many programs are included in this guide
- [Fruit and Vegetable Farms Response Plan Template and FAQ](#) (UMN)
- [Interim Infection Prevention and Control guidance for Veterinary Clinics Treating Companion Animals During the COVID-19 Response](#) (CDC)
- [MDA COVID-19 Food and Agriculture including Q and A for Farm Preparedness Plans](#) (MDA) Questions may be sent to MDAResponds@state.mn.us

- [Minnesota's Farm Advocates](#) (MDA)
- [Minnesota Farmers Market Association](#): (MFMA) Resources for farmers markets **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)
- [RFA Disaster Recovery Loan Program](#) (MDA)[Indoor Air](#)

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](#)
 - Phone (507)2270-5402 Please ask for Lisa

Additional Resources:

- [3 Tips to Avoid WFH Burnout](#)
- [8 Ways Managers Can Support employees? Mental Health](#)
- [A Guide for Minnesota Small businesses](#) (DEED)
- [Authorization for Disclosure of Protected Health Information](#) (MDH)
- [Businesses and Employers: COVID-19](#) (MDH)
- [Businesses and Organization Stay Safe Guidance](#) (GOV) was updated to reflect changes from EO 21-07: [Modifying EO 21-01 and Adjusting Limitations on Certain Activities and Businesses](#). See following areas:
 - [Requirements for All Businesses](#)
 - [Food and Agriculture](#)
 - [Grocery and Convenience Stores](#)
 - [Construction](#)
 - [Distribution and Delivery Transportation](#)
 - [Entertainment and Meeting Venues](#)
 - [Gyms and Fitness](#)
 - [Janitorial](#)
 - [Manufacturing](#)
 - [Outdoor Recreation](#)
 - [Personal Care Services](#)
 - [Retail](#)
 - [Restaurant and Bar Businesses](#)
- [Businesses Doing Good Stories of businesses doing extraordinary things during this time](#) (DEED)
- [COVID-19 Employee Screening and Testing Recommendations for Industry](#) (MDH)

- [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 status (OSHA)
- [COVID-19 Guidance for Hotel Managers and Owners](#) (MDH)
- [COVID-19 Guidance for Public Pools and Aquatic Facilities](#) (MDH)
- [COVID-19 Health and Safety Guidelines for the Meatpacking Industry](#) (MDH) (great resource appropriate for all businesses)
- [COVID-19 Information for workers and employers](#) (OSHA)
- [COVID-19 Recommendations for Critical Infrastructure Businesses and Industries](#) (MDH)
- [COVID-19 Recommendations for Health Care Workers](#) (MDH)
- [COVID-19 Preparedness Plan Requirements for Restaurants and Bars](#) (MDH)
- [COVID-19 Preparedness Plan Requirements Guidance-Personal Care Services](#) (GOV)
- [COVID-19 Public Pools under Executive Order 21-01](#) (MDH)
- [COVID-19 Sports Practice and Games Guidance for Youth and Adults](#) (MDH)
- [COVID-19 Stay Safe This Winter PSA \(YouTube\)](#)
- [COVID-19 Stories of Community Outreach and Partnership](#) (MDH)
- [Centers for Disease Control and Prevention](#) (CDC)
- [DEED Continues Payments and Outreach to Student Workers](#) (DEED)
- [Employee Exposure to COVID-19: Contact Tracing Guidelines for Employers](#) (MDH)
- [Employee Screening and Testing Recommendations for Industry](#) (MDH)
- [Enhanced Employee Screening Form](#) (MDH)
- [Equipment for COVID-19: Non-essential business factsheet](#) (OSHA)
- [Employee Exposure to COVID-19 Contact Tracing Guidelines for Employers](#) (MDH)
- [Ergonomics Expert Explains How To Set Up Your Desk](#)
- [Exposure Assessment for Critical Workers with Job-related Risk of COVID-19 \(PDF\)](#)
- [FAQ: Bars, Restaurants, and Other Places of Public Accommodation](#) (MDH)
- [Food Processing and Manufacturing Best Practices Checklist](#) (MDH)
- [Frequently asked questions for employers and employees related to COVID-19](#) (OSHA)
- [Guidance for Entertainment and Meeting Venues](#) (GOV)
- [Guidance for Entertainment Entities](#) (GOV)
- [Guidance for Environmental Health Response to COVID-19 Cases in Regulated Businesses](#)
- [Guidance for Transportation, Distribution and Delivery](#)
- [Indoor Air Considerations COVID-19](#)
- [How Supervisors and Managers Can Support Staff during COVID-19](#) (MDH)
- [Industry Guidance for Gyms and Fitness Centers](#)
- [Industry Guidance for Safely Reopening: Restaurants and Bars](#) (GOV)
- [Interim Guidance for Hotel Managers and Owners](#)
- [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.
- [Minnesota Department of Human Rights – Discrimination Helpline](#)
 - 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](#)
- **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
- [MN Small Business Relief Grants](#) (DEED)
- [News Release about Compliance Checks](#) (MDH)
- [OSHA publication – Guidance on Preparing Workplaces for COVID-19](#) (OSHA)
- [Posters and Media information on face coverings for businesses](#)
- [Preparedness Planning for Janitorial and Custodial Services](#) (OSHA)
- [Preparedness Plan Requirements for Faith Based Communities, Places of Worship, Weddings, and Funerals](#) (GOV)
- [Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes](#) (CDC)
- [Restaurants and Bars under Executive Order 20-103](#)
- [Restaurants, bars, and other services Preparedness Plan template and instructions](#) (DEED)
- [Safely Returning to Work](#) (DEED)
- [Safety and health guidelines for the employers and employees of essential work operations](#) (OSHA)
- [Stay Safe Guidance for Gyms, Studios, and Fitness Centers](#) (GOV)
- [Stay Safe Guidance for Restaurants and Bars](#) (GOV)
- [Stay Safe MN Customer Checklist for Bars and Restaurants](#)
- [Stay Safe MN: Guidance for Safely Reopening Businesses](#) (MDH)
- [United States Department of Labor](#)
- [Updates related to COVID 19](#) (OSHA)
- [Visitor and Employee Health Screening Checklist](#) (MDH)
- [Well Right - Three Ways to Support Employees Returning to the Workplace](#)
- [What Bank Employees Need to Know about COVID-19](#) (CDC)
- [What to Do If An Employee Has COVID-19](#) (MDH)
- [What You Should Know About COVID-19 and the ADA, the Rehabilitation Act, and Other EEO Laws U.S. Equal Employment Opportunity Commission](#) (eoc.gov) and their legal counsel. MDH does not give legal advice to employers.
- [When Can I return to work if someone living with me is sick with COVID-19](#) (MDH)
- [When to Return to Work after COVID-19](#) (MDH)
- [Worker protections related to COVID-19](#) (OSHA)
- **Workers' Rights and Protections:** Information and resources are available from the Minnesota Department of Labor and Industry

Work from Home Violations Help line: for individuals who can/should be working from home but are not allowed to by their employer, individuals should first try to resolve the issue with their employer before calling the helpline

- (651)539-1132 or (833)454-0152

CDC Resources *(See also MDH Resources)*

[Home Page – Comprehensive COVID-19 resources](#)

- [Coronavirus Disease Basics FAQ](#) (CDC)
- **Disability:** General Disability and Health Emergency Preparedness Tools and Resources are available from the Centers for Disease Control and Prevention (CDC).
- [General Recommendations & Protecting Yourself and Your Family: COVID-19](#) (CDC)
- [Households living in Close Quarters](#) (CDC)
- [Running Essential Errands](#) (CDC)

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
- [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.
- [Community Action Agencies:](#) Local, state, federal, and private resources to help individuals and families with low incomes.
- [Emergency Assistance:](#) Assistance for emergency needs, such as paying rent or utility bills. To learn about availability, eligibility, and how to apply.
- [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.

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

- [Addiction Group](#) – comprehensive site on abuse and addiction with free resources on alcohol and other drugs
- [AddictionResource.net](#)– up-to-date, accurate, evidence-based information related to addiction, substance abuse, mental health and treatment including a directory of accredited service providers.
- [Al-Anon:](#) Resources to support continued chemical dependency meeting attendance during this time and central websites.
 - 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:](#)
 - Virtual Meetings: <http://aa-intergroup.org>
 - Directions: For online AA meetings click on the blue “Go” under “Online Meeting Directory

Updated March 25, 2021

- “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
 - Directions: Go to site, scroll down on main page till you see list of different meetings, topics and schedules
- **[NAMI:](#)**
- **[Narcotics Anonymous Virtual meetings:](#)**
 - 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.
- **[SAMHSA – Substance Abuse and Mental Health Services Administration](#)**
- **[SMART Recovery Online Recovery Meetings:](#)** To sign in or register for online community and online meetings. Also, to find online reading SMART materials
- **[Women for Sobriety Online Support:](#)**

Childcare

(See Schools & Childcare)

Community

- **[2020 Elections and COVID-19](#)**
- **[7 Things to Do in Minnesota This Winter](#)** (Explore MN)
- **Briva Health COVID-19 Community Coordinator** assistance for Minnesotans across the state impacted by COVID-19. Access to essential resources including housing, employment, food, healthcare, testing sites, legal assistance, childcare, and other available resources. Minnesotans needing assistance can call our COVID-19 Hotline (1-833-567-6662) accessible daily from 9AM to 5PM.
- **[Campaign Activities and Events](#)**
- **[Celebrate a Safer {Holiday Name}](#)** (MDH) This template can be used by partners to support for celebrating at home for any holiday or event.
- **[Chronic Disease and COVID-19 Toolkit](#)** This toolkit is intended to be adapted and shared for your audience. Please feel free to edit the messages and share widely with your community via social media, e-newsletters, etc.
- **[Commercial Tobacco and COVID-19](#)**
- **[Considerations for Election Polling Locations and Voters](#)**
- **[COVID-19 Preparedness Plan Guidance: Requirements for Public Pools](#)** (MDH)
- **[COVID-19 Preparedness Plan Requirements for Faith-Based Communities, Places of Worship, Weddings, and Funerals](#)** (MDH)
- **[COVID-19 Prevention Guidance for Overnight Youth Camps](#)** (MDH)

- [COVID-19 Public Pools under Executive Order 20-103](#) (MDH)
- [COVID-19 Stories of Community Outreach and Partnership](#) (MDH)
- [COVID-19 Youth and Adult Sports under Executive Order 20-103](#)
- [Do you know your health risk? Help prevent severe illness from COVID-19](#) (MDH)
- [Frequently Asked Questions: Bars, Restaurants, and Other Places of Public Accommodation \(PDF\)](#)
- [Gathering Requirements for Celebrations and Significant Life Events](#) (MDH)
- [Guidance for Gathering: Faith-based Communities, Places of Worship, and Ceremonies](#) (MDH)
- [Guidance for Hmong Funerals during COVID-19](#) (MDH)
- [Guidance for Large or Extended Families Living in the Same Home](#) (CDC)
- [Guidance for Safe Celebrations and Events](#)
- [Guidance for Vehicle Gatherings, Parades, and Drive ins](#)
- [Hiring Inn-Home Services or Repairs](#) (CDC)
- [Holiday Celebrations](#)
- [Indoor Air Considerations](#) (MDH)
- [MN Black Community COVID-19 Hotline](#)
- [Managing Chronic Conditions during COVID-19](#)
- [Minnesota Responds](#)
- [Music Activities and Performances During COVID-19](#) (MDH)
- [Need a Ride?](#) (MNDOT) Greater MN transit systems map.
- [Outdoor Recreation and Facilities under EO 20-99](#) (DNR/MDH)
- [Pairing Community Wisdom with Access to Institutions: The Importance of the LGBTQ Liaisons](#) (MDH)
- [Planning Funeral and Memorial Services During COVID-19](#)
- [Protect Yourself & Others: COVID-19](#)
- [Reconnecting with Indigenous Roots: Tradition and Breastfeeding during the COVID-19 Pandemic](#)
- [Requirements for Celebrations and Significant Life Events](#) (MDH)
- [Rural Communities](#) (CDC) Includes information about how rural communities can respond during COVID-19 and why rural communities may be at higher risk during the COVID-19 pandemic.
- [Safe Holiday Celebrations during COVID-19](#)
- [Safer Celebrations during COVID-19: Holidays and Other Gatherings](#) (MDH) [Safer Celebrations during COVID-19: Lunar New Year Videos](#)
- [Stay Safe MN Customer Checklist for Bars and Restaurants](#)
- [Safe Voting: COVID19](#) (MDH)
- [Things to Know about the COVID-19 Pandemic](#)
- [Toolkit for Pregnant People and New Parents](#) (CDC)
- [Travel Planner](#) (CDC)
- [What to do if You Have Had Close Contact With a Person With COVID-19](#) (MDH)

Congregate Care

- [How to Complete the Long-term Care COVID-19 Vaccination Reporting Form \(MDH\)](#)
- [COVID-19: Families and People Living in Encampments \(MDH\)](#)
- [COVID-19 Testing: Congregate Settings for People Experiencing Homelessness or Living in Emergency Shelters \(PDF\)](#)
- [Guidance for Congregate Living Settings: Placing Resident-requested Electronic Monitoring Devices \(MDH\)](#)
- [Interim Guidance about People Experiencing Unsheltered Homelessness and Encampment Settings \(PDF\)](#)
- [Interim Guidance on the Prevention of COVID-19 for Employees and Persons Who Use Services in Licensed Group Home \(MDH\)](#)
- [Jails and Correctional Settings: Interim Guidance for Responding to Cases of Confirmed or Suspected COVID-19 \(PDF\)](#)
- [Managing COVID-19 in Licensed Group Homes \(MDH\)](#)

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

Help is just a phone call away.

- [Adult Mental Health Crisis Response Numbers](#)
 - Meeker County (800)992-1716 or (800)432-8781
 - Text the crisis team at **CRISIS (**274747)
- [Children's Mental Health Crisis Response Numbers](#)
 - Meeker County (800)992-1716
- **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://cornerstonemn.org/emergency-services/statewide-hotline/>
- [End Violence Against Children - Protecting Children During the COVID-19 Outbreak](#)
- [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
- [National Suicide Prevention Lifeline Phone](#) – support for you, loved ones, and resources for professionals
 - 24/7 Lifeline (800)273-TALK (8255)
 - More information for youth: <https://suicidepreventionlifeline.org/help-yourself/youth/>
- **SAMHSA Disaster Distress Helpline**
 - Call 1-800-985-5990
- [Tips for Disaster Responders: Preventing and Managing Stress](#): This webpage includes other resources and tools for Psychological First Aid training. (SAMHSA)
Links for the 90 second stress management PSA
 - [English](#)
 - [Hmong](#)
 - [Somali](#)
 - [Spanish](#)

- **Women’s Advocates Domestic Abuse 24 Hr. Crisis Line**
 - Call: (651)227-8284

Faith Organizations & Ministerial Support

Local 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

- **Subscribe to the [MDH Cultural, Faith and Disability Communities COVID-19 Updates List](#)**
- **To reach the Faith Based Outreach Team email:** Health.Faithbased-COVID-19@ state.mn.us

Additional Resources:

- [Cultural and Faith Communities COVID-19 Newsletter](#) Register to receive this.
- [Guidance for Gatherings: Faith-based Communities, Places of Worship, and Ceremonies](#) (PDF) (MDH)
- [Guidance for Vehicle Gathering, Parades, and Drive-ins](#)
- [Industry Guidance for Safely Reopening: Faith Based Communities, Places of Worship, Weddings, and Funerals](#) (GOV) including sections on singing and playing brass and woodwind instruments and event photography.
- [Music Activities and Performances During COVID-19](#)

Family Resources

- [Alliance for a Healthier Generation](#)
- [Children and Nature Network](#)
- [Deciding to Go Out](#) (CDC)
- [General Recommendations & Protecting Yourself and Your Family: COVID-19](#) (MDH)
- [Guidance for Safe Celebrations and Events](#) (MDH)
- [Help Me Grow website](#)
- [Holiday Celebrations](#) (CDC)
- [Hosting Gatherings or Cook-outs](#) (CDC)
- [How to Wash your Hands](#) (video)(MDH)
- [Know Your risk of Getting COVID-19](#)
- [Make a Plan MN](#)- detailed template for household planning in the event a family caregiver tests positive
- [Minnesota Communities Caring for Children Resources for Adaptation and Resiliency During the Coronavirus \(COVID-19\) Outbreak](#)
- [Minnesota Communities Caring for Children](#) – this site houses recorded sessions on “Practicing Resilience in the Community” focusing on simple daily practices.
- [Minnesota Department of Health Child and Family Resources About COVID-19](#) (MDH)
- [National Parent Helpline](#)

- **Parent Support Outreach Program:** early intervention program focusing on family strengths and needs to ensure safety for children and support for families (DHS)
- **Protecting Yourself and Your Family: COVID-19** (MDH)
- **Postpartum Support International Helpline**
- **Safe Holiday Celebrations during COVID-19** (MDH)
- **Stay Safe Guidance for Entertainment** (GOV)
- **Well Being from Home** – Resources to maintain your well-being at home.

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
 - 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: <i>South Grove Square</i> <i>200 South Avenue</i> <i>Grove City</i>
Litchfield	No service. Contact Ecumen for alternative services	Contact 320.693.6318	n/a
Watkins	Yes	Contact 320.764.5615	<i>St. Anthony Manor</i> <i>131 Church Street</i> <i>Watkins</i>

- **Meeker County Area Food Shelves:** The food shelf provides drive thru or other alternative pick-ups for client safety.
 - Dassel – Phone: (320)693-7661
 - Litchfield– Phone: (320)275-0124

- **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).
- **[Ruby's Pantry](#)**
 - For more information please call Cornerstone Church at (320)593-7971
- **[SNAP Outreach Specialists](#):** For those needing food assistance, specialists can provide more information
- **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 an addendum to this resource list

Additional 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
- **[Food Safety during the COVID-19 Pandemic](#)** (MDH)
- **[Healthy Eating During the COVID-19 Pandemic](#)** (MDH)
- **[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
- **[Pandemic EBT FAQs](#)** (DHS) One-time application for food benefits for families with children who receive free or reduced-price school meals. (DHS)
- **[Supplemental Nutrition Assistance Program](#)** (SNAP) (DHS)

Grocery & Pharmacy Services/Household Essentials

Local Resources

- **[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
 - 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
 - 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 *(See Also CDC, Long term Care, MDH, and Testing, Resources)*

Local Resources

- **[Meeker Memorial Hospital and Clinics](#)** -for complete information on Meeker Memorial's response to COVID-19 please visit:
COVID-19 Triage Line:
 - [\(320\) 373-1026](tel:3203731026)
 - Hours: Monday – Friday 8:00 am – 5:00 pm
- **[COVID-19 Community Testing](#)**

Additional Resources

- [Access to Support in Hospital Settings: Patients with Disabilities and Pediatric Patients \(PDF\)](#)
- [COVID-19 and Dental Care](#) (MDH)
- [COVID-19 in Children and Teens](#) (CDC)
- [COVID-19 Questions and Answers: For People Who Use Drugs or Have Substance Use Disorder](#)
- [COVID-19 Recommendations for Health Care Workers](#)
- [Data on COVID-19 during Pregnancy](#) (CDC)
- [Exposure Assessment for Critical Workers with Job-related Risk of COVID-19](#) (MDH)
- [Got Your Shots?](#) - pediatric vaccination during COVID-19 (MDH)
- [Guidance for Planning Vaccination Clinics at Satellite, Temporary or Offsite Locations](#) (CDC)
- [Guidance for Temporary COVID-19 Beds in Large Common Spaces](#)
- [Guidance for Temporary Plastic Barriers in Health Care Settings](#) (MDH)
- [Guidance on Providing Pediatric Well-Care during COVID-19](#) (AAP)
- [Health Care During the COVID-19 Pandemic](#) (MDH) Information about the importance of routine care, having a health emergency, medication, and in-person and virtual visits.
- [Health Care Worker Exposure to COVID-19](#) (MDH)
- [How Long to Stay Home if Sick](#) (MDH)
- [If You Are Sick](#) (MDH)
- [Influenza](#) (MDH)
- [Information for Health Care Workers with High Risk COVID-19 Exposure](#) (MDH)
- [Information for Health Care Workers with Low Risk COVID-19 Exposure](#) (MDH)
- [Lower Your Risk of COVID 19 \(PDF\)](#) (MDH)
- [Make a Plan MN to help Families Prepare for Potential Illness](#) (MDH)
- [Managing Chronic Conditions during COVID-19](#) (MDH)
- [Mayo Clinic - Coronavirus disease 2019 \(COVID-19\)](#) (MDH)
- [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. (MDH)
- [Minnesota Covid-19 Response: "If you are Waiting for Test Results](#) (MDH)
- [Minnesota Department of Health](#) For health questions, please visit the MDH website Call MDH at 651-201-3920 or 1-800-657-3903.
- [Minnesota Resource Allocation Platform for COVID-19 Treatment](#)
- [Monoclonal Antibody Treatment: FAQs](#) (MDH)
- [Multisystem Inflammatory Syndrome in Children Statistics](#) (MDH)
- [Overview of Case Investigation and Contact Tracing](#) (MDH)
- [Oxygen Levels, Pulse Oximeters, and COVID-19](#) (MDH)
- [Patient Information Sheet for Remdesivir](#) (MDH)
- [People with Certain Medical Conditions](#)
- [Pregnancy Breastfeeding and Caring for Newborns](#) (CDC)
- [Protect Yourself & Others: COVID-19](#) (MDH)
- [Protect Yourself & Others: Flu Vaccine](#) (MDH)
- [Pulse Oximetry and COVID-19](#) (MDH)

- [Repository of Resources for Maintaining Immunization during the COVID-19 Pandemic \(Immunization Action Coalition\)](#)
- [Responding to and Monitoring COVID-19 Exposures in Health Care Settings](#) (PDF)
- [Potential Exposure to COVID-19 in Outpatient Settings excluding Emergency Departments](#) (MDH)
- [Smoking, Vaping, Lung Health and COVID-19](#) (MDH)
- [Similarities and Differences Between Flu and COVID-19](#) (CDC)
- [Staffing Options for Acute Care Facilities with Staff Shortages](#) (MDH)
- [Surgeries and Procedures During COVID-19 FAQ's](#) (MDH)
- [Symptoms and Testing: COVID:19](#) (MDH)
- [Therapeutic Options for COVID-19 Patients](#) (MDH)
- [Tips to Remember Your COVID-19 Contacts](#) (MDH)
- [Tracing COVID-19](#)
- [Trends in Pediatric Hospitalizations for Coronavirus Disease 2019](#) (JAMA)
- [Visitor and Employee Health Screening Checklist](#)
- [What You Need to Know After Having COVID-19](#) (GOV)

Health Care Coverage

- [Application for Medical Assistance \(MA\) Coverage for COVID-19 Testing](#) (DHS)
- [DHS Announces Medical Assistance for COVID-19 Testing of Uninsured Individuals \(Bulletin #20-21-03\)](#) (DHS)
- **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

- [Minnesota Advanced Psychiatric Directive](#)
- [Minnesota Legislature](#)
- [Prime West](#)

Housing, Evictions, Utilities, Energy Assistance and Shelter Resources

- [Consumer Financial Bureau:](#) For homeowners experiencing difficult making on-time mortgage payments. Information is available on the Consumer Financial Bureau's website
- [COVID-19 Guidance for Building or Property Managers and Management Companies in Multi Unit and High-rise Housing](#)
- [COVID-19 Guidance for Shared Congregate Housing](#) (CDC)

- [COVID-19 Housing Assistance Program](#) Call 320.693.7911
- [COVID-19 Interim Testing Recommendations: Congregate Settings for People Experiencing Homelessness and Individuals and Families Residing in Emergency Shelters](#) (MDH)
- [Energy Assistance Program \(EAP\)](#): This program helps pay for home heating costs and furnace repairs for income-qualified households.
 - **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.
- **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.
- [Families and People Living in Encampments](#) (MDH)
- [Guidance for Building Managers in Congregate or High-Rise Housing](#) (MDH)
- [Guidance for Retirement Communities and Independent Living](#) (CDC)
- [Households Living in Close Quarters](#) (CDC)
- [Housing Assistance:](#)
 - Call Toll free 800.543.7709 or 651.291.0211 or,
 - Text your zip code to 898-211*
 - Or apply online
- [Indoor Air Considerations: COVID-19](#) (MDH)
- [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

- [Interim Guidance about People Experiencing Unsheltered Homelessness and Encampment Settings](#) (PDF) (MDH)
- [Interim Guidance for Hotel Managers and Owners](#) (MDH)
- [Homeless Service Settings: Interim Guidance for Providers](#) (MDH)
- **Homeless – Local Shelter**
 - Contact: Rochelle Brummond Phone: 320.693.3645
- [Interim Guidance for Hotel Managers and Owners](#) – Including those providing isolations sites and alternative housing (MDH)
- [Minnesota Housing](#): Resources and information that can help renters, homeowners, landlords, and lender including FAQ's and information in multiple languages

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:

Long Term Care

- [Beauty Shop Guidance for Long Term Care Facilities](#) (MDH)
- [COVID-19 Guidance: Nursing Home Visitation and activity Restriction Modifications](#)
- [COVID-19 Infection Prevention and Control and Cohorting in Long-term Care](#)
- [COVID-19 Recommendations for Health Care Workers](#)
- [COVID-19 Testing Recommendations for Long-term Care Facilities](#) (MDH)
- [COVID-19 Toolkit: Information for Long term Care Facilities](#) (MDH)
- [COVID-19 Vaccination Tracking Tool for Long-term Care](#) (MDH)
- [Clarification of Staffing Options for Congregate care Facilities Experiencing Shortages](#)
- [Crisis Standards of Care: Personal Protective Equipment](#) (MDH)
- [Defining Crisis Staffing Shortage in Congregate Care Facilities: COVID-19](#)
- [Elections and Voting Guidance for Long0term Care Facilities](#) (MDH)
- [Essential Caregiver Guidance for Long Term Care Facilities](#)
- [Essential Resources and Forms for COVID-19 Testing and Case Management in Long-Term Care Facilities](#)
- [Frequently Asked Questions about Essential Caregivers](#) (MDH)
- [Frequently Asked Questions: Long-term Care Visitation and Activities Recommendations](#) (PDF) (MDH)
- [Guidance for Selecting In-building Visitation Areas in Long-term Care Facilities](#)
- [Guidance for Temporary Tent Structures and Clear Dividers for Long-term Care Visitation](#)
- [Guidance for Window Visits at Long-Term Care Facilities](#) (MDH)
- [Holiday Guidance: Long term Care Facilities and Executive Order 20-103](#)

- [How to Complete the Long-term Care COVID-19 Vaccination Reporting Form](#) (MDH)
- [Information about COVID-19 Vaccination in Long-term Care Facilities](#) (MDH)
- [LTC Weekly COVID-19 Vaccine Reporting Frequently Asked Questions](#) (MDH)
- [Long Term Care Antigen Testing](#) (MDH)
- [Long Term Care COVID-19 Response](#)
- [Long Term Care COVID-19 Testing](#)
- [Long-term Care Guidance for Non-medically Necessary Outings](#)
- [Long Term Care Guidance under EO 20-99](#)
- [Long Term Care Visitors and Outside Services - Includes MANY resources!](#) (MDH)
- [Managing Chronic Conditions during COVID-19](#) (MDH)
- [Minnesota Home Care Provider/Assisted Living Visitation and Activities Throughout the COVID-19 Pandemic](#)
- [Office of Ombudsman for Long-Term Care: COVID-19 Testing Notice](#) (MDH)
- [Outdoor visitation Guidance for Long-Term Care facilities](#) (MDH)
- [Recommendations for Long-term Care Visitation and Activities How and When to Safely Transition to the Next Level Throughout the COVID-10 Pandemic](#) (PDF) (MDH)
- [Reporting Results of COVID-19 Tests Performed Inside Your LTC Facility](#) (MDH)
- [Potential Exposure to Residents with COVID-19 in Long-term Care, Nursing Home, and Assisted Living Settings](#) (PDF)
- [Principles for COVID-19 Cohorting in Long Term Care](#) (MDH)
- [Serial Testing of Nursing Facility Staff for COVID-19 FAQ](#) (MDH)
- [State Mobile Testing Team FAQs](#) (MDH)
- [Template COVID-19 Response Summary for Long-term Care Facilities](#) (MDH)
- [Testing Guidelines for Nursing Homes](#)
- [Toolkit for Long-Term Care](#) (MDH)
- [Using Antigen-based Point-of Care \(POC\) Testing in Long-term Care Facilities](#)

Masks

- **Helpful Face Mask Reminders:**
 - 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 share masks
- [Best Practices for Masks: Consideration for People with Disabilities and Special Health Needs.](#) (MDH)
- [COVID-19 Masks Do's and Don'ts](#) (MDH)
- [Considerations for Release of Stockpiled n95's Beyond the Manufacturer- Designated shelf Life](#) (CDC)
- [Decline in COVID-19 Hospitalization Growth Rates Associated with Statewide Mask Mandates](#) (CDC MMWR)
- [Donning and Doffing PPE Instructions on how to put on and remove PPE](#) (CDC)
- [Face Coverings in Organized Sports During COVID-19](#) (PDF)
- [Face Covering Requirements and Recommendations](#)

- [Facemasks and Personal Protective Equipment](#) (MDH)
- [Frequently Asked Questions About the Requirement to Wear Face Coverings](#) (MDH)
- [Homemade Mask link:](#)
- [How to Safely Wear your Mask](#) (MDH)
- [How to Wear Cloth Face Coverings](#) (CDC)
- [Improve How Your Mask Protects You](#) (CDC)
- [Masks and face coverings](#) (MDH)
- [Masks Do's and Don'ts](#) (MDH)
- [Masks Protect You & Me](#) (CDC)
- [Mask Up MN](#) The “Mask Up MN!” campaign promotes face coverings. This video is an example of how part of the campaign includes sports teams, like the Minnesota Twins, promoting face coverings.
- [Minnesota Homemade Mask Drive](#) (GOV)
- [Observed Face Mask Use at Six Universities](#) (CDC MMWR)
- [Posters and Media information on face coverings for businesses](#)
- [Reporting Results of COVID-19 Tests Performed Inside Your Long-term Care Facility](#)
- [Tips for Wearing a Mask](#)
- [Tips for Communicating about Masks in the Midst of Misinformation](#)
- [Types of Face Coverings](#) (MDH)
- [Use of Cloth Face Coverings to Help Slow the Spread of COVID-19](#) (CDC)
- [What You Need to Know About Minnesota's Face Covering Requirement](#) (PDF)
Two-page summary of the executive order requiring face coverings. (MDH)

Mental Health - Children's Resources

- [A guide to self-care and activities for children](#)
- [Behavioral Health and Emergency Preparedness for healthcare responders, parents/caregivers, teens, kids and families](#) (MDH)
On this page:
 - Responder Resources
 - Community Resources
 - Child and Family Resources
 - Mental Illness Support Resources
 - Hotlines, Crisis Lines, Suicide Prevention, Helplines
- [Connecting with children and adolescents via telehealth during COVID-19](#) (APA- American Psychological Association)
- [Coping 19](#) resources for helping people cope with the challenges of COVID-19
- [COVID - 19 Parental Resources Kit](#) (CDC)
- [Helping Children Cope with Changes Resulting from COVID-19](#)
- [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
- [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
- Or join by phone only at: +1 312 626 6799 Meeting ID: 145 915 007
- One tap mobile: +1(312)626-6799, 145915007#
- [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**
 - [Live Virtual Recess](#)
- [Search Institute](#)
 - **Relationships Check** - Check list for building relationships with youth to help cope with adversity:
- [Talking to Your Kids about COVID-19 Stearns County MN Government](#)
- [Tips and Resources for Children and Parents During COVID-19](#) (MDH)

Mental Health - General and Adult Resources

- [Addressing Anxieties: 7 Things Health Care Leaders Can do Now](#) (MDH)
- [Are you Working to Help People Affected by COVID-19 Pandemic](#)
- [Caring for Yourself in the Face of Difficult Work](#) (CDC)
- [Compassion in Action: A Guide for Faith Communities Serving People Experiencing Mental Illness and Their Caregivers](#)
- [Coping with Change and Loss in COVID-19 Times](#) (U of MN)
- [Coping Strategies for COVID-19](#) (Region V Public Health Training Center) Includes several stress-relief apps and other technologies designed to help you stay connected.
- **Coping with COVID: A Mental Health Resource:**
 - **English**
 - [\(Video: 30 minute\)](#)
 - [\(Video: 90 second\)](#)
 - **Hmong**
 - [\(Video: 30 minute\)](#)
 - [\(Video: 90 second\)](#)
 - **Spanish**
 - [\(Video: 30 minute\)](#)
 - [\(Video: 90 second\)](#)
 - **Somali**
 - [\(Video: 30 minute\) |](#)
 - [\(Video: 90 second\)](#)
- [COVID-19 Wellness Pocket Guide](#) (MDH)
- [Crisis and Trauma Resource Institute](#) - Mindful breathing exercises
- [Daily Life & Coping: Pregnant and Postpartum People](#) (MDH)
- [Find Your Happy Place: Tips to Reduce COVID-19 Stress](#) (PDF) (MDH)
- [Grief Leadership during COVID-19 -Center for the Study of Traumatic Stress](#)
- [Headspace](#) – Headspace Meditations ~ Brief meditations developed for COVID response
- [Holidays and Stress](#) (CDC)

- [How Right Now](#)
- [How Right Now Partner Toolkit](#)
- [Is Anxiety On The Rise? Is This Feeling Normal?](#) (video)
- [Make the Connection: Real stories of Veteran’s strength and recovery along with mental health resources.](#)
- [Managing Stress and Anxiety during the Pandemic](#) (CDC)
- [Mental and Behavioral Health Resources during “COVID-19](#) (MDH)
- [Mental Health America-Tools2Thrive Toolkit](#)
- [Mental Health and Coping During the Pandemic](#)
- [Mental Health and Resiliency Tools for Health Care Workers](#)
- [Mental Health Support](#) - Many Resources!!
- [Mental Well-Being and Resilience Learning Community](#) (MDH)
- [Mindful – Brief information and a three-minute guided meditation](#)
- [Public Health Worker Stress: Understanding the Emotional Impact of COVID-19](#)
- [Psychological First Aid: A Minnesota Community Supported Model](#) (online training) (U of MN)
- [#StayConnectedMN](#) (MDH) Mental well-being and COVID-19 Communications Toolkit.
- [Supporting Children And Teens During This Holiday Season](#) (The National Child Traumatic Stress Network (NCTSN))
- [Supporting Mental Promotions during COVID-19](#) (MDH)
- [Supporting Mental Well-Being During COVID-19](#) (MDH)
- [Supporting People Who Have Disabilities During COVID-19](#) (MDH)
- [The First Responder Toolkit](#) (U of MN)
- [Tips for Managing Stress during the COVID-19 Pandemic](#)
- [Tips for Work/Life Balance during COVID-19](#) (MDH)
- [Wellness Guide](#) (PDF) Mental Health and Resiliency Tools for Health Care Workers
- [WellnessMN](#) Focused on Behavioral Health Staff Wellness, providing tools and resources that support the individual, team, and the organization for all responder levels to the COVID-19 Pandemic.
- [What is the Normal Amount of Anxiety](#) (video)

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

- [Adult Mental Health Crisis Response Numbers](#)
- **(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.
 - Facebook <https://www.facebook.com/thebeautifulmindproject>
 - Call 320-216-3300
- [Bounce Back Project](#)
- **CentraCare 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](#)

- **Crisis Text Line:** Immediate, free and confidential support for people in distress
 - Text MN to 741741
- **[Crow River Family Services](#)** Phone: 320-774-3354
- **[Lighthouse Counseling](#)**
 - Phone: (320)434-2188
- **Mental Health Helpline:** available to provide information about mental health programs and services
 - Phone: 1.800.862.1799
 - Email: helpline@mentalhealthmn.org
- **Minnesota COVID Cares** Support services. Any Minnesotan experiencing stress can call
 - 833-HERE4MN (833-437-3466) for free telephone support
 - 9am to 9pm every day
- **[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 pm to 10 pm
 - Chat available on their website
- **[\(Minnesota\)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://www.nami.org/covid-19-guide>
- **National Suicide Prevention Lifeline Phone** – support for you, loved ones, and resources for professionals
 - 24/7 Lifeline (800)273-TALK (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**
- **[Woodland Centers](#)**
 - Phone: (320)693-7221 or (800)432-8781
- **Woodland Centers Mobile Urgent Care 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.

Minnesota Department of Health (MDH) Resources *(See also CDC)*

[Minnesota Department of Health- Comprehensive COVID-19 resources \(MDH\)](#)

- **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
- [About COVID-19](#)
- [Guidance Library: COVID-19](#) – lists CDC and MDH Guidance by topic area. **(MDH)**
- [Limited-English](#): MDH has resources, fact sheets and posters available in multiple languages, including ASL on MDH Coronavirus Materials page. **(MDH)**
- [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 **(MDH)**
- [Situation Update for Coronavirus Disease 2019 \(COVID-19\) \(MDH\)](#)
- [Videos for Coronavirus Disease 2019 \(COVID-19\) Response](#)

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.

- [Executive Orders \(list\)](#)
- [FAQ on Stay Safe Plan](#)
- [Minnesota's Stay Safe Plan](#)
- [News Updates](#)
- [Stay Safe MN](#)

Minnesota Unemployment:

[MN 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

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

- [Crow River Media](#)
- [Independent Review](#)
- [KLFJ Radio](#)
 - AM 1410
 - FM 95.9
- [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

Parks and Recreation

- [County Fairs](#) (MDA)

- [COVID-19 Prevention Guidance for Overnight Camps \(PDF\)](#) Supplemental guidance for overnight camp operations. Overnight camps can start planning to operate beginning in July. (MDH)
- [COVID-19 Response](#) (MN DNR)
- [Explore Minnesota- Safe Ways to Explore Minnesota This Summer](#)
- [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: (DNR)
- [Stay Safe MN: Stay Safe during Outdoor Activities](#)
- [Stay Safe When Traveling](#)
- [Visiting Parks and Recreational Facilities](#) (CDC)

Physical Well Being

- [Healthy Eating During a Pandemic](#) (MDH)
- [Staying Active During a Pandemic](#) (MDH)
- [YogaTailor](#)

Schools & Childcare:

Local Schools

- [Atwater Cosmos Grove City Public Schools](#)
 - Phone: (320) 244-4700
- [Dassel Cokato Public Schools](#)
 - Phone: (320)- 286-4100
- [Eden Valley Watkins Public Schools](#)
 - Phone: (320) 453-2900
- [Litchfield Public Schools](#)
 - Phone (320) 693-2444

Child Care

Child care providers are essential workers and remain open. Providers are encouraged to prioritize children of essential workers and regularly update their status and capacity to help connect families with needed care.

[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
- **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 always free 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.

Resources

- **211 Supports for students.** Text STU211 to 898-211 to connect connect students and families to academic, career, health, food and housing resources in their communities.
- [2020-2021 Planning Guide for Schools](#) (MDH)
- [Alliance for a Healthier Generation COVID19 Resources and Updates](#)
- [Child Care Information for Families and Providers](#) (GOV)
- [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
- [Coronavirus Resources for Early Childhood Professionals:](#)
- [Considerations for Schools \(CDC\)](#)
- [Considerations for Students with Low Incidence Disabilities in Hybrid and In-Person Models for Returning to School](#) (MDE)
- [COVID -19 Attendance guide for Parents and Families](#) (PDF) (MDH)
- [COVID-19 Cases and Transmission in 17 K-12 Schools \(CDC Morbidity and Mortality Weekly Report](#) (MMWR)
- [COVID-19 Cleaning and Disinfecting Guidance for Schools and Child Care Programs](#) (MDH)
- [COVID-19 Decision Tree for People in Schools, Youth, and Child Care Programs](#) (MDH)
- [COVID-19 Interim Guidance: Return to Sports](#) (American Academy of Pediatrics)
- [COVID -19 Planning Considerations: Guidance for School Re-entry \(American Academy of Pediatrics\)](#)
- [COVID-19 Prevention Guidance for Youth, Student, and Child Care Programs](#) (PDF) (MDH) Guidance for youth programs, K-12 schools, colleges, universities, and camps.
- [COVID-19 Response Child Care Information for Families and Providers](#)
- [COVID-19 Saliva Testing for Minnesota School Staff](#) (MDE) There is also a question and answer document in this section of the webpage).
- [COVID 19-Saliva Testing for Public and Private Teachers and School Staff](#) (FAQ)(MDE)
- [COVID-19 Schools and Child Care Training](#)
- [COVID-19 Sports Practice and Games Guidance for Youth and Adults \(PDF\)](#)
- [COVID-19: Social Distancing in Our Lunchroom](#) poster
- [COVID-19 Vaccines for School and Child Care Staff](#) (MDE) There is also a question and answer document in this section of the webpage.
- [COVID-19 Youth and Adult Sports under Executive Order 20-99](#) (MDH) *(Previously called: COVID-19 Sports Guidance for Youth and Adults.)*
- [Data for K-12 Schools: 14-day COVID-19 Case Rate by County](#) (PDF) (MDH)
- [Distance Learning and Disability Service for Children](#) (DHS)
- [Early childhood Screening Programs during COVID-19](#) (MDH)
- [Food and Nutrition COVID-19 Resources](#) (MDE)
- [Food Service Worker Safety Information](#) (MDH)
- [Frequently asked Questions about COVID-19 for Facilities Service and Cleaning Staff](#) (MDH)
- [Frequently asked Questions about Safe Learning Plan](#) (GOV)
- [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.
- [Governor Walz Announces Plan to Return More Students to the Classroom](#) (GOV)
- [Guidance Clarification for the Covid-19 Decision Tree for People in Schools, Youth and Child Care programs](#) (MDH)

- [Guidance for Delivering Direct Student Support Services: Staff Protective Equipment](#) (MDH)
- [Guidance for Providing Support to Students in their homes](#)
- [Guidance for Providing Nebulization Treatments in Schools](#) (PDF) (MDH)
- [Handling a Suspected or Confirmed Case of COVID-19: Information for Schools](#) (MDH)
- [Home Screening Tool for COVID-19 Symptoms](#) (MDH)
- [K-12 Schools and Child Care Programs](#) (CDC)
- [MDE Fall Planning Guidance](#) (MDE)
- [MDE Minnesota Department of Education](#) (MDE)
 - 651.582.8200
- [MDE Safe Learning Model Dashboard](#) (MDE)
- [MDH Minnesota Department of Health](#): For school and child care questions, please visit the MDH website or call (MDH)
 - Main Site
 - 651-201-3920 or 1-800-657-3903
- [MDH Fall Planning Guidance](#) (MDH)
- [Masks Do's and Don'ts for Students and Families COVID-19 Resources](#)
- [Masking in Schools](#) (MDH)
- [Masking Requirements for Child Care](#) (MDH)
- [Medical Professionals: Staying Home When Sick or Exposed is Key to Keeping Schools open](#) (MDH)
- [Minnesota Summer Programming Guidance for Schools](#) (MDH)
- [Planning for the next normal at schools \(Kaiser Permanente\)](#)
- [Playground guidance for schools and Child Care Programs](#) (MDH)
- [Prevention Guidance for Youth, Student, and Child Care Programs](#) (MDH)
- [Recommended Supplies for Schools](#) (MDH)
- [Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes](#) (CDC)
- [Safe Learning Model Dashboard](#) (MDE)
- [Safe Learning Model Look Up](#) (MDE)
- [Safe Learning Plan for the 2020-21 School Year](#)
- [School-Age Guidance and Frequently Asked Questions for the 2020-21 School Year](#)
- [School COVID-19 Data FAQ's](#)
- [Schools and Child Care COVID19](#) Due to the high volume of questions and the evolving response to this pandemic, we are prioritizing questions and responding to those that have not yet been addressed in existing guidance. Please visit our Schools and Child Care: COVID-19 webpage to reference guidance that applies to your specific question. (MDH)
- [Social and Emotional Learning Roadmap for reopening schools](#)
- [Special Education COVID-19 Resources](#) (MDE)
- [Stay Safe during Athletic Activity and Sports](#)
- [STOP! Symptom Poster](#) (MDH)
- [Supporting Students and Families COVID-19 Resources](#) (MDE)
- [Vehicle Gatherings / Parades Guidance](#) (MDH)
- [Ventilation Guidance for Schools: COVID-19](#)
- [What You Should do if You Feel Sick – for – Students](#)

- [What to Do When Notified of a Lab Confirmed Case of COVID-19 in a School or Child Care Setting](#) (MDH)

Schools, Higher Education (see also Schools, Childcare)

- [Campus Dining Services Guidance for Higher Education Institutions](#) (MDH)
- [COVID 19 and Higher Education FAQ's](#) (MDH)
- [COVID-19 Cleaning and Disinfecting Guidance for Institutes of Higher Education](#) (MDH)
- [COVID-19 Intercollegiate Sports Guidance for Higher Education](#) (MDH)
- [COVID-19 Sports Guidance for Higher Education](#) (MDH)
- [Guidance for COVID-19 Cases and Outbreaks in Higher Education](#) (MDH)
- [Guidance for Mitigating COVID-19 at Higher Education Institutions](#) (MDH)
- [Institutes of Higher Education \(IHE\): COVID19](#) (MDH)
- [Isolation and quarantine Quick Reference Guidance for Higher Education](#) (MDH)
- [Recommendations for Different Levels of COVID-19 Transmission Among Higher Education Institutions](#) (MDH)

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.

- <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 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.
 - 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](#)
- **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

- **[Deaf and Hard of Hearing Services Division](#)** Seven regional offices in Minnesota, the office, located in St. Cloud, serves your location/county. Services include:
 - Telephone Equipment Distribution (TED)
 - Help in navigating service systems to allow people to continue to live independently
 - Ensure communication access so that you can make informed decisions
 - FREE training and technical assistance to providers
 - FREE mental health counseling from counselors to those who have a hearing loss and are 18 years old or older
 - FREE land line or cellular telecommunication equipment to eligible Minnesotans with a hearing, hearing and vision, speech and/or mobility disability.
 - FREE vision aids and devices, PLUS a personal amplifier for persons with a combined hearing and vision loss
- **[Disability Hub](#)**: provides free statewide information, referral and assistance service to help people with disabilities, chronic illnesses and their representatives connect to community services
- **[Family Voices of Minnesota](http://familyvoicesofminnesota.org/)**<http://familyvoicesofminnesota.org/>: provides information, resources, and peer-to-peer support for families with children with special health needs or disabilities
- **[Frequently Asked Questions Regarding Disabilities and Special Needs during the COVID-19 Pandemic](#)** (MDH)
- **[How to Make an Accessible, Deaf-Friendly Face Mask](#)**
- **[Minnesota Dept. of Human Services - Deaf and Hard of Hearing Services Division](#)** (DHHSD) DHHSD'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
- **[National Association of the Deaf](#)** 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.
- **[PACER](#)**: Resources for families of children with disabilities including parent advocates and staff available to assist families
 - Phone: 952.838.9000
 - Email pacer@pacer.org

Taxes

- **[Minnesota Department of Revenue](#)**: Free online filing options: Find out more information (available in additional languages)
- **[US Internal Revenue Service](#)**: Economic Impact Payments: Learn more about the economic impact payments, otherwise known as the federal stimulus (IRS)

Testing and Tracing

- [2020-2021 COVID-19 Testing Registration Form](#) (MDH)
 - [About COVID-19 Home Tests](#)
 - [CDC: When to Quarantine.](#)
 - [Case Investigation and Contact Tracing](#)
 - [Close Contacts and Tracing](#)
 - [Community Testing \(MDH\)](#)
 - [Contact Tracing COVID-19](#)
 - [COVID Aware MN](#) Download the free app to get notified if you have been near someone who tests positive for COVID-19
 - [COVID 19 Community Saliva Testing](#) (MDH)
 - [COVID-19 Community Testing](#) (MDH)
 - [COVID 19 Community Testing Data](#) (MDH)
 - [COVID 19 Community Testing: Role of the Minnesota National Guard](#) (MDH)
 - [COVID-19 Exposure Notification Mobile App News Release](#)
 - [COVID-19 Evaluating and Testing COVID-19](#) (MDH)
 - [COVID-19 Interim Testing Recommendations: Congregate Settings for People Experiencing Homelessness and Individuals and Families Residing in Emergency Shelters](#) (MDH)
 - [COVID-19 Post-Test Instructions](#) (MDH)
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- [COVID-19 Test at Home](#) (MDH)
 - [COVID-19 Test at Home: How to take the test](#) Video
 - [COVID-19 Testing](#)
 - [COVID-19 Testing: Congregate Settings for People Experiencing Homelessness or Living in Emergency Shelters](#) (MDH)
 - [COVID-19 Testing for Kids and Families](#)
 - [COVID-19 Testing Map](#)
 - [COVID-19 Testing Recommendations for Jails, Prisons, and Detention Facilities](#)
 - [COVID-19 Testing in Residential Programs Licensed by the Department of Human Services FAQ](#) (MDH)
 - [COVID-19 Vaccination Considerations for People Who Are Pregnant](#) (CDC)
 - [COVID-19 Variant found in Minnesota](#) (MDH)
 - [COVID-19 Variants](#) (MDH) Talking points
 - [Cue COVID-19 Test](#) (MDH) Description, Provider Instructions, and Priority Distribution
 - [Duration of Isolation and Precautions for Adults with COVID-19](#) (CDC)
 - [First Identified Cases of SARS-CoV-2 Variant B.1.1.7 in Minnesota](#) (CDC MMWR)
 - [Flyers for COVID-19 Community Testing Events](#) (MDH)
 - [Free COVID Testing \(DHS\)](#)
 - [Health Department to begin texting program to reach positive cases, close contacts](#) (MDH)
 - [How to take an at-home saliva test](#) (MDH and VAULT)
 - [I got tested-Now What?](#)
 - [Improving COVID-19 Testing for People with Disabilities and Unique Health Needs](#) (MDH)
 - [Information for Adult Day Centers and Day Service Facilities with a Confirmed Case of COVID-19](#) (MDH)
 - [Information for Confirmed Cases and Contacts](#)
 - [MDH launches electronic case investigation survey](#) (MDH)

- [Minnesota reaches milestone of 1 million COVID-19 tests through community sites](#) (MDH)
- [Nasal Swab Community Testing Events](#)
- [New COVID-19 Variants](#) (CDC)
- [News release: State health official issue updated guidance for COVID-19 quarantines](#) (MDH)
- [Nobles County Serology Study](#) (MDH)
- [Overview of Case Investigation and Contact Tracing](#)
- [Quarantine Guidance for COVID19](#)
- [Should I Get Tested for Covid-19](#)
- [Symptoms and Testing: COVID-19](#)(MDH)
- [Testing Facility Finder website](#) (GOV)
- [Testing for COVID-19](#) (MDH)
- [The coronavirus is mutating-does it matter?](#)
- [Tracing for COVID-19](#)
- [Types of COVID-19 Tests](#)
- [What to Do if You Have Had Close Contact With a Person with COVID-19](#) (MDH)
- [What to Do While you Wait for a COVID-19 Test](#) (MDH)
- [What Your Test Results Mean](#) (MDH) Infographic
- [When Can I Return to Work After Being Sick with COVID-19](#)
- [When Can I Return to Work if Someone Living with me is sick?](#)
- [When To Quarantine](#) (CDC)
- [Who should get tested during Dial Back, Minnesota](#) (MDH)

Travel and 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
- [COVID-19 Travel Recommendations by Destination](#) (CDC)
- [Domestic and International Travel Considerations](#) (CDC)
- [Interim Guidance for Facilities Providing Non-Emergency Transportation Services during COVID-19](#) (MDH)
- [Mid-MN Regional Transportation Coordination Council](#) - web resource directory for people in need of assistance with transportation in McLeod, Meeker, Kandiyohi and Renville Counties:
- [Protect Yourself & Others: Traveling](#)
- [Requirement for Proof of Negative COVID-19 Test or Recovery from COVID-19 for All Air Passengers Arriving in the United States](#) (CDC)
- [Rideshare, Taxi, Limo and other Passenger Drivers-for Hire Guidance](#) (CDC)
- [Travel During COVID-19](#) (CDC) Includes risk assessment level Persons arriving in Minnesota from other states or countries, including returning Minnesota residents, are strongly encouraged to follow the recommendations in MDH's [Quarantine](#)

Vaccine

- [Answering Your Questions About the New COVID-19 Vaccines](#) (CDC)

- [Appendix C: Janssen COVID-19 Vaccine](#) (PDF)
- [Avoid COVID-19 Vaccine Scams](#)
- [Benefits of Getting a COVID-19 Vaccine](#) (CDC)
- [Best Practices for COVID-19 Testing and Vaccination Sites: Disability-related Accessibility](#)
- [Building Confidence in COVID-19 Vaccines](#) (CDC)
- [CDC public health recommendations for vaccinated persons](#)
- [Challenges in COVID-19 Vaccine Allocation and Distribution](#) (U of M)
- [Continuing the Journey of a COVID-19 Vaccine](#) (CDC) Infographic about how a COVID-19 vaccine is recommended for public use and how safety continues to be monitored
- [COVID-19 Basics](#) (GOV) 2-page fact sheet
- [COVID-19 Community Vaccination Program](#)
- [COVID-19 Community Vaccination Program FAQs](#)
- [COVID-19 Complaint Form](#). Potential COVID-19 Scams should be reported to the Attorney General
- [COVID-19 Vaccination Considerations for People Who Are Pregnant](#) (CDC)
- [COVID-19 Vaccination Toolkits](#) (CDC) Includes vaccination communication and recipient education toolkits.
- [COVID-19-Vaccine](#) (MDH) This landing page has links to all the high-level vaccine optics.
- [COVID-19 Vaccine Clinical Study in MN](#)
- [COVID-19 Vaccine Dashboard](#) (GOV) Information about data, dashboard definitions, and downloadable datasets can be found on this page under the dashboard.
- [COVID-19 Vaccine Data: Provider Registration](#) (MDH)
- [COVID-19 Vaccine Education Effort: Content for Healthcare Providers](#) Four YouTube videos. Developed in partnership with leading health organizations and Dr. Anthony Fauci, this new educational content from the Ad Council and COVID Collaborative is designed to help healthcare providers better understand and answer common questions about COVID-19 vaccination.
- [COVID-19 Vaccine Information for Health Professionals](#)
- [COVID-19 Vaccine Key Messages](#) (PDF)
- [COVID-19 Vaccine Myths Debunked](#) (Mayo Clinic)
- [COVID-19 Vaccine Phases and Planning](#) (MDH)
- [COVID-19 Vaccine Pilot Program: Child Care Staff](#) (GOV)
- [COVID-19 Vaccine Providers](#)
- [COVID-19 Vaccine Redistribution and Off-site Vaccination Guide](#) (MDH)
- [Demographic Characteristics of Persons Vaccinated During the First Month of the COVID-19 Vaccination Program](#) (CDC MMWR)
- [Ensuring the Safety of COVID-19 Vaccines in the United States](#) (CDC)
- [Find my Vaccine](#) (GOV) Information about vaccine sign-up.
- [Find Vaccine Locations](#) (GOV) See also [FAQs](#) for Vaccine Locator Map.
- [Finding Credible Vaccine Information](#) (CDC)
- [Frequently Asked Questions About the COVID-19 Vaccine](#) video is available in multiple languages: Amharic, Karen, Lao, Somali, Spanish, Swahili, and Vietnamese.
- [Get Connected to Your COVID-19 Vaccine!](#) (PDF)
- [Governor Walz Announces COVID-19 Community Vaccination Site in Rochester](#) (GOV)
- [How COVID-19 Vaccines are made](#)

- [Integrating COVID-19 Vaccination with Tuberculosis Testing](#) (MDH)
- [Interim COVID-19 Vaccination Plan Executive Summary](#)
- [Interim COVID-19 Vaccine Provider Guide](#)
- [Minnesota COVID-19 Vaccine Allocation Advisory Group](#)
- [Minnesota Guidance for Allocating and Prioritizing COVID-19 Vaccine – Phase 1a](#) (PDF)
- [Minnesota Resource Allocation Platform for COVID-19 Treatment](#)
- [Talking to Recipients about COVID-19 Vaccines](#) (CDC)
- [Protects Me, Protects You](#) COVID-19 vaccination campaign was created by an epidemiologist who has been working in public health in Indigenous communities for more than 10 years and saw the impact of COVID-19 among American Indian populations [Who’s Getting Vaccinated?](#) (GOV)
- [Protect Yourself & Others: COVID-19 vaccine](#)
- [Questions and Answers: COVID-19 Vaccines for School and Child Care Staff](#) (GOV)
- [Quick Answers for Healthcare Professionals to Common Questions People May Ask About COVID-19 Vaccines](#) (CDC)
- [The Center for Black Health and Equity COVID-19 Vaccine Toolkit](#) (American Lung Association)
- [Transporting COVID-19 Vaccines](#) (PDF)
- [Vaccination During COVID-19](#) (MDH)
- [Vaccination Guidance during a Pandemic](#) (CDC)
- [Vaccines](#) (CDC)
- [Vaccine Clinic Pilot Program Frequently Asked Questions](#) (GOV)
- [Vaccine Connector](#) (GOV)
- [Vaccine Distribution and Administration](#) (GOV)
- [Vaccine Hotlines](#) (GOV)
- [Vaccine Key Messages](#) and sample social media messages.
- [V-safe After Vaccination Health Checker](#)
- [What to Expect after Getting a COVID-19 Vaccine](#) (CDC) Includes a [printable handout](#) for vaccine recipient.
- [What you Should Know About COVID-19 and the ADA, the Rehabilitation Act, and Other EEO Laws](#) (eoc.gov)
- [Who’s Getting Vaccinated?](#) (GOV)

Veteran’s Support

- [Make the Connection: Reals stories of Veteran’s strength and recovery along with mental health resources.](#)
- [Meeker County Veterans Services](#)
 - 320.693.5445
- [National Veteran’s Crisis Line](#) (for Veterans and their families)
 - 1.800.273.8255 press 1
 - Text: 838255
- [State of Minnesota Department of Veterans Services COVID-19 Grants](#)
For more information on specific grant requirements or to apply

- Phone (320)693-5445
- Email the Meeker County Veterans Service Office: Donald.dufner@co.meeker.mn.us or Linda.Boedigheimer@co.meeker.mn.us
- To qualify for the COVID-19 Grants, applicants must be:
 - A Veteran as defined by [MN Statute 197.447](#), and
 - A Minnesota Resident, and
 - Have been negatively financial impacted by COVID-19. ** Note: Two Veterans married to each other are both authorized to apply for and receive the disaster relief grant.*
- **COVID-19 Disaster Relief Grant (\$1,000.00)** for veterans or their dependents who have/had COVID-19 or been impacted by COVID—19 or is financially impacted by a school or care provider closure due to COVID-19
- **COVID-19 Distant Learning Grant (\$3,000.00)** for veterans whose employment has been impacted by distance learning needs, or other educational and child care needs.
 - **COVID-19 Special Needs Grant (\$3,000.00)** for veterans experiencing special needs because of the pandemic related to rent/mortgage/contract for deed, security deposits, property taxes furnace/ac unit, home repairs related to habitability. utility bills, medical bills, major appliances, auto loan payments, auto repairs, or auto insurance

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.