

The list below is compiled from the City of Seattle and other non-profit outreach resources. Questions and comments about this list can be directed to Ingrid Ingerson:

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If needed, students are encouraged to contact Erica Holmes for support:

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AU Website

Antioch University has a page with current information:

<https://www.antioch.edu/resources/students/coronavirus/>

Resource Lists

Federal, state and local governments are working to provide financial resources to help. [King County Council staff have compiled a resource list with information](#) from various agencies and governments that may be helpful to you and your community on how to file for [unemployment](#) or [workers' comp](#); help with paying utilities, rent, and mortgages; issues with insurance; food assistance; and much more.

In addition, **Neighborhood House**, a non-profit serving the Seattle and surrounding communities for over 100 years, has a broad list [here](#).

Washington Campus Compact has a great resource [page](#) which includes articles on zoom fatigue, healthcare and mental health resources, diversity and anti-racism resources.

King County Testing Locations

https://www.kingcounty.gov/depts/health/news/2020/May/~/_media/depts/health/communicable-diseases/documents/C19/community-health-center-testing-locations.ashx

Unemployment and Workers' Comp

Anyone who has lost their job due to coronavirus or has had to take time off to self-quarantine or care for a sick relative (and does not get paid sick time from work) should apply for **UNEMPLOYMENT** insurance. Info on [that here](#).

Governor Inslee [announced](#) that the state is waiving the one-week waiting period for out-of-work employees to collect unemployment benefits, retroactive to March 8.

Anyone whose job has brought them into direct contact with someone with coronavirus (for instance, a first responder or a health care worker) and has become ill or are required to quarantine can file for **WORKERS' COMP**. File for [that here](#).

If you or a friend or family member are out of work, [Washington State's Employment Security Department](#) provides support services as well.

Financial Resources for Consumers

The Washington State Department of Financial Institutions has [developed a list of financial resources](#) for Washington consumers impacted by the Coronavirus.

Trouble Paying Rent or Mortgage

If you don't have enough money to pay, contact your lender or landlord immediately. Help includes:

- Governor announced a statewide moratorium on residential evictions for 30 days. You can read more details on the moratorium on [Inslee's Medium page](#) also, the King County Sheriff's Office [has said](#) it won't enforce evictions during the continuing outbreak.
- Washington Homeownership Hotline (877-894-HOME)
- [Consumer Financial Protection Bureau](#) suggestions
- Rental assistance & counseling (800-569-4287)
- List of [Housing Counseling Agencies](#)
- [Tenants Union of Washington State](#)

Student Loans Deferment

If you need help with your student loans, you may be able to temporarily suspend your payments by applying for a [deferment or forbearance](#) from the US Department of Education.

If you are currently enrolled at AUS and have financial aid questions or concerns, please contact financialaid.aus@antioch.edu.

The College Access and Success website lists [resources for student loan borrowers](#).

Paying Utilities

If you need help paying your utility bills, contact your service provider immediately.

- [Puget Sound Energy](#) will not disconnect customers, will waive late fees, and offers payments plans.

- For Seattle residents, Seattle City Light and Seattle Public Utilities will [not shut off service](#) during the emergency. They also offer [deferred payment plans and discount programs](#).
- The Utilities and Transportation Commission offers [energy assistance programs](#).
- The federal government also has [assistance programs](#) to help with telephone and heating bills.
- [Comcast](#) is offering free WiFi hot spots, unlimited data, and no disconnects or late fees.
- [The FCC's Lifeline Program](#) provides monthly discounts for phone or internet service for qualified applicants.

Food Assistance

If you're looking for help feeding yourself or your family, visit the [Food Lifeline website](#) to find a partner food bank, food pantry, or hot meal program in your neighborhood. This food is free and available to you, even if you don't qualify for SNAP or EBT.

EBT Benefits:

[Amazon EBT Pilot Program](#)

[Food Reimbursement](#) - Expensify

Additional Food Support:

[Map of Food Banks and School Food Pickup Sites](#)

[Emergency Food Voucher Information](#) - City of Seattle

[Pre-bagged Produce and Groceries](#) - Northwest SODO Community Market

[Free Meals During School Closures](#) - all school districts in King County

Resources for Parents

Enrichment Activities for Children While Parents are Working Remotely

[Free Learning Activities for Kids](#) - Lakeshore

Health Insurance

<https://www.wahbexchange.org>

In response to the potential growth of Coronavirus (COVID-19) cases, a special enrollment period is now available through May 8, 2020 to qualified individuals who are uninsured. To request a special enrollment, call customer support between 7:30 a.m. and 5:30 p.m. Monday - Friday at 1-855-923-4633: TTY 1-855-627-9604 or contact a local certified insurance broker or navigator.

Insurance Issues

The Washington State Office of the Insurance Commissioner has resources and information available for consumers who have insurance related questions.

- [Washington State Office of the Insurance Commissioner - COVID-19 Resources](#)
Information from the Washington State Office of the Insurance Commissioner.

For Businesses

- Today Governor Inslee [announced](#) that up to \$5 million of the Governor's Strategic Reserve Funds will be made available as small grants to small businesses across the state to help prevent closure due to COVID-19. The state will also be able to waive penalties and late fees for certain late business tax payments, and a number of tax fees will be waived for both business owners and residents.
- The federal Small Business Administration (SBA) is providing [low-interest loans](#) of up to \$2 million to help with operating expenses.
- FAQ at the [Washington State Department of Revenue](#)

Tax Payment Deadline

<https://www.irs.gov/newsroom/payment-deadline-extended-to-july-15-2020>

The Treasury Department and the Internal Revenue Service are providing special payment relief to individuals and businesses in response to the COVID-19 Outbreak. The filing deadline for tax returns remains April 15, 2020. The IRS urges taxpayers who are owed a refund to file as quickly as possible. For those who can't file by the April 15, 2020 deadline, the IRS reminds individual taxpayers that everyone is eligible to request a six-month extension to file their return. If you have scheduled your payment but it hasn't gone through, you can call 1-888-353-4537 to get it cancelled or rescheduled. Have ready your Taxpayer ID (SSN), the payment amount, and banking info (acct #, routing #).

Additional Resources

- [COVID-19 resource list for impacted Washington businesses and workers](#) Information from the Governor's office.
- [Protect Yourself Financially from the Coronavirus](#) Information from the Consumer Financial Protection Bureau.
- [Job Interrupted —A To-Do List for Tough Times](#) Information from the Financial Industry Regulatory Authority.
- [Avoiding Coronavirus Scams](#) Information from the Federal Trade Commission.

Internet Essentials

Effective Monday, March 16, Comcast is offering 2 months free to new Internet Essentials customers in response to recent and anticipated emergency measures associated with the COVID-19 outbreak. Visit www.internetessentials.com for more information.

Xfinity WiFi is Currently Free for Everyone

Xfinity WiFi hotspots across the country are available to anyone who needs them for free, including non-Xfinity Internet subscribers. For a map of Xfinity WiFi hotspots, visit www.xfinity.com/wifi. Once at a hotspot, you can select the "xfinitywifi" network name in the list of available hotspots and then launch a browser.

Low cost Internet for residents Information page

<https://www.seattle.gov/tech/services/internet-access/low-cost-home-internet-access-for-residents>

Affordable Computers

The City works with [InterConnection](#) to make available \$99 refurbished laptops, desktops, flat screens, tablets, and high-end laptops.

Discount Smartphones

Monthly telephone service discounts for eligible consumers living on low incomes, helping create access to the opportunities and security that phone service affords - including being able to connect to jobs, housing, family, and emergency services.

<https://www.seattle.gov/tech/services/free-and-discounted-devices/discount-smart-phones>

Bookmark It

King County Council staff will be updating the above financial resources list at the following web link:

<https://kingcounty.gov/council/gethelp.aspx>

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