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COVID-19 Gainesville Community Resource Guide

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This document combines the resources available in Gainesville to help our community during this time. Please email contracovid@gmail.com or fill out the feedback form linked at the bottom of the document if you see any inaccurate information or would like to add any additional content.

This document will be updated weekly with new information as it becomes available.

Accessibility

- Add [ChromeVox extension](#) to your Google Chrome web browser on a PC or Mac computer to listen the document text
- Utilize “Ctrl” + “F” to find keywords
- Navigate the document by clicking on appropriate section on the **Table of Contents**

Translation: Español | 中文 | 한국어 | (coming soon)

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Daily Updates, COVID-Hotline, Official Information

COVID-19 Testing Sites

- Alachua County Department of Health
 - [Testing FREE to all regardless of symptoms](#) - APPOINTMENT ONLY
 - Call 352-334-8810 for appointment
 - No referral needed
 - NOT antibody test
 - Insurance coverage included (if no insurance, free test)
 - **Evening drive-thru testing on WEDNESDAYS 4pm-7pm**
 - *In addition to regular testing schedule
- Call your doctor or County Health Department if exposed to COVID-19 and develop symptoms (e.g. fever, cough, difficulty breathing)
 - Alachua - FL Department of Health: **Address:** [224 SE 24th Street, Gainesville, FL 32641](#)
Phone: [\(866\) 779-6121](tel:8667796121)
- Check your symptoms [here](#).
 - Enter your symptoms and receive guidelines

Facial Masks Update

- See [CDC guidelines](#): **Facial mask required** in “grocery stores, restaurants, pharmacies, construction sites, public transit vehicles, vehicles for hire, and locations where social distancing measures are not possible”- [Alachua County Releases Updated Emergency Order 2020-2](#)
 - Cloth Face Covers [FAQ's](#) by CDC

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About COVID-19

- [COVID-19 In Florida](#): Provide current situation in FL; COVID resources, etc.

Center for Diseases Control (CDC):

- Approved [list](#) of EPA disinfectants for use against SARS-COV-2 or COVID-19
- [Guidelines](#) for how to use and create cloth face masks

Find fact sheets on COVID-19 [here](#). Includes graphics in 30 + languages.

- About COVID-19
- Preventing COVID-19
- Managing COVID-19
- COVID-19 and Pregnancy
- COVID-19 for different age groups (3-6; 6-12; 13-18 years old)

Example of English Graphic on preventing COVID:

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Prevent the spread of COVID-19

Created by the **COVID-19 Health Literacy Project** in collaboration with **Harvard Health Publishing**

Stay home whenever you can, except to get medical care!



Stay at least six feet from other people, even if they don't look ill. Find out what your community's policies are regarding leaving your home.

Wash your hands with soap and water for at least 20 seconds.



Do so before you eat or prepare food, and after you sneeze, cough, blow your nose, or visit any public place. If you cannot wash with soap and water, use hand sanitizer containing at least 60% alcohol.

Avoid touching your eyes, nose, and mouth.



The virus can last on some surfaces for several days. You can become infected if you touch these surfaces and then touch your eyes, nose, or mouth.

Clean and disinfect frequently touched surfaces.



Using alcohol solutions that contain at least 70% alcohol, or diluted household bleach solutions, clean frequently used objects like phones, keys, tablets, doorknobs, and TV remotes.

Cover coughs and sneezes with a tissue or your elbow.



Coronavirus is primarily spread through droplets when an infected person coughs or sneezes near others. Do not cough or sneeze into your hand.

Plan how to take care of yourself and loved ones.



Older adults and people with chronic medical conditions are at higher risk and should consult with doctors about staying protected. Create a list of emergency contacts and designate space in your home for sick family members.

City of Gainesville

For the latest updates and comprehensive information about **schools, utilities, business relief, social services, event cancellations, and additional resources.**

- Santa Fe: [Gainesville Mental Health and Medical Services Referral List](#)
- Use this number if you believe you have been exposed to COVID-19 prior to traveling for medical attention: **(305) 324-2400**
- **COVID-19 Hotline** - call **1-866-779-6121**
 - **Available 24/7** to provide information about coronavirus, if you should get tested, how to get tested, how to request PPE for hospitals/clinics, etc
 - **Translators available for every language** including Spanish, Creole, and Portuguese!!
- [COVID/Coronavirus Fact Sheets](#) (translated into 30+ languages)
- **Emergency alerts:** text **Join MDC to 34292**
- [Business resources and updates](#)
- [Helpful FAQs for COVID-19](#)

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Alachua County

General Community Resources

- Alachua County: [COVID-19 Updates](#)
- [Alachua County Community Resource Guide](#)
- [Alachua County Essential Services List](#)
- County Emergency and State Executive Orders
 - [Alachua County Emergency Order 2020-12](#)
 - [Alachua County PPE Emergency Order 2020-13](#)
 - [State of Florida Executive Order Number 20-91](#)
- Business Assistance
 - [Business Damage Assessment Survey](#)
 - [Florida Small Business Emergency Bridge Loan Program](#)
 - [U.S. Small Business Administration Disaster Loan Assistance](#)
 - [Paycheck Protection Program](#)
- Media Releases
 - [Alachua County Media Releases](#)
 - [Florida Department of Health Media Updates](#)

United Way

- Call **2-1-1** on your landline telephone or cell phones 24hrs/day anywhere in Alachua County to connect to the **United Way**
 - Specialists provide immediate and **confidential** short-term crisis intervention, emotional support, comprehensive information & **referral to over 2,000 human services available in Alachua County**, including resources for:
 - **basic needs for food, rent, clothing, shelter and utilities**
 - relationship counseling
 - senior services
 - health and substance abuse issues
 - depression and suicide
 - teenage issues
 - parenting help
 - disaster assistance
 - legal affairs and financial support
- Operation Helping Hands: Pandemic Response Fund For United Way:
 - For patients needing **financial help**, fill out the [Application form](#)

State of Florida

- **Florida Department of Health COVID-19 Call Center** is Available 24/7
 - Call: **1 (866) 779-6121**

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- Email: COVID-19@FLHealth.gov
- For additional information and helpful links on COVID-19, visit the [Florida DOH Website](#)
- **Florida's Price Gouging Hotline** has been activated. If you experience price gouging or scams related to COVID-19 commodities, call **1-(866)-9NO-SCAM, or 1-866-966-7226** to file a report.
- **State of Florida COVID-19 Response Information:**
 - If you are experiencing symptoms, contact your primary care provider or local health center. To find a local health center, go to [this link](#)
- General info on prevention, symptoms, screening, and testing (in English, Haitian Creole, and Spanish) available [here](#).
- [Florida's COVID-19 Data and Surveillance Dashboard](#)

National

- Visit the [Centers for Disease Control and Prevention \(CDC\) website regarding COVID-19](#)
- [AuntBertha](#): Zip-code specific community resources including medical care, job training, food, shelter, and transportation

Food Resources and Delivery Options

Restaurants open for take-out and delivery

- [Uber EATS](#): free delivery for independent restaurants.
 - find independent restaurants with EAT LOCAL banner in the app. Delivery Fees will be automatically waived on all applicable orders.
- [Grubhub](#): For delivery options

Grocery delivery services:

- [Instacart](#)
- [Shopping Angels](#)

Food for all

- [Feeding Florida: Alachua County](#)
 - Get Food in Alachua County: [click here](#).
 - Find the food distribution agency closest to you: [click here](#). *Please be sure to call the agency first to find out when they will be open.*
- Find information on the Food Assistance Program [this link](#)
- Local Food Bank and SNAP food stamp information: [Bread of the Mighty](#)
- [Food for Women, Infants, and Children \(WIC\)](#) information
 - Click [here](#) to apply
- Food Distribution

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- **Farm Share**
 - Hosts numerous drive-thru food distribution events throughout Florida ([Full List](#))
 - Upcoming events in Alachua county:
 - **Gainesville Church of God By Faith** (May 16, 2020 9 am-12 pm)
 - Address: Gainesville Church of God by Faith 735 SE 15th St. Gainesville, FL 32641
- **[Catholic Charities Food Pantry](#)**
 - Address: 1701 NE 9th Street Gainesville, FL 32609
 - Phone Number: (352) 372-0294
 - Pantry Hours: Monday-Thursday 9:30 am-12:30 pm
 - **[Rural Mobile Food Outreach](#)** for those with limited access to food and necessities
 - Phone Number: (352) 372-0294
- **[Gainesville Community Ministries](#)**
 - Address: 238 SW 4th Ave Gainesville, FL 32601
 - Phone Number: (352) 372-8162
 - Hours: Monday-Thursday 9 am-12 pm
 - 2-day supply is given every 28 days
 - Picture ID, Social Security card or print-out, and proof of income required
- **[Salvation Army](#)**
 - Address: 639 E. University Avenue, Gainesville, FL
 - Phone Number: (352) 376-1743
 - Food Pantry Hours: Tuesday and Thursday 10 am-12 pm
 - Bread and Sweets Hours: Monday and Wednesday 10 am-12 pm and 1 pm-3 pm
 - While supplies last

[More local food pantries, soup kitchens, and other food resources](#)

- **Soup Kitchens**
 - **[Grace Marketplace Cafe 131](#)**
 - Phone Number: (352) 792-0800
 - Address: 3055 NE 28th Drive, Gainesville, FL 32609
 - **Monday-Friday**
Breakfast 7 am-8 am, Lunch 11:30 am-12:30 pm, and Dinner 5:30 pm-6:30 pm
 - **Saturday and Sunday**
Breakfast 10 am-11 am and Dinner 4:30 pm-5:30 pm
 - **[St. Francis House](#)**
 - Phone Number: (352) 378-9079
 - Address: 413 S Main St. Gainesville, FL 32601
 - **Meals served every day, call for times**

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Food for children and youth

- Alachua County Public Schools: [Free Meals for Children & Teens](#)
- Find free meals for kids 18 and younger in Florida in [this link](#)
 - Or Dial 2-1-1
 - Or Text **FLKIDSMEALS to 211-211**
- Grab-and-Go feeding sites:
 - Check the list above for your school
 - 11 am-1 pm food distribution, Friday distribution for weekend meals

Food for the elderly (60+)

- [Eldercare UF - Meals on Wheels](#) will continue to provide free meals for seniors and if you were previously receiving food you will continue to receive food.
 - If **Senior or high-risk customer grocery shopping**: [Here is the full list](#)
 - [Winn-Dixie](#):
 - The stores now welcome seniors and high-risk customers from **8 to 9 a.m. Monday through Friday**. Pharmacies are also open.
 - [Publix](#):
 - Starting March 24, those 65 and older can shop from **7 to 8 a.m. each Tuesday and Wednesday** until further notice. Pharmacies will also be open.
 - [Walmart](#):
 - The stores will invite customers 60 and older from **6 to 7 a.m. Tuesdays** until the end of May. Pharmacies and vision centers will also be open.
 - [Target](#):
 - **8 - 9 AM Wednesdays**
 - [Whole Foods](#)
 - Whole Foods is opening **one hour earlier (7:00 AM)** exclusively for customers who are 60 and older

Food for healthcare workers and first responders

- A list of [free food for first responders](#)
- Frontline workers in the healthcare industry who are responding to the coronavirus can get a **free tall brewed or iced coffee at Starbucks**. [\(link to news article\)](#)
 - Police officers, firefighters, paramedics, doctors, nurses, hospital staff and researchers can get a free beverage in stores **until May 31**
- **Free meals and discounted Uber rides to members of the health care union 1199SEIU** who are helping respond to the COVID-19 outbreak. [\(link to news article\)](#)
 - 20% off rides to and from their facilities
 - Meal codes have been given to union to distribute

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Nutrition Resources

- Harvard University: [How to eat healthy during Covid-19](#)
- World Health Organization: [Nutrition advice for adults during the COVID-19 outbreak](#)
- Academy of Nutrition and Dietetics: [COVID-19 Nutrition Resources Hub](#)
- University of Florida RecSports: [Virtual Nutrition Counseling](#)
- [National Resource Center on Nutrition & Aging](#): provides nutrition services for current and future older adult populations through training and technical assistance regarding nutrition services
- State of Florida Department of Elder Affairs: [Nutrition Programs and Resources](#)

Health Services

Medical Services

Clinics/Telehealth resources

[State of Florida Notification regarding telehealth services](#)

- Participants in the State of Florida's HMO and PPO health plans may now use telehealth to access covered health care practitioners. No-cost immunizations are also allowed at participating in-network retail pharmacies

[UF Mobile Outreach Clinic](#)

- **FREE Primary Care Clinic for the uninsured/underinsured // Clínica de salud GRATUITA (para personas sin seguro)**
- you **MUST wear a mask** to be seen
- Call ahead for an appointment: 352-273-5329
- Spanish-speaking patients Tuesday - Thursday
- **Recursos para comunidades indocumentados // Resources for undocumented communities**
 - [COVID-19 Recursos para Comunidades Indocumentadas](#)
 - Project SALUD//Rural Women's Health Project: (352) 372-1095

[Helping Hands Clinic](#)

- Services for low-income patients
- Telemedicine and clinic services offered every two weeks on Mondays at 4pm
- Next clinic will be offered on May 27th
- Call: 352-519-5542

[Equal Access Clinic Network](#)

- Schedule [Telehealth appointments](#) (phone or video chat) - **returning patients ONLY**
- Services offered: general medicine, physical therapy, and mental health

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- Call: 352-273-9425

RAHMA Mercy Clinic

- Offers telehealth services for the underinsured and uninsured
- Schedule an appointment with the telehealth team: Call 352-443-5439 or email info@rahmamercyclinic.com
- Secure virtual consultations for non-emergent medical issues available Saturdays 9-11am

Daniela Shillington

- Nurse practitioner offering free Telehealth services to uninsured/underinsured Gainesville locals
- Call 352-614-5279 or email daniela.shillington@frontier.edu

GatorCare Website

- GatorCare is waiving copays for virtual video visits with UF Health providers for participants who have flu-like symptoms. Video visits from Blue Option providers (Tier 2) are also available at their standard cost share to allow better access.

Palms Medical Group in Gainesville and surrounding counties

- Income-based Sliding Fee Scale for the uninsured, qualified individuals may also receive discounted lab testing and medications
- Services provided: Primary Care (adult and kid), behavioral health, chiropractic, dentistry, family medicine, pediatrics, prenatal, pharmacy, and x-rays
- Pediatric dentistry offered in Trenton and Williston locations, pediatric and adult dentistry offered in Lake City.
 - Sliding fee scale available for dental services. **NOW: Emergent case ONLY**
- Same day-scheduling and telehealth appointment available

Insurance and mandated COVID coverage

- **Families First Coronavirus Response Act** was passed on March 18th **mandating** that Medicare, Medicaid, other government plans, and most private **plans cover COVID-19 testing — and all testing-related services — entirely**, which means **no co-pays, no deductibles, no co-insurance charges**.
 - HOWEVER, if your visit does not result in a COVID-19 test, if you get tested somewhere not in your insurance plan's network, or if you're treated in any way besides getting a test, **you could end up with a bill.**
 - If experiencing any symptoms at home, **please CALL your primary care provider or a local health center to learn whether you should get tested for COVID-19, before going to a doctor's office.** More coverage on what is or not covered by the law available [here](#).
- The Florida Medicaid Program announced coverage of commercial testing for COVID-19 for dates of service back to February 4 [News link here](#).
- [Florida received Medicaid waiver from the Center for Medicare and Medicaid Services](#)
 - This waiver removed prior authorization requirements, streamlined provider enrollment processes to ensure access to care for beneficiaries, allowed care to be provided in

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alternative settings in the event a facility is evacuated to an unlicensed facility, and extended deadlines for appeals and state fair hearing requests.

- **Florida Blue coverage**

- As long as the coronavirus continues to be a health concern, **members under 65 with their own coverage and many members who get insurance through their employers, will have \$0 cost share for virtual visits with Teladoc.**
 - If you get insurance through your employer, check with your company's benefits administrator to see if this service is part of your health plan.
 - Virtual care is available 24/7 and is ideal for conditions such as sinus infections, sore throats, allergies and upset stomachs. You need to set up an account, including sharing your medical history. If you haven't done that yet, take a few minutes to create your account so it's ready when you need it.
 - For faster Teladoc support, we encourage you to use teladoc.com or download Teladoc's app from the Apple App or Google Play stores.
 - If you have questions, please call us at [800-352-2583](tel:800-352-2583).
 - Please note: You cannot get a referral for the coronavirus test from Teladoc. Please consult with your local doctor by phone for a referral and local COVID-19 testing locations. These tests must be completed in person. If you need help find a doctor, call us at 800-352-2583, or 800-926-6565 for Medicare members. You also can use our online provider directory by logging into your account on floridablue.com.
- **Sanitas Medical Center patients can initiate virtual visits using their mySanitas app.**
 - Doctors are available 7 a.m.-8 p.m. seven days a week.
 - Patients can download the app from Apple App or Google Play stores. Care is available in English and Spanish.

Medications, Refilling prescriptions, Delivery

- [FloridaBlue](https://floridablue.com) has waived early medication refill limits on 30-day prescription maintenance medications and is encouraging members to use the 90-day mail order benefit. If you need help with mail order, please call 800-352-2583, or 800-926-6565 for Medicare. Please say "Pharmacy" when you call.
- If you need medications delivered, call your local pharmacy for delivery options. Both CVS and Walgreens have medication delivery options. For Walgreens, click [here](#). For CVS, click [here](#).

Dental & Oral Health

- [University of Florida College of Dentistry Teledentistry Consultations](#) are for emergency care ONLY.
 - The hours of operation are from 8:00 AM to 6:00 PM Monday to Friday.
 - The cost of consultation is \$40.

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- To request a teledentistry consultation, click [here](#). All appointments are conducted through a “safe and secure Protected Health Information-approved Zoom network” to ensure patient privacy.
- For urgent dental care (352-273-6705), tooth extractions are performed for a fee that covers an exam, X-ray and one simple extraction. Dental students treat patients under faculty supervision. Patients for the day are selected by a lottery system at 7:00 AM, Monday-Friday. Click [here](#) for more details on holidays, fees, and payment.
 - The drawing for both morning and afternoon clinics takes place at 7:00 AM, so even if you would prefer to be treated in the afternoon, you must be present for the 7:00 a.m. drawing.
- [Smart Smile Dentistry](#) has **reopened** for business.
 - Before appointments, staff will contact patients to confirm appointments and review the COVID-19 questionnaire. Upon arrival, the questionnaire will be repeated to ensure that nothing has changed since your first questionnaire completion.
 - Patients must text or call the office prior to leaving their vehicle to ensure that proper social distancing procedures will be followed.
 - Patients will be asked to wash their hands with soap and water or to use hand sanitizer.
 - Patients must be unaccompanied and enter the treatment room alone.
- [Cruz Davis Dental](#) has **reopened** for business as of May 11.
 - Does not accept Medicaid but welcomes insured and uninsured families.
 - Provides CRUZ CLUB memberships for a monthly fee of \$30.
- [ACORN Dental Clinic](#) is closed until after **May 8 (no further updates as of now)**. The staff are currently contacting patients to cancel appointments but will call to reschedule once in operation.
- [Taylor Dentistry](#) has **reopened** for business.
 - For more information, please read “An Important COVID-19 Announcement” on the main page.
 - Patients are allowed to wear their own masks, but they are prohibited from wearing gloves into the office.
 - If a patient is not wearing a mask, they must wait in the car for a staff member to call them into the office.
- [Comprehensive Dental Care](#) has **reopened** for business as of May 11.
 - Staff have been trained in precautions and have been implementing safety measures.
 - Patients must undergo an infrared temperature screening.
 - When arriving at the clinic, patients should send a text to the staff. A staff member will then come and get the patient from their car.
- [University Family Dentistry](#) has **reopened** for business.
 - To book an appointment, please call 352-376-5661 or fill out [this form](#).
- [Exceptional Dentistry](#) is remaining **open**.
 - To contact, call 352-332-6725 or visit their website.

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- [Tioga Dental & Orthodontics](#) has reopened for business.
 - To book an appointment, please call 352-436-4215 or fill out [this form](#).
 - Visit [this site](#) for more information on their safety measures.

Women's Health

- Florida Department of Health: [Family Planning Services](#)
- CDC: [Pregnancy and Breastfeeding During COVID-19](#)
- World Health Organization: [Q & A on COVID-19- Pregnancy, Childbirth, and Breastfeeding](#)
- Harvard Medical School: [Common Questions about Pregnancy During COVID-19](#)
- Unicef: [Navigating Pregnancy During the COVID-19 Pandemic](#)
- UW Medicine: COVID-19 Advisory: [Women's Health Concerns](#)
- Alachua [Women Infants and Children \(WIC\)](#)
- [Pace Center for Girls \(Virtual\)](#)
- [HealthyStart](#)
- [Bread and Roses Women's Clinic](#)
- [Days for Girls - Alachua](#)

Elderly Health

- The elderly and caregivers in Florida can contact the **Senior Connection Center** for **SHINE** (Medicare, Medicaid, and Health Insurance questions), long term care, home health, housing, transportation, food, legal, respite, and many other types of assistance.
 - Call **1-800-96-ELDER (1-800-963-5337)**
 - Monday - Friday, 8 am to 5 pm.
- [Elder Options](#): offers remote aging and disability services
 - Helpline: **1-800-262-2243**
- [Agency for Health Care Administration](#)
 - [Current Hospital and Physician COVID-19 Testing Criteria for Elderly and Medically Vulnerable Individuals](#)
 - [Guidance for Senior Living Communities \(Independent Living\) During COVID-19](#)
 - [Hospital and Physician COVID-19 Testing Criteria for Elderly and Medically Frail](#)
 - [Medical Coverage of Services during COVID-19](#)
 - [Emergency Order Visitation Limits at Residential, Skilled Nursing, and Long-term Care Facilities](#)
- [Sign Up for Medicaid Health Care Alerts](#)

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Well-Being

Mental Health

- [General information](#)
- [Talking about COVID-19 with Children](#)
- [COVID-19 Song](#)
- [CDC Advice on Managing Anxiety and Stress during the COVID-19 Pandemic](#)
- [World Health Organization Mental Health Considerations During COVID-19 Outbreak](#)
- [Advice from thewirecutter.com](#)
- [Coronavirus Sanity Guide](#): Daily meditation and advice from experts via the folks at Ten Percent Happier
- Center for Arts in Medicine: [Arts in Public Health- COVID-19 Arts Response](#)

Local support groups

- [National Alliance on Mental Illness \(NAMI\) Gainesville](#): support for people with mental illness and their family members
 - About [NAMI](#)
 - **Peer Support Group (NAMI Connection)** : free, confidential, and safe peer-led support group led by a trained facilitator for adults living with mental illness.
 - Meets bi-weekly, weekly or monthly basis online for the duration of May
 - See [calendar](#) for details
 - **Family Support Groups**: free, confidential, and safe family-peer-led support group for family members, caregivers and loved ones of individuals living with mental illness.
 - Meets online Second and Fourth Sunday for the duration of May
 - See [calendar](#) for details
- **Baptist Health South Florida**: virtual classes
 - BHSF has everything from **daily meditation, zumba, and boot camp to yoga!**
 - [Link with updated virtual class schedule for this week](#)
- North Florida Regional Medical Center
 - [Managing Grief and Loss](#)
- Mental Health Support Groups
 - [National Alliance on Mental Illness](#)
- [List to other Support Groups](#) (non-covid related)

Emergency Support

- Suicide and crisis hotlines
 - Anxious about Coronavirus? **Text HOME to 741741** on the [Crisis Text Line](#)
 - [Samaritans](#): (877) 870-HOPE (4673), call or text 24/7.

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- **National Suicide Prevention Lifeline:** 1-800-273-8255.
 - **Ayuda en español:** 1-888-628-9454
 - **Deaf/ Hard of Hearing:**
 - Video relay Service – Dial 800-273-8255
 - TTY – Dial 800-799-4889
 - Voice/Caption Phone – Dial 800-273-8255
 - Web chat available [here](#).
- **The Trevor Project:** 1-866-488-7386. Geared towards young people and Queer folks.
- **American Foundation for Suicide Prevention North Florida Chapter:** Call 800-273-8255 or text TALK to 741741
- **Addiction support**
 - AA, NA, Smart Recovery, and other addiction support meetings have online options.
 - [General resources: Substance Abuse and Mental Health Services Administration](#)
 - [AA Resources](#)
 - [Alcoholics Anonymous \(AA\) North Florida Area Conference](#)
 - [Smart Recovery Resources](#)
 - [Treatment for Substance Abuse and Mental Health](#)
 - [Setting Captives Free:](#) Faith-based approach to freedom from addiction
 - [Gamblers Anonymous Meeting Directory](#)
- **Therapy/Counseling**
 - **Free bilingual helpline 24 hours, 7 days a week**, open to provide emotional support during the COVID-19 health crisis.
 - Call (toll-free): 833-848-1762
 - For questions about COVID-19 testing or treatment: 800-352-2583 or 800-926-6565 for Medicare members.
 - [Visit FloridaBlue website](#)
 - Access [TalkSpace](#) for online therapy services
 - Access [this link](#) for free online emotional support
 - **Disaster Distress Helpline**
 - Bilingual, trained crisis counselors. Call for confidential emotional distress help related to COVID-19 or any hardship
 - Call 1-800-985-5990. Press 2 for Spanish. (toll-free, operates 24/7)
 - **Suicide Prevention Hotline**
 - Call 1-888-628-9454 (toll-free, operates 24/7)
 - If you're already receiving psychotherapy, **ask your therapist/ counselor what your options are for virtual sessions if you feel comfortable with remote therapy.**
- **Florida Abuse Hotline:** 1-800-962-2873 or [Report Online](#)
- **Domestic violence and abuse resources**
 - **Florida Domestic Violence Hotline:** (800) 500-1119 | (800) 621-4202 (TDD)
 - **National DV Hotline:** 1-800-799-7233. Webchat accessible [here](#).
 - **Ayuda en español:** <https://espanol.thehotline.org/>
 - **Deaf/ Hard of Hearing:**
 - TTY: 1-800-787-3224
 - Web chat at <https://www.thehotline.org/>

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- [Peaceful Paths Domestic Violence Shelter](#)
 - [Emergency Domestic Violence Shelters](#)
- [Florida Department of Children and Families](#): Domestic Violence Service Programs
- [The Network / La Red \(DV hotline\)](#): Focus on LGBTQ/T, Poly, and SM communities 617-742-4911, 800-832-1901 (Toll-free). **Hablan español.**
- [RESPOND, Inc.](#): (617) 623-5900. **Hablan español.**
 - **Deaf/ Hard of Hearing**: TTY/TDD 800-439-2370
 - **Folks w/ Speech Difficulties**: Speech to Speech 866-645-9870
- [Sunshine Foundation Dream Village](#): for seriously ill and abused children
 - Call: 863-424-4188

Physical Health

Free workout classes at home (No equipment needed)

- Total Body Workouts
 - **Planet Fitness Live** - Each day at 7PM ET on [Facebook Live](#), Planet Fitness trainers (and sometimes celebrity guests) will lead you in a quick 20-minute workout to do in your home. They are also available on demand on their [YouTube channel](#).
 - [Nike Training Club](#) - This app lets you download free 15-, 30-, and 45-minute workouts designed by Nike trainers. Most of the workouts are equipment-free and use GIFs to demonstrate how to do each exercise — from squats, to walkouts, to lunges.
- Dance
 - [305 Fitness](#) - Cardio dance live streams come to you twice a day (12PM and 6PM ET) on YouTube hosted by studio founder Sadie Kurzban.
 - The Fitness Marshall - Dance Workouts with 60min workouts, strength workouts and more!
 - [STRONG by Zumba](#) - Combines bodyweight, cardio and muscle conditioning training synced to music. Options include 7-minute, 20-minute and 30-minute classes.
 - Youtube
- Yoga
 - [CorePower Yoga](#) - If you need to relax and flow, dip into the free offerings of yoga and meditation in these guided instructional videos.
 - [YogaWorks](#) - Over 80+ daily live stream sessions.
 - [Down Dog](#) - This app features yoga for beginners, HIIT, Barre, and 7-minute workouts.
 - They are extending free access until July 1st for all students and teachers (K-12). [Register here.](#)
 - They are extending free access until July 1st for all healthcare professionals. [Register here.](#)
 - [Cosmic Kids! Yoga](#) - Yoga, mindfulness and relaxation designed specially for kids aged 3+, used in schools and homes all over the world.
- Pilates
 - [Blogilates](#) - Full length POP Pilates, PIIT28 and fun Bootcamp Sculpting workouts with certified fitness instructor Cassey Ho aka Blogilates!

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- Meditation
 - [Headspace](#) - Regular mindfulness practice is a proven tool for the effective management of high stress levels. This meditation app is offering free mindfulness practices that you and your loved ones may find helpful during these uncertain times.

Local Resources

- [Zoom Zendo by the Gainesville Retreat Center](#) ([Facebook](#)) ([Zoom Link](#))
 - Flow yoga at 5:30 PM and Sanbo Zen meditation at 6:30 PM on Sundays, Tuesdays and Thursdays
 - Meditative Art at 4:00 PM on Fridays
- **Virtual Wellness Collective** ([Facebook](#))
 - “We invite you to connect with yourself through ecstatic dance, breathwork, meditation, yoga, stretching, self-massage, dreamwork, art, topic discussion, writing shares, and so much more free of charge.”
- [Wildflowers Yoga](#)
 - Offers daily live stream classes via Zoom and short IGTV clips
 - To sign up, follow the instructions on the website
- [Down Dog Yoga Gainesville](#)
 - Live-streamed yoga at 6:00 PM on Sundays
 - Recordings are posted afterwards
- [Chayaveda](#)
 - Contains two free yoga nidra/guided relaxation/meditation recordings
- [My Yoga Connection](#)
 - Holds two yoga classes per week (more are on the way)!
- **Karuna Cottage** ([Zoom Link](#))
 - Hour-long classes at 12:00 PM every Monday
 - 15 minutes of guided meditation
 - 15 minutes of independent meditation
 - 30 minutes of a discussion on “Staying Safe on the Inside”
- **Lighthouse Meditation** ([Zoom Link](#))
 - Hour-long partially guided meditation at 6:00 PM every Friday
- **Qi Gong with Tia Ma**
 - [“Qigong for Times of Uncertainty”](#): Video practicing Qigong
- [Gainesville Shambhala Meditation Group](#) ([Facebook](#))
 - Practice and book study at 10:30 AM on Sundays ([Zoom Link](#))
 - Heart of recovery at 5:45 PM on Tuesdays ([Zoom Link](#))
 - Practice and book study at 7:00 PM on Tuesdays ([Zoom Link](#))
 - Queer and Trans Dharma at 7:00 PM on Fridays ([Zoom Link](#))
 - Email shambhalajms@gmail.com to request a Meditation Instructor
- [Florida Community of Mindfulness](#)
 - Tampa-based community featuring online meditation sessions for members and non-members
 - Mondays through Fridays

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- 7:00 AM to 8:00 AM
 - 7:30 PM to 9:00 PM
- **Maria Kannon Zen Center**
 - Welcoming environment for Zen practitioners
 - Teishos (dharma talks) by Ruben Habito Roshi (CENTRAL TIME ZONE) ([Zoom Link](#))
 - 7:30 PM to 9:30 PM on Mondays and Wednesdays
 - 8:30 AM to 10:30 AM on Saturdays
- **[Sense of Self e-Therapy, Yoga, and Meditation](#)**: A Facebook page with many classes and resources for those seeking mindful practices
- **[University of Florida Mindfulness](#)**: 360 Degrees Mindfulness Practice Group at 5:30 PM to 6:30 PM on Mondays. ([Zoom Link](#))
- **[Mind Zoom Group Schedule](#)**: “How to mindfully relate to the Corona virus public health crisis?” ([Zoom Link](#))
- **[Mountain Cloud Zen Center](#)**: A Sanbo Zen Center located in Santa Fe, New Mexico with many resources, online meditation, and dharma talks
- **[Insight Meditation Community of Washington DC Calendar](#)**: Meditation offerings through IMCW by Trish Magyari
- **Bhakti Yoga and Satvatove**: “Alachua's own David Wolf and Marie Glasheen offer a plethora of online resources, classes and training in Bhakti Yoga and Transformational Communication.”
 - For the schedule of programs write to Marie Glasheen (Marieglasheen@satvatove.com) or David Wolf (Davidbwolf@satvatove.com)
- **[Gainesville Karma Thegsum Choling](#)** ([Zoom Link](#)) meditation
 - Shamata from 9:30 AM to 9:50 AM
 - Beginner Buddhism class from 10:00 AM to 10:50 AM
 - Dharma study and book reading from 11:00 AM - 11:50 AM
- **[Temple of the Universe](#)**: Online dharma talks by Mickey Singer
- **[Jack Kornfield's Pandemic Resources](#)**: Collection of pandemic-specific mindfulness resources

Sexual and Reproductive Health

- **World Health Organization**: [COVID-19 and Sexual and Reproductive Health](#)
- **Planned Parenthood**: [COVID-19 and Your Sexual Health](#)
- **Harvard Medical School**: [Intimacy, Sex, and COVID-19](#)
- **International Planned Parenthood Federation**: [What You Need to Know About Sex and COVID-19](#)
- **National Coalition of STD Directors**: [COVID-19 STD Program Resources](#)

Individuals Living with HIV

- **[WellFlorida Council HIV Care Programs](#)**
 - [WellFlorida's High Impact Prevention Project](#)

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- **Ryan White Program:** assists with doctor's visits, labs, medications, mental health, oral health, transportation, and case management for individuals living with HIV who are uninsured or underinsured
- **Housing Opportunities Program:** offers services to HIV-positive individuals such as housing case management, budget counseling, rental payments, mortgage payments, and utility payments
- **AIDS Drug Assistance;** helps HIV-positive individuals stay healthy by assisting with the purchase of HIV prescription medications
- **To participate in these programs, call:** 1-866-901-9646
- **CDC:** [Frequently Asked Questions about HIV and COVID-19](#)
- **U.S. Department of Health & Human Services:** [COVID-19 and People with HIV](#)

Employment

Information for employers and businesses

- [COVID-19 Florida Business Disaster Recovery Assistance](#)
 - SBA Contact Information
 - National (1-800-659-2955, email: disastercustomerservice@sba.gov)
 - Alachua County Florida SBDC at UNF (904-620-2476, email: smallbiz@unf.edu)
 - **Paycheck Protection Program (PPP) (DUE JUNE 30, 2020)** Created by the CARES Act, this program offers 8 weeks of financial assistance (specifically cash-flow) to incentivize small businesses to allow their workers to remain on payroll.
 - Received additional funding and will be reviewing applications on a first come, first-served basis started from Monday, April 27, 2020 at 10:30 AM EDT
 - [Click here for a more concise guide.](#)
 - Small businesses may qualify for the following:
 - Annual payroll costs up to \$100,000 for every employee
 - The current eligibility is as follows (also listed on the website):
 - Businesses were ACTIVELY OPERATING on February 15th, 2020
 - Place of residence is in the United States
 - Private small businesses that have 500 and fewer employees
 - Private small businesses that meet the SBA industry size standards
 - Self-employed, sole proprietors, and independent contractors
 - Private non-profits, veteran organizations, Tribal business, and faith-based entities that meet the SBA size standard
 - Businesses with NAICS Code that begins with 72 (Accommodations and Food Services)
 - Policies for loan forgiveness
 - Minimum 75% of the loan forgiveness amount must've been utilized for allowable payroll

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- Maximum 25% is able to cover allowable operating expenses
 - Applying for forgiveness
 - Documentation that covers the use of loan funds, certification, and other necessary documentation must be submitted by small businesses looking to receive forgiveness
- **[SBA Economic Injury Disaster Loan & Emergency Advance \(DUE DEC 31, 2020\)](#)** This program offers long-term, low-interest loans to impacted businesses, private nonprofit organizations, and agricultural cooperatives.
 - At this time, only agricultural business applications are being accepted due to limitations in funding availability
 - Small businesses may qualify for the following:
 - Up to \$10,000 of an EIDL Emergency Advance
 - Up to \$2 million of an EIDL loan
 - The current eligibility is as follows (also listed on the website):
 - Small business concerns that meet the SBA's employee and revenue-based size standards
 - Certain businesses that have 500+ employees if they meet the SBA's industry-specific size standards
 - Private non-profit organizations
 - 501(c)(19) veterans organizations
 - Self-employed persons, sole proprietors, and independent contractors
 - Policies for loan forgiveness
 - Small business interest rate = 3.75%
 - Non-profit interest rate = 2.75%
 - "With the exception of the EIDL Emergency Advance, an EIDL must be repaid."
- The **[Short Time Compensation Program](#)** is a voluntary employer program designed to help employers maintain their staff by reducing the weekly working hours during temporary slowdowns instead of temporarily laying off employees. If an employer establishes a Short Time Compensation Plan, and an employee meets the qualifications to file a reemployment assistance claim in the state of Florida, the employee will receive a partial re-employment check to supplement their reduced paycheck.
- **[Economic Relief Task Force](#)**
 - **[The Florida Small Business Emergency Bridge Loan Program](#)** is currently available to small business owners located in all Florida counties statewide that experienced economic damage as a result of COVID-19.
 - No longer taking applications. Please check back for updates.
 - Up to \$50,000 per eligible small business. Loans of up to \$100,000 may be made in special cases as warranted by the need of the eligible small business.
 - Loans will be interest-free for the loan term (1 year). The Interest rate will be 12% per annum on the unpaid balance thereafter, until the loan balance is repaid in full.
 - To apply, access [this link](#) and scroll down to "To get started"
- Business owners should fill out the **Florida Business Damage Assessment Survey**

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- Link found [here](#).
- The results from this survey will allow Governor DeSantis to request that the federal government declare Alachua County a federal disaster area, which will **open-up additional sources of business funding through the Small Business Administration, FEMA and federal agencies**.
- The [U.S. Small Business Administration](#) includes several loans to assist small businesses:
 - [Economic Injury Disaster Loan Program](#) (click [here to apply](#)):
 - Provide targeted, low-interest loans to small businesses and nonprofits that have been severely impacted by the Coronavirus (COVID-19). The SBA's Economic Injury Disaster Loan program provides small businesses with working capital loans of up to \$2 million that can provide vital economic support to small businesses to help overcome the temporary loss of revenue they are experiencing.
 - Several [loan programs](#) for access to capital and lending partners
 - [Lender Match](#) is a free online referral tool that connects small businesses with participating SBA-approved lenders within 48 hours.

Emergency Financial Assistance

Reduced Hours / Unemployment benefits

- If an employer establishes a [Short Time Compensation Plan](#), and an employee meets the qualifications to file a re-employment assistance claim in the state of Florida, the employee will receive a partial re-employment check to supplement their reduced paycheck
- [Emergency Paid Sick Leave Act](#) stipulates that all employees of employers with fewer than 500 employees, regardless of the length of their tenure with their employer, are eligible for paid sick leave under the Emergency Paid Sick Leave Act.
 - You qualify if:
 - You are quarantined due to COVID-19 (whether diagnosed or seeking a diagnosis due to symptoms)
 - You are caring for an individual who is in isolation due to COVID-19
 - You are staying home to take care of your child
 - Full-time employees receive 80 hours of paid sick leave. Part-time employees receive the equivalent of the number of hours they would work, on average, during a two-week period.
 - **The law will come into effect on April 2**
- [Emergency Family and Medical Leave Expansion Act \(FMLA Expansion Act\) \(Link\)](#)
 - provides eligible employees whose child's school or place of care has closed due to the COVID-19 public health emergency with a new **federal source of paid leave**
 - Available to all employers with fewer than 500 employees, who have worked for at least 30 days
 - An eligible employee may take **up to 12 weeks of leave** if he/she is unable to work (including telework) because the employee must care for his/her child who is under 18

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years of age and whose school or place of care has closed due to the COVID-19 public health emergency

- **The initial 10 days of leave are unpaid**, but the employee may elect to use his/her accrued paid sick leave and/or accrued vacation during this otherwise unpaid period. **After the initial 10-day period, an employee is entitled to receive from the employer two-thirds of his/her normal wages for the number of hours he/she would be regularly scheduled to work, up to a maximum of \$200 per day and \$10,000 in total.**
- **Unemployment benefits (reemployment assistance program)**
 - Eligibility includes:
 - Individuals who are quarantined by a medical professional or a government agency,
 - Those who are laid off or sent home without pay for an extended period by their employer due to COVID-19 concerns; and
 - Those who are caring for an immediate family member who is diagnosed with COVID-19
 - Individuals whose employment has been impacted, but are still receiving wages through paid leave are not eligible to receive Reemployment Assistance.
 - Start your application [here](#), available in multiple languages, including Spanish, English, Chinese, Haitian Creole and others.
 - Current provisions stipulate that workers who lose their jobs are eligible for up to \$275 a week. Reemployment Assistance lasts up to 12 weeks.
 - **Requirement that applicants show proof they are looking for jobs to keep benefits has been waived**
 - CareerSource North Central Florida career centers in Gainesville are currently providing paper applications for those filing for state reemployment assistance (unemployment insurance). This seeks to provide temporary wage benefits to recently unemployed citizens.
 - Monday through Friday from 10:00 AM to 3:00 PM
 - 10 NW Sixth St., in Gainesville
 - Forms can also be downloaded at www.careeresourcelm.com and www.careersourcencfl.com
 - Call 352-955-2245 for more information.
 - **If a patient is undocumented**, the Florida Immigrant Coalition Hotline may be able to connect the patient to resources
 - Call 1-888-600-5762

Stimulus check

- Each Eligible taxpayer will automatically receive payment up to \$1,200
- Non-filers (those did not filed taxes in 2018 & 2019) are eligible with a valid SSN and filled out [Non-Filers form](#)
- **Homeless**: No bank account, can mail to relative/friend's address or that of shelter/clinic with their permission
 - See more information [here](#)

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Loans

- **[Coronavirus and Forbearance Info for Students, Borrowers, and Parents](#)**: To provide relief to student loan borrowers during the COVID-19 national emergency, federal student loan borrowers can be placed in an administrative forbearance, which allows you to temporarily stop making your monthly loan payment.

Service workers

- **[ROC Disaster Relief Fund](#)** (for documented and undocumented workers)
 - Apply [here](#)
- **[ONE FAIR WAGE](#)** (restaurant workers, delivery drivers)
 - Cash assistance to restaurant workers, delivery drivers, and other tipped and service workers. Please complete the application form in [English](#) or in [Spanish](#).
- **[Bartender emergency assistance program](#)**:
 - Eligibility includes being a bartender or the spouse of a bartender. Apply [here](#)
- **[CORE Gives Fund \(for COVID-positive service workers with children\)](#)**:
 - Provides assistance to service employees who have tested POSITIVE for COVID-19/Coronavirus and have a child living in the home. Must have medical documentation. Apply [here](#)
- **[Restaurant Workers Community Foundation](#)**:
 - launched the RWCF COVID-19 Emergency Relief Fund. The fund provides relief to individual workers affected by the coronavirus and to create zero-interest loans to businesses.

Relief for Artists

- [Resources for Freelance Artists](#)

Jobs Hiring

Job search sites: hiring in Gainesville:

- [Google jobs](#)
- [Indeed](#)
- [Snagajob](#)
- [SimplyHired](#)
- [ZipRecruiter](#)
- [Glassdoor](#)
- [CareerBuilder](#)
- [Craigslist](#)
- [Appjobs](#)

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Retail Stores and Companies Currently Hiring:

- [Full List](#)
- [Publix](#): plan to hire “thousands” of new employees this month amid the coronavirus pandemic. The positions would be in stores and distribution centers and come as demand is increasing as coronavirus spreads.
- [Winn-Dixie](#) plans to accelerate their hiring process for workers at Fresco y Más, BIL-LO and their own stores as well.
- [Whole Foods](#) plans on hiring an extra 5,000 people across the country.
- [Alorica \(work from home\)](#): “looking to hire customer-centric and service-minded people who are passionate about being part of something bigger and who are looking for a great company to build a career or work until you can get back to your other job.”
 - Applicants must have at least a high school diploma or GED.
- [Walmart](#): plan to hire 150,000 U.S. hourly workers for its stores and distribution centers through the end of May as online orders surge with households stocking up. The jobs are temporary, but many will become permanent.
- [Domino's](#): hiring about 10,000 workers in the U.S. to meet rising demand for delivery and carryout - call for delivery drivers, pizza makers, managers and truck drivers. Domino's U.S. stores remain open for carryout and it is also offering contactless delivery.
- [Amazon](#): hiring 100,000 people across the U.S. to fulfill orders.
- [Costco](#): On Twitter, images of notes from Costco management have started circulating asking for recommendations for job candidates to help manage spikes in sales and foot traffic. On its website, Costco says it is currently hiring for a wide variety of jobs across the US.
- [Aldi](#): currently hiring in "all stores and warehouses," according to its website.
- [CVS](#): CVS plans to immediately fill 50,000 full-time, part-time and temporary roles in locations around the US. It will use virtual job fairs and interviews to hire store associates, home delivery drivers, distribution center employees and customer service representatives.
- [7-Eleven](#) hire approximately 20,000 people “to meet increased demand.”

Housing

Temporary Housing and Emergency Shelter

- [List of Alachua Homeless and Emergency Shelters and Services](#)
 - [GRACE Marketplace's COVID-19 Action Plan](#)
 - 352-792-0800
 - hello@gracemarketplace.org
 - [Family Promise of Gainesville](#) for homeless children and families (formerly Interfaith Hospitality Network of Greater Gainesville)
 - 352-378-2030
 - St. Francis House Emergency Shelter
 - 352-378-9079

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- [Peaceful Paths Domestic Abuse Network](#)
 - Monday through Thursday from 9:00 AM to 5:00 PM
 - Outreach Office: 352-377-5690
 - Legal Assistant: 352-317-2348
 - 24-Hour Helpline: 352-377-8255
- [Lodging for patients/families having medical treatment from UF Health Shands Hospital](#)
 - UF Health Transportation, Lodging and Care Program (TLC)
 - Contains a list of local hotels that provide discounts and shuttle services
 - Call 352-265-0005 for the list of participating hotels
 - Ronald McDonald House
 - 30-bedroom house that houses parents and families of children who are treated by UF Health Shands Children's Hospital
 - For a modest donation, families are able to stay at the house, which is walking distance from UF Health Shands Hospital
 - Call 352-265-0236 for making arrangements

Mortgage and Evictions

- 04/02/20 - Governor Ron DeSantis issued an Executive Order preventing evictions or mortgage foreclosures due to non-payment of rent due to the COVID-19 emergency until May 17.
 - [Link to the Executive Order.](#)
 - In a press conference on May 13, 2020 in Tallahassee, when asked about the expiration of this order, DeSantis stated, ["I think we're going to do it through the end of the month. We'll have an announcement on that I think very soon."](#)
- Mortgage assistance:
 - **Ally Bank** is allowing existing customers to defer mortgage payments for up to 120 days. No late fees will be charged, but interest will accrue.
 - **Bank of America** mortgage customers who find themselves struggling financially due to coronavirus [can defer their payments](#); this applies to both mortgages and home equity loans. To defer payments, mortgage holders need to request deferment directly through the bank and the waived payments will be added to the end of their loan term.
 - As of now, there are no guidelines in place on how many payments can be waived or for how long. The deferments will be approved on a case-by-case basis.
 - **Citibank**: some mortgage customers may be eligible for a hardship program through Cenlar FSB, the bank's service provider. For assistance, call Cenlar FSB at 855-839-6253 (Mon–Fri, 8:30 a.m.–8 p.m. ET or Sat, 8:30 a.m.–5 p.m. ET).
 - **Quicken Loans** is offering temporary forbearance to borrowers who might be unable to make mortgage payments due to financial hardship from the coronavirus pandemic. Borrowers who have conventional loans won't have their credit score impacted during the forbearance; a filled out form is needed to apply.

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Utilities

Electricity and Gas

- **Florida Power & Light Company**: offering services to help customers with paying electric and gas bills. They are suspending electrical disconnections, providing payment extensions and waiving certain late payment fees for customers in a hardship situation.
 - [Apply for a payment extension](#)
 - [Bill payment assistance](#)
- **Light Bill Assistance: GRU Payment Assistance**: provides assistance with energy cost. Services range from deadline extension to resources that can help lower energy bills.
- **Gainesville Regional Utilities (GRU)** has initiated several policies to help ease the financial burden on households
 - Update as of May 12, 2020: "Customers are urged to continue making regular payments if possible to avoid creating an unmanageable past-due balance."
 - Suspended late fees for all customers through at least June 12.
 - Will terminate disconnections for all customers at least June 12.
 - To ensure the safety of GRU's customers and employees, the customer lobby is closed until further notice. Below are the alternative methods of payment
 - Customer representatives through the phone (352-334-3434) on Mondays, Tuesdays, Thursdays, and Fridays from 7:30 AM to 6:00 PM and Wednesdays from 9:00 AM to 6:00 PM
 - GRU's drive-thru is open from Mondays through Fridays at 7:30 AM to 6:00 PM
 - Online payment options through www.gru.com
 - Customers that have past-due balance may call 352-334-3434 to arrange an installment plan or longer extension

Internet

- **Keep Americans Connected Pledge**
 - Broadband service providers such as AT&T, Atlantic Broadband, Comcast, Sprint, T-Mobile, Verizon, and 63 other companies have signed a pledge on 3/13/2020, has been extended to [June 30](#):
 - (1) not terminate service to any residential or small business customers because of their inability to pay their bills due to the disruptions caused by the coronavirus pandemic
 - (2) waive any late fees that any residential or small business customers incur because of their economic circumstances related to the coronavirus pandemic
 - (3) open its Wi-Fi hotspots to any American who needs them
 - Check with your provider for details on fee waivers
- **Comcast Internet Access: 60-Day Free Trial**, application available [here](#)
 - Qualification Requirements:

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- A. You are eligible for public assistance programs such as the National School Lunch Program, Housing Assistance, Medicaid, SNAP, SSI and others.
- B. You do not have outstanding debt to Comcast that is less than a year old. Families with outstanding debt more than one year old may still be eligible.
- C. You live in an area where Comcast Internet service is available but have not subscribed to it within the last 90 days.
 - After 60-days, families can cancel or will begin getting charged monthly rate
 - May take 7-10 days after application for approval
 - Has English and Spanish hotlines to call
 - English: 1-855-846-8376
 - Spanish: 1-855-765-6995
- [**Charter Communications \(Spectrum\) to Offer Free Broadband, WiFi Access to Families with Elementary, College Students**](#)
 - offer free broadband and wifi access for 60 days to families with K-12 students or college students who do not already have a Spectrum subscription. The company is also waiving its installation fees for new subscribers.
 - To enroll in the free broadband and wifi program, you can call 1-844-488-8395.

Childcare

[News](#): as of March 19th, 2020, Governor DeSantis does not plan to close childcare centers due to the coronavirus.

[News](#): Faith-Based Partner with the Department of Children and Families support Florida's Child Welfare System. Camp Anderson in Oldtown will house children in foster care potentially exposed to COVID-19.

*[News](#): **YMCA at – Evangel Church on 157 Pine Valley Road** will be providing child care services for kids of first responders, and healthcare workers*

Schools and Childcare Programs

- [CDC Guidance for Schools & Childcare](#)
- [Video](#): CDC Best Practices for Child Care Settings and Schools
- [Florida Department of Health](#): Afterschool Meals Program contractors map
- Florida Department of Children and Families:
 - Childcare
 - [Frequently Asked Questions About Childcare During COVID-19](#)
 - [COVID-19 Parent Resources](#)
 - [COVID-19 Childcare Services Guidelines](#)
 - [Choosing a Childcare Provider](#)
 - [Childcare Provider Search](#)
 - [Child Care Licensing Information](#)
 - [Childcare Training and Credentialing Requirements](#)
 - [Childcare Background Screening](#)

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- [Childcare Laws and Requirements](#)
 - **ACCESS** (Automated Community Connection to Economic Self Sufficiency)
 - [General Information](#)
 - [Application for Food Assistance \(SNAP\), Medical Assistance, and/or Cash Assistance](#)
 - [Find Local ACCESS Service Center Offices](#)
- Office of Early Learning
 - [Childcare Resource & Referral](#): Information about state-funded early learning programs
 - [Evaluating Child Care Programs and Quality Checklists](#)
 - [School Readiness Help and Financial Assistance](#)
 - To apply for school readiness child care services, enroll in VPK, or get information about other early education resources, start by [contacting your county's early learning coalition](#)
 - [Childcare Services for Children with Special Needs](#)
 - [Childcare Services for Military Families](#)
- [Fun4GatorKids](#): a resource for activities in Gainesville (and other areas)
- [City of Gainesville](#): resources for open childcare facilities

Education

***News:** Governor Ron DeSantis announced that all remaining assessments for school readiness and voluntary prekindergarten and all testing requirements for K-12 will be cancelled for the 2019-2020 school year.*

***News:** The federal government is temporarily suspending collection of student loan payments for at least 60 days, President Donald Trump said. He encouraged borrowers to contact their lenders for more details. Interest on federally-held student loans is also temporarily waived.*

Educational materials

- [U.S. Department of Education COVID-19 Information and Resources for Schools](#)
- [Florida Department of Education COVID-19 Newsroom](#): most up-to-date news regarding educational changes and school closures
- [Alachua County Public Schools Student Resources](#) (Tech Assistance, Counseling, Free Meals, School Board Meetings)
- [Alachua Public Library Resources](#)
- [UF Library Resources](#)
- [Free online educational resources for higher education and K-12](#)
- [Early Learning Resources for Families](#): Educational Activities, Literacy Resources, PBS Parents, and STEM/Dual Language Learners Resources
- MIND Research Institute is offering no cost access to a free math instructional program for students in grades K-8 (For more information, click [here](#)!)

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- Scholastic offers free, online learning experiences for children of all ages (For more information, click [here!](#))
- Access [United Way](#) for free downloadable education activities for children
- Access [this link](#) for the best education YouTube channels for kids

Resources for Immigrants

Immigration Related FAQs:

- **I'm worried about seeking medical care and getting deported/arrested because I'm undocumented:**
 - ICE announced on 3/18/2020 that they will halt enforcement in the US except against those with a criminal history saying, they will "delay enforcement action" and use "alternatives to detention"
 - "During the COVID-19 crisis, ICE will not carry out enforcement operations at or near health care facilities"
- **I'm worried about getting tested for coronavirus because it might hurt my immigration case or because of the "public charge" rule?**
 - US Citizenship and Immigration Services announced on March 14, 2020 that "USCIS will neither consider testing, treatment, nor preventative care (including vaccines, if a vaccine becomes available) related to COVID-19 as part of a public charge inadmissibility determination"

Financial Assistance

- **UndocuScholars**
 - Created a relief fund for undocumented families struggling to pay bills, rent, or for groceries during COVID-19
 - [Google Form to request financial help](#)
 - [GoFundMe page if you're willing/able to contribute](#)

Other Groups Offering Help

- **Sant La Haitian Neighborhood Center**
 - [Services Offered](#)
 - [Facebook page](#)
- **[Hispanic Unity Florida](#)**
 - [COVID-19 Information](#)
 - [Facebook page](#)
- **[Alachua County Government List of Community Resources](#)**

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Legal Assistance

- [Alachua County Legal Assistance Resources](#)
- [Three Rivers Legal Services](#):
 - Make a remote, online appointment [here](#)
 - Call 1-866-256-8091
- [Florida Legal Services](#)
 - Main Number: (401) 801-4350
 - Disaster Line: (888) 780-0443
 - [Coronavirus Information and Resources in English](#)
 - [Información y Recursos sobre Coronavirus en Español](#)
- [Americans for Immigrant Justice](#)
 - Immigrant rights and healthcare
 - Phone Number: (305) 573-1106 Ext. 1400
- [Financial Assistance - Florida Immigrant Coalition](#)
 - For immigrants who have lost their job due to Covid-19 and are unable to apply for Reemployment Assistance, Florida Immigrant Coalition may be able to connect you to resources
 - Phone Number: 1-888-600-5762

Additional Resources

Resources for the Disabled

- If you are deaf or hard of hearing and require an ASL Interpreter or an assisted listening device to participate in a proceeding, contact [Court Interpreting](#) at interpreter@circuit8.org
- [Disability Rights Florida](#): Free and confidential services to Floridians with disabilities

Places to Buy Essential Items

[News article](#) on where to buy cleaning supplies, baby goods, pet products, games, fabric masks, and more.

Pet food

- FREE pet food provided by St. Francis Pet Care, (352)372-4959
 - Address: 104 SE 4th Pl, 32601

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