

COVID-19 (Coronavirus) Pandemic

| Tennessee Public Assistance Resources |

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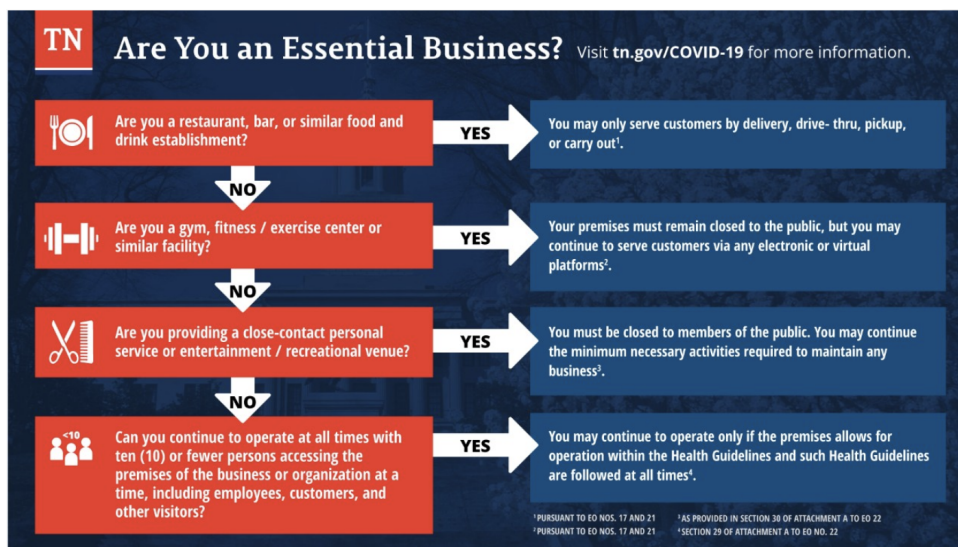
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> MEDICAL RESOURCES AND INFORMATION.

- If you or someone you are caring for is experiencing symptoms, use the [CDC's COVID-19 Symptom Checker](#). For the most accurate and up-to-date research about the disease, visit the [CDC's website](#) and/or monitor the CDC's social media channels (on [Twitter](#) @CDC.gov or [Facebook](#) @CDC).
- To find current information about Covid-19 testing centers in Tennessee, or to complete the Department of Health's symptom checker, click [here](#).
 - [Click this map](#) for a walk-in or drive-thru testing site nearest you.
 - [Click here](#) for a list of testing centers in Nashville.
- If you have [private health insurance](#), visit the website for your provider or contact their customer support line (which should be listed on the back of your insurance card) with any questions about coverage for COVID-19 testing and treatment. Many healthcare insurers are also making "telemedicine," such as video or telephone appointments, available to their customers.
- If you have [Medicare](#): Medicare covers the lab tests for COVID-19. You pay no out-of-pocket costs. Medicare covers all medically necessary hospitalizations.
- PLEASE NOTE: Scammers may use the coronavirus national emergency to take advantage of people while they're distracted. As always, guard your health insurance (and Medicare) cards like a credit card, check claims forms and all other documents for errors, and if someone calls asking for your Health Insurance, or Medicare Number, hang up!

> TENNESSEE INFORMATION.

- On Monday April 13th, Governor Lee [extended the state's stay-at-home](#) order to April 30.
- Visit the [Tennessee COVID-19 dashboard](#) for comprehensive information about coronavirus in TN, including government orders and programs.
 - [List of essential businesses under Executive Order No. 22](#)



- Click here for Governor Lee's [TN COVID-19 Daily Bulletin](#) or watch the Governor's [daily press briefing here](#).

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- [Click here](#) for the latest information from the TN Department of Health, including daily case counts and cases by county.
 - You can also call one of the two COVID-19 Public Information Numbers. Phone lines are open from 10 a.m. – 10 p.m. CDT Daily
 - 833-556-2476
 - 877-857-2945
- [Click here](#) for the office of the Governor's Safer At Home Toolkit.

> SMALL BUSINESS ASSISTANCE

- Under the federal stimulus legislation (the "CARES Act") the federal government will provide loans to small businesses and nonprofits (generally, those who have fewer than 500 employees) to help with payroll, mortgage/rent payments, and utility expenses. Visit the federal [Small Business Administration's website](#) for more information and to apply for a disaster assistance loan.
 - You can also call SBA's Customer Service Center at (800) 659-2955 or email disastercustomerservice@sba.gov for more information.
 - Beginning Tuesday, April 14, the SBA Tennessee District Office will hold webinars to give more information to impacted businesses. The calls are from 3:00 to 4:00 p.m. CDT on Tuesdays, Wednesdays and Thursdays. Registration is required, and you can [click here to register for a webinar](#).
- The Small Business Administration is also offering a [Paycheck Protection Program](#). Visit their website to review program qualifications, learn if you qualify, and apply in order to receive up to 8 weeks of assistance for payroll, rent, mortgage interest, or utilities.
- The TN Department of Economic and Community Development has additional small business resources that can be [found here](#).

> CASH ASSISTANCE.

- The federal government passed legislation that will provide up to \$1,200 direct deposit or check payments to adults with annual incomes up to \$75,000, plus another \$500 per child. Some Americans earning more than \$75,000 will also receive money if they meet certain qualifications.
 - Federal government stimulus payments of up to \$1,200 are currently being distributed via direct deposit or check payments. [Click here to check if you or a member of your household is eligible](#) for a stimulus payment. To confirm your preferred payment type or check your payment status, [click here](#).
 - To see how much you could receive under this federal program, [use the Washington Post's calculator](#).
- The Tennessee Department of Human Services is offering [Emergency cash assistance](#) for qualifying families that lost a job as a result of Covid. Applications are being accepted online - [click here to apply](#).
- The United Way of Nashville has also set up a [Nashville Response Fund](#) with additional resources and opportunities for assistance.

> SICK LEAVE AND FEDERAL FAMILY AND MEDICAL LEAVE ACT (FMLA).

- Under the recently passed "Families First Coronavirus Recovery Act," you might be eligible for the following types of paid leave. You should ask your employer for more information about these programs.

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- Expanded FMLA. You are eligible for up to 12 weeks of paid leave between April 1, 2020 and December 31, 2020, if you work for a covered employer (generally, a company that has fewer than 500 total employees) and if you are absent from work due to coronavirus-related reasons, including if you are caring for a child whose school is closed. Both part-time and full-time employees are eligible.
 - The first two weeks of EFMLA are unpaid. You might be asked to substitute sick leave (including Emergency Paid Sick Leave, described below), PTO, or another type of leave for those two weeks, or you might be asked to work unpaid.
 - The next 10 weeks of EFMLA are paid at $\frac{2}{3}$ of your regular rate, up to a maximum of \$200 per day.
- Emergency Paid Sick Leave Act. If you work for a covered employer (generally, a company that has fewer than 500 total employees), you are entitled to up to 80 hours of paid sick leave (which is typically 10 work days).
 - If you take sick leave because you are sick with coronavirus symptoms or have been diagnosed with coronavirus, or because you are under an official order to quarantine, you will be paid 100% of your salary, up to \$511 per day, or \$5,110 total.
 - If you take sick leave because you are caring for someone else who is sick with coronavirus symptoms or has been ordered to quarantine, or you are caring for a child whose school has been closed, you will be paid $\frac{2}{3}$ of your salary, up to \$200 per day, or \$2,000 total.
- FMLA (not specific to coronavirus). You are eligible for 12 weeks of unpaid, job-protected leave if you work for a covered employer and (1) you have worked for your employer for at least 12 months; (2) you have worked at least 1,250 hours over the past 12 months; and (3) and your employer has at least 50 employees within 75 miles. You can take FMLA leave if you are sick, to care for a family member who is sick, or to bond with a new baby.

> UNEMPLOYMENT BENEFITS.

- [Click here](#) to learn about filing for unemployment in TN if you lost your job due to COVID-19.
- [FILE HERE](#) for TN unemployment benefits. Apply as soon as you become unemployed!
 - Read [this national guide](#) and [this local Nashville guide](#) related to filing for unemployment due to the pandemic. In short: in most situations you may still file for benefits, but determinations will be made on a case-by-case basis.
- If you do not have work authorization in the United States, you still have rights. If you have valid work authorization (this includes DACA recipients), you may qualify for [unemployment benefits](#) if you have lost your job or hours worked.

> FOOD ASSISTANCE.

- [Click here](#) to apply for TN's Supplemental Nutrition Assistance Program ("SNAP"), and to check if you may qualify for food assistance through SNAP. SNAP benefits are issued and accessed electronically using a Benefit Security Card or EBT Card. To apply for benefits, submit your application [online](#). Current SNAP recipients can find information on their case with [CaseConnect](#).
- [Click here](#) for RePublic's interactive map with meal pick-up sites for ALL RePublic students, searchable by your location.

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- Most school districts are offering free, pick-up meal service for at least breakfast and lunch for all students. See [this article](#) for information about pick-up locations in Nashville. Check your local school district website for more information, including pick-up locations.

> HOME INTERNET.

If you do not have internet access at home, the following affordable options might be available to you:

- [The TN Department of Economic & Community Development](#) has a variety of broadband home internet resources.
 - [AT&T](#)
 - [Century Link](#)
 - [Charter Communications](#)
 - [Comcast](#)
 - [Google Fiber](#)
 - [Mediacom](#)
 - [Sprint](#)
 - [T-Mobile](#)
 - [TEC](#)
 - [Tennessee Broadband Association](#)
 - [Tennessee Electric Cooperative Association](#)
 - [TDS](#)
 - [Verizon](#)

> MENTAL HEALTH and PHYSICAL SAFETY.

- The outbreak of the Coronavirus and its related issues is stressful for everyone. Visit [this CDC page](#) to learn more about things you can do to support yourself and your loved ones. If you are feeling stressed or anxious during the COVID-19 outbreak, first know that you are not alone. Mental Health professionals are ready to assist you, for free. In addition, the following resources are confidential and free of charge:
 - Call 1-800-273-8255 for the [National Suicide Prevention Lifeline](#).
 - Text HOME to 741-741 for the [Crisis Text Line](#).
 - Call 1-800-985-5990 or text TalkWithUs to 66-746 for the Disaster Distress Hotline.
 - Call 1-866-488-7386, text START to 678-768, or [click here to chat](#) with [The Trevor Project](#) (for LGBTQ youth).
 - If you or someone you know is experiencing domestic violence, call 1-800-799-7233 or text LOVEIS to 22-522 to connect with [The National Domestic Violence Hotline](#).

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