Additional Resources

To inform Nevadans statewide, the Nevada Department of Health and Human Services (DHHS) and the Governor's Office have created <u>Nevada Health Response</u> to better share information and resources as it pertains to the current status of the coronavirus (COVID-19) and its impact within the state of Nevada. Additional resources are listed below.

- Food
 - o Free Food Pantries List
 - o <u>CCSD Food Sites</u>
 - o Three Square Emergency Food Distribution
 - Help for Seniors (60 years of age and older) Call 702-765-4030 Monday-Friday between 9 a.m. and 5 p.m for various food programs available to seniors
 - o The Just One Project- Mobile Food Market
- Shelter
 - On March 29, 2020, Governor Steve Sisolak announced a moratorium on all evictions in the State of Nevada. Homeowners should contact their mortgage lenders and renters should work with their landlords and property managers to discuss relief and repayment options. More details are available at <u>nvhealthresponse.nv.gov</u>.
 - While we do not have details about funding to provide rental and mortgage assistance from the Office of the Attorney General at this time, we expect more information to be available in the coming days. Please check back to this page for updates.
 - o <u>Guidance for Homeless Shelters</u>
 - National Health Care for the Homeless Council
 - Help Hope Home: Homeless Resources
 - o Help Hope Home COVID-19 Guide
 - o Rainbow Helping Hands Affordable Living

• Health

- o Southern Nevada Health District
- o <u>Center for Disease Control</u>
- <u>CDC: Implementation of Mitigation Strategies for Communities with Local</u> <u>COVID-19 Transmission</u>
- o CDC: Community and Faith-Based Organization Checklist
- o Headspace: Free Mindfulness and Meditation App for Health Care Providers
- Nevada Department of Health and Human Services
- o Nevada 211 Coronavirus Resources
- o Nevada Health Link
- o SAMHSA On Social Isolation
- o Compassion Community Care Clinic
- o Manage COVID Anxiety
- o Angels Matter Behavioral Health

- Utilities
 - o Las Vegas Valley Water District Customer Shutoff Suspension
 - o <u>NV Energy Customer Payment Support</u>

Unemployment

- <u>Unemployment Resources</u>
- File For Unemployment Benefits
- o DETR Nevada Unemployment Insurance YoutTube Channel
- o Novoresume: Resume and Cover Letter Templates

Educational Activities

- o Lakeshore Free Lessons & Activities
- o Hello, Wonderful Easy Indoor Activities for Children
- o Virtual Field Trips
- o "Scouting At Home" Boy Scouts of America Las Vegas Area Council
- Easy Indoor Activities
- o COR Advantage Family Activities Package
- Non-Screen Activities You Can Do At Home From Pobble
- o 10 Free Learning Websites For Kids
- o ABCMouse Learning Academy Free Home Access
- o Emergency and Regular Childcare for Essential Personnel
- o Character Playbook Digital Lessons
- o Discovery Kids LV: At Home Discoveries
- LVCCLD Resources For Learning At Home

Business/Nonprofit Resources

- o CARES Act Resource Guide Vegas Chamber
- <u>The Small Business Owner's Guide to the CARES Act</u> Latin Chamber of Commerce (Spanish)
- o Local Small Business Administration (SBA) District Office
- <u>Resources for Your Business: Ioans, grants, and guidelines</u> Las Vegas Global Economic Alliance
- o Nevada Health Response Guidance for Businesses and Workforce

Miscellaneous

- FACE COVID
- o Enterprise College Student Travel Assistance
- o Battle Born Progress Resources Guide
- o Guidance for Preparing Workplaces
- o HUD Community Planning and Preparedness
- o LVMPD Spring Break Crime Prevention
- o Nevada Independent Resource Guide
- o United States Government
- o <u>U-Haul College Student Storage Program</u>
- Rainbow Helpers Personal Care Services
- <u>Sustaining Services for Survivors</u>
- o <u>Teamsters and ESEA Stronger Together Resources Guide</u>

News Updates

Local

- KLAS 8 News Now
- KSNV News 3
- KTNV Channel 13 Action News
- KVVU Fox 5 Las Vegas
- Las Vegas Review Journal
- Las Vegas Sun
- Vegas PBS

Global/National

- ABC News
- BBC News
- CBS News
- <u>CNN</u>
- FOX News
- NBC News

FAQ

What is coronavirus (COVID-19)?

This virus presents as an upper respiratory illness with symptoms similar to the common flu and is spreading person-to-person. The virus has caused death but cases have ranged from mild symptoms to severe illness depending on a variety of factors that are not yet fully known.

What are the symptoms of COVID-19?

Symptoms are similar to those of seasonal flu and include fever, cough, and shortness of breath. Because of the similarity to flu symptoms, the CDC is recommending that people who have recently traveled or been in contact with someone who has recently traveled outside of the U.S. and starts experiencing these symptoms to contact a health professional for guidance.

What does CDC recommend people do to prevent spreading the virus?

The CDC recommends taking steps you would typically take to prevent illness. Wash your hands regularly, avoid contact with people who have recently traveled outside of the country, and stay home if you have any symptoms that resemble the common cold or flu.

How to prepare your home for coronavirus:

The Centers for Disease Control and Prevention is telling Americans that they should be prepared for the possibility of a COVID-19 outbreak in their community.

But what does preparedness look like in practice?

The short answer: Don't panic — but do prepare.

What to do if you are sick?

Call ahead to a healthcare professional if you develop a fever and symptoms of respiratory illness, such as cough or difficulty breathing, and have been in close contact with a person known to have COVID-19 or if you live in or have recently traveled to an area with ongoing spread. Tell your healthcare professional about your recent travel or contact. Your healthcare professional will work with your state's public health department and CDC to determine if you need to be tested for COVID-19.

Is the flu shot helpful with coronavirus symptoms?

No, there is no cross-protection whatsoever between the flu vaccine and coronavirus. It is recommended to get the flu vaccine, even yet, because the flu season is still marching on.

Should I be looking for face masks/respirators?

People should not rush to buy face masks. There is already a shortage and hospitals need them first.

How should I prepare?

It is a good idea to stock up on essential medication, supplies and non-perishable food. The first thing everyone should do is talk to your loved ones and make a plan.