Contents

St. Paul’s COVID-19 Resources...................................................................................................................... 2

Food Resources and Distribution.................................................................................................................. 3

St. Paul’s Community Mobile Pantry......................................................................................................... 3

Neighborhood Distribution Sites.............................................................................................................. 3

Children..................................................................................................................................................... 3

Adults and Families.................................................................................................................................. 4

Grocery Store Hours................................................................................................................................ 5

Women, Infants, and Children (WIC) Program......................................................................................... 5

Health Resources...................................................................................................................................... 5

Virginia Insurance Company Updates...................................................................................................... 5

Healthcare Benefits.................................................................................................................................. 6

Addiction/ Mental Health Resources........................................................................................................ 6

Emotional Support Helplines..................................................................................................................... 6

Educational Resources.................................................................................................................................. 7

Norfolk Public Schools.............................................................................................................................. 7

WHRO: Free Online Learning..................................................................................................................... 7

Virtual Field Trips...................................................................................................................................... 7

Additional Education Resources................................................................................................................ 7

Economic Mobility Resources.................................................................................................................... 7

General Information.................................................................................................................................. 7

COVID-19 Economic Impact Payments.................................................................................................... 7

SNAP Emergency Benefits........................................................................................................................ 8

Housing...................................................................................................................................................... 9

Rental Assistance Programs....................................................................................................................... 9

Access to Household Resources.............................................................................................................. 10

Catholic Charities...................................................................................................................................... 10

Emanuel Presbyterian Church.................................................................................................................... 10

Utilities..................................................................................................................................................... 10

Other Important information or Resources.............................................................................................. 11

Seniors....................................................................................................................................................... 11

Medicare expands telemedicine for Seniors............................................................................................. 11

Grocery Stores with Specific Times for Seniors..................................................................................... 11
Department of Justice warns of coronavirus scams targeting older adults.........................12
Legal and Other:.................................................................................................................12
DMV.........................................................................................................................................12
Social Security Administration..............................................................................................12
Other Legal Resources...........................................................................................................12
Volunteer Opportunities.........................................................................................................12
Additional Resources.............................................................................................................14
Infographics - World Health Organization...........................................................................14
General Information about COVID-19..................................................................................14
National Resources................................................................................................................14
Hampton Roads Resources.....................................................................................................14
City Specific Resources & Information...................................................................................14
Child Care Provider Guidance...............................................................................................15
Meal & Bathroom Locations for Persons Experiencing Homelessness (March 20, 2020).........15

If your organization would like to make changes or add a resource, contact Katie White at katie.white@Norfolk.gov.
St. Paul’s COVID-19 Resources

Some City of Norfolk facilities remain closed to the public until further notice. Facilities that have reopened include Nauticus and the Virginia Zoo. Slover, Jordan-Newby, and Mary Pretlow anchor libraries are open for limited grab and go service. The Berkley, Huntersville, Lamberts Point, Norview, and East Ocean View recreation centers are now open; please visit their website for information on facility hours and requirements. City leaders will continue to actively monitor COVID-19 and assess city operations based on developments.

Norfolk Alert is a resource that can be used to keep updated on COVID-19 developments. The website https://norfolk.gov/List.aspx can be used to sign up for City updates. Also, the MyNorfolk app can be downloaded to individual’s phones from their App Store.

To view the latest COVID-19 update, please visit: https://www.norfolk.gov/Blog.aspx?CID=14

NRHA COVID-19 Resident Hotline: 757-314-4200, leave a message on the hotline and a staff member will return your call within 24 business hours.

Food Resources and Distribution
St. Paul’s Community Mobile Pantry
The mobile pantry will be at 645 Church Street every 2nd and 4th Friday of the month 9:00 a.m. to 11:30 a.m. Produce, meat, dairy, and pantry items are available.

<table>
<thead>
<tr>
<th>Neighborhood Distribution Sites</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tidewater Gardens</td>
</tr>
<tr>
<td>757-390-4365</td>
</tr>
<tr>
<td>People First Office (447 Walke Street)</td>
</tr>
<tr>
<td>Hours: Mon.-Fri. 8:30 a.m. to 5 p.m.</td>
</tr>
<tr>
<td>1st &amp; 3rd Fridays of each month, 1 p.m. – 4:30 p.m. until all boxes are distributed</td>
</tr>
</tbody>
</table>

| Calvert Square                  |
| 757-664-7956                    |
| TMC Office (893 Bagnall Rd.) |
| Hours: Mon.-Wed. and Fri. 10 a.m. – 3 p.m. or 3-7 p.m. (depending on community events) |
| 1st & 3rd Fridays, during TMC hours. Call the TMC if you are unable to pick up during office hours |

| Young Terrace                   |
| 757-625-3006                    |
| TMC Office (823 Smith St.)      |
| Hours: Mon.-Fri. 9 a.m. – 3 p.m. Sat. 10 a.m. – 3 p.m. |
| 1st & 3rd Fridays, 9 a.m. – 3 p.m. Excess boxes, if any, are available during TMC office hours |

| Oakleaf Forest                  |
| 757-314-4251                    |
| Family Investment Center (1706 Greenleaf Dr.) |
| Door-to-door distribution on Fridays. Excess boxes are available Mon.-Fri. 11 a.m. – 2 p.m. |

*Tidewater Gardens, Calvert Square, Young Terrace: 5 breakfast and lunch meals are available for youth every week. Sign up at the property management offices for Wednesday deliveries.

Children
Norfolk Public Schools is serving meals from 3 – 5 p.m. during virtual learning at the schools listed below. Parents may pick up meals for students and should be prepared to provide the student’s lunch ID information and school in which they are enrolled.

**NPS meal sites 3 -5 p.m. Monday - Friday**
- Azalea Gardens Middle (7721 Azalea Garden Road, 23518)
- Bay View Elementary (1434 Bay View Blvd, 23503)
- Blair Middle (730 Spotswood Avenue, 23517)
- **Booker T. Washington High (1111 Park Avenue, 23504)**
- Camp Allen Elementary (501 C Street, 23505)
- Chesterfield Academy (2915 Westminster, 23505)
- Coleman Place Elementary (2445 Palmyra Street, 23513)
- Crossroads School (8021 Old Ocean View Road, 23518)
- Fairlawn Elementary (1132 Wade Street, 23502)
- Granby High (7101 Granby Street, 23505)
- Ingleside Elementary (976 Ingleside Road, 23502)
- Jacox Elementary (1300 Marshall Ave, 23504)
- James Monroe Elementary (520 W. 29th Street, 23508)
- Lake Taylor School (1380 Kempsville Road, 23502)
- Larchmont Elementary (1145 Bolling Ave, 23508)
- Larrymore Elementary (7600 Halprin Drive, 23518)
- Lindenwood Elementary (2700 Ludlow Street, 23504)
- Little Creek Primary (7901 Nancy Dr, 23518)
- Northside Middle (8720 Granby Street, 23503)
- Norview High (6501 Chesapeake Boulevard, 23513)
- Ocean View Elementary (350 W Government Ave, 23503)
- Oceanair Elementary (600 Dudley Avenue, 23503)
- **P.B. Young Sr. Elementary (543 E. Olney Road, 23510)**
- Richard Bowling Elementary (2700 E.Princess Anne Road)
- Sewells Point Elementary (7928 Hampton Blvd, 23505)
- Sherwood Forest Elementary (3035 Sherwood Forest, 23513)
- Southside STEM Academy at Campostella (1106 Campostella Road, 23523)
- Helena Elementary (903 S. Main Street, 23523)
- Suburban Park Elementary (310 Thole Street, 23505)
- Tanners Creek (1335 Londale Dr, 23513)
- Tarrallton Elementary (2080 Tarrollton Drive, 23518)
- **Tidewater Park (1045 E Brambleton, 23504)**
- W.H. Taylor Elementary (1122 W. Princess Anne Road, 23507)
- Willard Elementary (1511 Willow Wood Drive, 23509)

The national nonprofit No Kid Hungry texting hotline: Free meals for your kids, text Food or Comida to 877-877 to receive emergency food distribution sites in your neighborhoods.

**Adults and Families**
Meals on Wheels Program (Seniors) Call 461-9481 and speak with a resource specialist to get enrolled in the program.

St. Mary’s Soup Kitchen – Carry out 12:15-1:30, Monday, Wednesday, Thursday and Friday

St. Mary’s Healthy Food Pantry Program Monday, Wednesday, and Thursday 9:30am - 12pm

The Y on Granby (Foodbank) Tuesdays 5:30-7:30pm
Friday’s 9:00am-11:00am
2901 Granby Street, Norfolk, VA 23504
Also, Foodbank’s Mobile Pantry Program – Mon-Thur 9:00–12:00 pm and 5:00-7:00 pm.

Hunton YMCA
Grab and Go Meals served Monday through Thursday 9 AM to 12 PM

Norfolk Grocery Runs will coordinate and deliver groceries to the elderly and those with underlying health condition such as diabetes, asthma and lung, heart and liver disease. Individuals looking for help can call 757-598-1480, CoronaAid757@gmail.com or visit bitly.com/coronaaid757 to fill out a form. Transactions will be digital (Venmo, PayPal, CashApp paid directly to the errand runner for reimbursement), and the delivery drop-offs will be at the door with no physical interaction.

A grassroots effort called #LoveYourNeighbor514 is also serving the elderly, autoimmune, homebound, and shut ins in our communities around Norfolk and are partnered with the next-door app’s Shopping for Neighbors program. More details here: https://linktr.ee/LoveYourNeighbor514 or call 757-447-2755.

Grocery Store Hours

- **Walmart**: Walmart Neighborhood Market is open 7 a.m. to 8:30 p.m. daily.
- **Dollar General**: All Dollar General locations will close one hour early at 9 p.m.
- **Harris Teeter**: 6 a.m. to 11 p.m. senior hours are 6-8 a.m.
- **Sam’s Club**: Special shopping hours are every Tuesday and Thursday from 7 a.m. until 9 a.m. and include pharmacies and eye centers.
- **Food Lion**: 6 a.m. to 10 p.m.
- **Costco**: 10 a.m. to 8:30 p.m. Senior hours 8-9 a.m. Tuesdays and Thursdays.
- **Fresh Market**: 8 a.m. to 9 p.m.
- **Kroger**: Many Kroger locations are open from 7 a.m. to 10 p.m.

Women, Infants, and Children (WIC) Program
For the latest updates on WIC, how to get in contact with staff or register for the program, tips for picky eaters and more, view the WIC Summer Newsletter.

Health Resources

- Norfolk Public Health Call Center 757-683-2745 M-Sat 8am-6pm & Sunday 11am-4pm.
- VDH 24/7 Hotline: 1-877-ASK-VDH3 (1-877-275-9343)

- To access COVID Check, VDH’s new telehealth screening tool to help you determine next steps for your situation, [click here](https://www.norfolk.gov/Blog.aspx?CID=14).
- Environmental Health number is 757-683-2745, M-F 8:15-5pm. For calls about restaurant patron overage.

**Virginia Insurance Company Updates**

- Members who need screening and testing to see if they are infected with the COVID-19 coronavirus won’t be asked for the usual co-pay or other cost-sharing.
- Cost-sharing fees are waived for telemedicine visits for any reason for the next 90 days, to help patients avoid contact with potentially infected people.
- Virginia Beach based Optima Health Plan, is waiving COVID-19 testing for employer-run plans it administers, unless the employer opts out.
- Cigna and United Health Group say they are supporting employer plans that decide to waive cost-sharing requirements.
- Health insurers also are suspending any prior authorization requirements they may have for patients seeking COVID-19 testing and have waived limits on early refills of maintenance medications.
- Anthem is waiving fees for COVID-19 diagnosis and other telemedicine services for its individual, Medicaid and fully insured employer plans.

**Healthcare Benefits**

[https://commonhelp.virginia.gov/](https://commonhelp.virginia.gov/)
[https://coverva.org/](https://coverva.org/)

**Addiction/ Mental Health Resources**

- Please visit the [Norfolk Community Services Board (CSB) website](https://norfolkcommunityservicesboard.com) or contact them by phone for updates on how to access support and services for addiction and mental health during COVID-19.
  - For questions about access or to speak to a care coordinator, call 757-756-5600.
  - For support by phone, call the CSB’s Warm Line: 757-664-6683.
  - If you are experiencing a behavioral health crisis, call 757-664-7690.
- For more information and resources on navigating addiction and mental health support during COVID-19, view [Detox Local’s COVID-19 Resource Guide](https://detoxlocal.com).

**Emotional Support Helplines**

- **Disaster Distress Hotline**
  1-800-985-5990
  Hours: 24/7
- **SAMHSA National Distress Helpline**
  (800) 985-5990
- **National Suicide Prevention Hotline**
  1-800-273-8255

Hours: 24/7
- Norfolk Community Services Board Warm Line
  757-664-6683
  Hours: 8am-9pm

Additional Resources:
American Red Cross- Psychological First Aid: Supporting Yourself and Others During COVID-19. Visit this link for help for help accessing free and low-cost therapy and mental health care at home. Georgetown University- How Nurses Can Protect Themselves as They Work to Save Others.

Educational Resources
Norfolk Public Schools
The Official NPS newsletter for COVID19 can be found here.
The NPS COVID19 FAQ can be found here.

WHRO: Free Online Learning
Free online learning by WHRO for PK to 12th grade: https://digitallearning.whro.org/

Virtual Field Trips
This link has over 30 virtual field trips with activities and information for each.

Additional Education Resources
https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/

Economic Mobility Resources
General Information
- Watch this video from Virginia Employment Commission for guidance on applying for unemployment benefits.
- To turn in required documentation for Department of Human Services programs (SNAP, TANF, Energy Assistance, Senior Real Estate Tax Relief, Emergency Water Assistance, General Relief Burial, Unattached Child and Child Care) - Mail or drop off documents (9 a.m. – 4 p.m.): Norfolk Department of Human Services, Workforce Development Center, 201 E. Little Creek Road, Norfolk VA 23505
- For general information about banking and direct deposit, visit this GoBankingRates article.

COVID-19 Economic Impact Payments
The payments, also referred to by some as stimulus payments, are automatic for most taxpayers. No further action is needed by taxpayers who filed tax returns in 2018 and 2019 and most seniors and retirees.

Important: Non-Filers: Enter Payment Info Here
Eligibility:

U.S. residents will receive the Economic Impact Payment of $1,200 for individual or head of household filers, and $2,400 for married filing jointly if they are not a dependent of another taxpayer and have a work eligible Social Security number with adjusted gross income up to:

- $75,000 for individuals
- $112,500 for head of household filers and
- $150,000 for married couples filing joint returns

Taxpayers will receive a reduced payment if their AGI is between:

- $75,000 and $99,000 if their filing status was single or married filing separately
- 112,500 and $136,500 for head of household
- $150,000 and $198,000 if their filing status was married filing jointly

SSI Recipients

- Supplemental Security Income (SSI) recipients will receive automatic Economic Impact Payments directly from the Treasury Department.
- Treasury anticipates these automatic payments no later than early May.
- SSI recipients who have qualifying children under age 17, however, should not wait for their automatic $1,200 individual payment.
  - They should now go to the IRS’s webpage and visit the Non-Filers: Enter Your Payment Info section to provide their information.

For more information, click here.

SNAP Emergency Benefits

The Families First Coronavirus Response Act of 2020 provides for the issuance of emergency benefits to current SNAP households based on a public health emergency declaration by the Secretary of Health and Human Services.

This provision applies ONLY to households CURRENTLY ENROLLED IN SNAP. The usual standards to evaluate eligibility remain in effect for those seeking to apply.

Under the Families First Act, the Virginia Department of Social Services will issue emergency benefits to most households currently receiving SNAP benefits. The emergency benefits will be provided for March and April 2020 and will increase the household’s current monthly allotment to the maximum monthly allotment for a household of that size. Current SNAP households that already receive the maximum monthly allotment for their household size are not eligible for emergency benefits.

Eligible recipients will receive a notice from the Virginia Department of Social Services.

Benefit Allotment by Household size
1 Person=194
2 Persons=355
3 Person=509
4 Persons=646
5 Persons=768
6 Persons=921
7 Persons=1018
8 Persons=1164
9 Persons=1310
10 Persons=1456

Housing
- NRHA - No late fees for April-September; Pausing eviction proceedings. NRHA Rent Updates.
- For housing and eviction mitigation resources, visit Resources757.
- Regional Housing Crisis Hotline: 757-587-4202.
- For Hampton Roads residents in need of shelter, case management and related services, and connections to community resources: 757-587-4202, Monday through Friday, from 8 a.m. to 7 p.m.

Rental Assistance Programs
The organizations listed below have programs available to help with rental assistance if you are having trouble paying rent due to loss of income from COVID-19.

Resources 757
Housing Crisis Hotline: (757) 587-4202 for information about rent and utility assistance that might be available due to loss of income from COVID-19.

Resources 757 Website

STOP, INC.
STOP, Inc. conducts pre-screening calls Monday – Friday 9:00 a.m. to 12:00 p.m. Please call 757-858-1360.

Once the pre-screening is reviewed a staff member will contact the client to complete enrollment. To complete enrollment, clients will have to provide the following documentation:

1. Proof of ALL Income for all adults- If you have been temporarily laid off, reduction of hours, or terminated due to COVID-19, please provide supporting documentation (i.e., doctors note, a letter from employer, test results).
2. Supporting documentation- Copy of most recent correspondence for assistance request (i.e., rental statement, utility bill, hotel ledger, etc.)
3. Valid ID for all adults in Households.
4. Social Security Cards (or proof of SSN’s) for ALL persons in households to include children.
5. Any other applicable document requested by the representative and related to your request. This includes the proof of the unemployment claim (screenshot info with name & claim number).
6. Statement of sustainability. What are your plans moving forward? How will you sustain if you are approved for assistance? Please send this statement via email.

Danique Woodhouse is the contact person, she can be reached at dwoodhouse@stopinc.org or by phone 757-793-5865.

**Access to Household Resources**

*Catholic Charities:*

Has accessibility and availability of baby care items: **Office hours:** Mondays & Fridays from 10:00 am to 12:00 pm

- Clients can pick up diapers sizes newborn to pull-ups.
- They don't have to be current clients and there are no requirements
- If a client's Urban Baby worker is able to bring them to the office during that time, they will be able to pick up a pack of diapers for each child while supplies last.
- Case workers are not being permitted to come pick up diapers on behalf of their clients because our supplies are very limited
- Individuals are being served on a first come, first serve basis.
- If the client has another immediate baby need, our employee who is opening the office can try to find the resources in the CARES center to meet that client's need on a case by case basis while supplies last as well.

*Emanuel Presbyterian Church*

Diaper Bank: Tuesday 4-6pm and Saturday 12-2pm at Emanuel Presbyterian Church 4700 Colley Avenue

**Utilities**

- The Virginia State Corporation Committee has directed all electric, natural gas and water companies in Virginia to suspend service disconnections until October 5th. This includes Dominion Energy, Virginia Natural Gas and Hampton Roads Sanitation District (HRSD) whose bills are handled through the Hampton Roads Utility Billing Service (HRUBS). All of these utility providers must provide extended repayment plan options. Please reach out to your provider if you are struggling to pay your utility bills.
- Dominion Energy will reconnect any residents whose services were disconnected. Halting shut offs. If you are having trouble paying your bill, call 866-366-4357 or visit your online account to access repayment options and assistance.
- Virginia Natural Gas has halted shutoffs during this time. Call 866-229-3578 to discuss options if you are having difficulty paying your bill.
- City of Norfolk has halted all water shut offs during this time. If you are having trouble paying your bills, call customer service at 757-664-6700 to discuss your options.
- Call 2-1-1 for information on energy assistance.

Cox is offering the following through December 31st:

- First two months free Connect2Compete service, $9.95/month thereafter
- Resources for discounted, refurbished equipment through our association with PCs for People

To Qualify: You must not be an existing Cox internet customer, your household must have at least one K-12 student and participate in the National School Lunch Program, Head Start, SNAP, WIC, LIHEAP, and/or TANF; who receive Tenant-Based Vouchers, Project-Based Vouchers or Section 8 Project-Based Rental Assistance (PBRA); and/or who live in Public Housing

Other Important information or Resources

- United Way of South Hampton Roads Relief Fund: Coronavirus Response Hotline A hotline to allow anyone to enter into our coordinated network of resources (via the Unite Us platform) so that we can connect individuals to more easily access resources including housing, utility assistance, food, and mental health counseling. The number is (757) 858-7777
- HOPES 757-446-0366 if you have any COVID-19 questions or concerns.
- CoronaAid 757 (assistance with groceries, medical supplies, and physical/mental health check-ins): http://coronaaid757.com/ call (757) 598-1480.
- American Red Cross link for information on disaster preparedness during COVID-19.

Charter Communications will offer free Spectrum broadband and WIFI access for 60 days to households with K-12 and/or college students who do not already have Spectrum broadband subscription at any service level up to 100 Mbs. To enroll call 1844 488 8395. Installation fees will be waived.

Seniors
Meals on Wheels Program (Seniors) Call 461-9481 and speak with a resource specialist to get enrolled in the program.

The Seniors Aging Gracefully and Southside Gems participants collaborating to give back to the community complimentary “We Care” packages! If you know of an elderly or disabled person that may need a package or for more info, send an email to: seniorsaginggracefully@gmail.com

Medicare expands telemedicine for Seniors
- Hospitals and clinicians will be able to offer telehealth, doctors, nurse practitioners, clinical psychologists, nutrition professionals, and licensed social workers
- Patients and clinicians will need a two-way visual and voice connection that allows real-time interaction. Laptops, tablets and smartphones should work.
- Standard Medicare co-pays and deductibles still apply to telemedicine visits

Grocery Stores with Specific Times for Seniors:
- Dollar General: Senior hours are 8 a.m. to 9 a.m. each day.
- Harris Teeter: Every Monday and Thursday the store will open from 6 a.m. to 7 a.m. for seniors only.

- Fresh Market: Store hours: 8 a.m. to 9 p.m. and the first hour, from 8 a.m. to 9 a.m. Monday through Friday will be a dedicated shopping hour for seniors and at-risk individuals who might have an underlying medical condition.
- Food Lion: Monday and Wednesday 7 a.m. - 8 a.m. for seniors and at-risk individuals who might have an underlying medical condition only.
- Costco: Senior hours 8 a.m. to 9 a.m. Tuesdays and Thursdays.

Department of Justice warns of coronavirus scams targeting older adults
They’re offering up seven different types of scams including:
- Fake treatments for COVID-19, the illness caused by the coronavirus
- Swindling people out of money for household essentials or face masks through the use of fake online stores
- Calling and demanding money for treating friends and family for the virus
- Calling or emailing to solicit donations as part of fraudulent relief charities
- Sending phishing emails to download malware or acquire a person’s financial information
- Convincing people to download smartphone apps that download malware to steal personal information
- Offering investment advice and so-called research on the impacts COVID-19 will have on the economy and the stock market.

Legal and Other:
DMV
Certain DMV offices have reopened for specific services by appointment only as part of the reopening plan. Visit the DMV website for more information.

- The validity of every driver, vehicle, special identification, and driver credential due to expire on or before July 31, 2020, is extended for up to an additional 90 days not to exceed October 31, 2020.
- Vehicle registrations expiring March-July are extended for up to 180 days, not to exceed October 31, 2020.
- All renewal fees (driver’s license, identification card and vehicle registration) will remain the same and no late fees will be assessed for customers who renew during the extension period.

Social Security Administration
Social Security remains committed to providing uninterrupted benefits and vital services the public relies on, especially during the current coronavirus pandemic.

Offices are not providing services for walk-in visitors, but you may be able to schedule an appointment for limited, critical issues if it cannot be resolved by phone or online.

- Please call 1-866-858-6089 or utilize SSA’s online services to:
- Apply for Retirement, Disability, and Medicare benefits,
- Check the status of an application or appeal,
- Request a replacement Social Security card (in most areas),
- Print a benefit verification letter, and
- Much more.
Other Legal Resources

- Upsolve’s guide to navigating bankruptcy during COVID-19

Volunteer Opportunities

- The Virginia Medical Reserve Corps (MRC) is recruiting volunteers: https://www.vamrc.org.
Additional Resources

Infographics - World Health Organization

General Information about COVID-19
- World Health Organizations: https://www.who.int/
- Center for Disease Control and Prevention: https://www.cdc.gov/

National Resources
- Center for the Study of Traumatic Stress
- National Alliance on Mental Illness (NAMI)
- National Child Traumatic Stress Network

National Center for Post-traumatic Stress Disorder (U.S. Dept. of Veterans Affairs)
- Managing Healthcare Workers’ Stress Associated with the COVID-19 Virus Outbreak
- For Providers and Community Leaders: Helping People Manage Stress with the COVID-19 Virus Outbreak
- Managing Stress Associated with the COVID-19 Virus Outbreak

Substance Abuse and Mental Health Services Administration (SAMHSA)
- Taking Care of Your Behavioral Health – Tips for Social Distancing, Quarantine, and Isolation
- Coping with Stress During Infectious Disease Outbreaks

Hampton Roads Resources
- GHR Connects – Statewide COVID-19 data and local food distribution sites
- Resources757.org – A directory of resources for residents of Greater Hampton Roads and COVID-19 Assistance
- WHRO has a compiled a list of FREE meal pick-up locations across Hampton Roads
- Southside Health Departments Regional Coronavirus Customer Call Center: 757-683-2745
- Eastern Virginia Medical School – COVID-19 Advisories
- Hampton VA Medical Center or call Veterans Crisis Line: 1-800-273-8255, press 1
- The UP Center – COVID-19 Preparations & Resources
  - COVID-19 Letter to clients
- United Way of South Hampton Roads: Need assistance, Volunteer info, Make a donation, Helpful Resources
- Children’s Hospital of the King’s Daughters: What Parents Need To Know and Tips to Help Parents Support Children
- My Active Child: Virtual and online events for families and children

City Specific Resources & Information
- City of Chesapeake / Chesapeake Public Schools
Child Care Provider Guidance
- **Call 1-866-KIDS-TLC** (1-866-543-7852) for the most up to date information on available childcare in Hampton Roads for essential personnel. You can also visit this [website](https://www.dss.virginia.gov/cc/index.html) for a list of childcare centers. [Minus 9-5 Flyer](https://www.dss.virginia.gov/cc/index.html)
- Childcare location search engine: [https://www.dss.virginia.gov/cc/index.html](https://www.dss.virginia.gov/cc/index.html)
- **Virginia Department of Social Services**: IMPORTANT EMERGENCY CHILD CARE INFO
  - VDSS Hotline for questions, resources etc. 1-800-543-7545
  - For specific questions related to subsidy child care please email: vendor.services@DSS.Virginia.gov
- **Child Care VA**: Federal/State Guidance; Health Guidance; Resources; Find Child Care
- **Early Education Business Consultants**: National, State and local guidance for child centers
- **Coronavirus News & Resources for Child Care Professionals, Families and Policymakers** from Child Care Aware of America
- Economic Injury Disaster Loans- [US Small Business Administration Power Point on Economic Relief](https://www.sba.gov)
  - For a complete list of paper forms, and information on how and where to apply – [please click here](https://www.sba.gov)
- **Virginia Employment Commission**: Q&A on Claims Related to Coronavirus
  - **Unemployment Insurance**: Claims
- **Hampton Roads Directors ECE Business Group**: Join this Facebook group for up-to-date business guidance, policy and procedures
- **Childcare Aware: State by State Resources**
  - Child Care Referral and Resources: 1-866-KIDS-TLC
- Virginia Department of Social Services: [Child Care Subsidy Program Questions about COVID-19](https://www.dss.virginia.gov)
  - This information will be updated as additional information becomes available
- **CDC Guidance for Preschools**
- **National Association for the Education of Young Children**

Meal & Bathroom Locations for Persons Experiencing Homelessness (March 20, 2020)
Information could change rapidly so keep up to date by contacting locations for updated information. Please contact Norfolk Community Services Board 757-756-5600 and select 4 to reach the homeless outreach office.

- Ohef Sholom, Park Place Methodist, and First Baptist Lamberts Point are closed.
- Freemason St Baptist – 400 E Freemason St --will be giving out breakfast boxes on Fridays at 8:30 am --having a community meal (mid-day) on the 4th Saturday
- First Lutheran-1301 Colley Ave. -- is open for Wednesday lunch, 12-1 pm. Bag lunches.
• Basilica of St. Mary – 317 Chapel St --continuing regular soup kitchen schedule, with "to-go" lunches. Mon, Wed, Thurs, Friday 12-1 pm
• Salvation Army – 203 W. 19th St.— They are now in Shelter In Place, no new shelter guest will be admitted. Day services will be limited to 10 persons at a time, and for food and bathroom. Guests will not be allowed to linger in the building after getting what they need. --Dinner Monday through Saturday 4:45-5:15 pm  --Breakfast Monday through Friday 8-8:30 am and Sunday 9-9:30 pm
• Christ and St Lukes Episcopal-560 W. Olney Rd. --Thursday bag lunch 11:30-12:30 pm
• First Presbyterian – 820 Colonial Ave. -continuing lunch on Sat 12-1 pm; handing out styrofoam packages with food
• Sacred Heart 520 Graydon Ave --continuing lunches on Sundays at 1:30-2:30 pm
• The Wall - On Salter St., 1 block east of Monticello, between VA Bch Blvd and Princess Anne - Tues, Thurs, Sat breakfast at wall 7 am to 7:40 am—giving out lunch bags, water
• Union Mission – 5100 E. Virginia Beach Blvd. Maintaining normal mealtimes and operations. -Meals-Monday through Friday 12-1 pm and Everyday 4:30 pm
• St. Columba -2114 Lafayette Blvd -Day center is closed for normal operation; bathroom visits will be allowed as requested. Meals will be available when requested (knock on door) 9 am to 2 pm Monday -Thursday
• New Life Church – 1420 Colonial Ave -Bathroom available, from 9 am to 2 pm, Tuesday through Friday -Beginning Tuesday, March 25, will serve dinner at 5pm
• GAM – 1301 Colonial Ave -Bathroom available on Mondays only, from 12 pm to 4 pm
• New Hope COGIC – 3241 Brest Ave. Monday, Wednesday and Friday, 11-3 open for meals and showers
• First Baptist - 418 Bute St “To go” lunch on Sat, 12-1:30 pm
• Miles UMC-Ocean View “To go” breakfast Wed morning from 7am – 8 am Miscellaneous

If your organization would like to make changes or add a resource, contact Katie White at katie.white@Norfolk.gov.