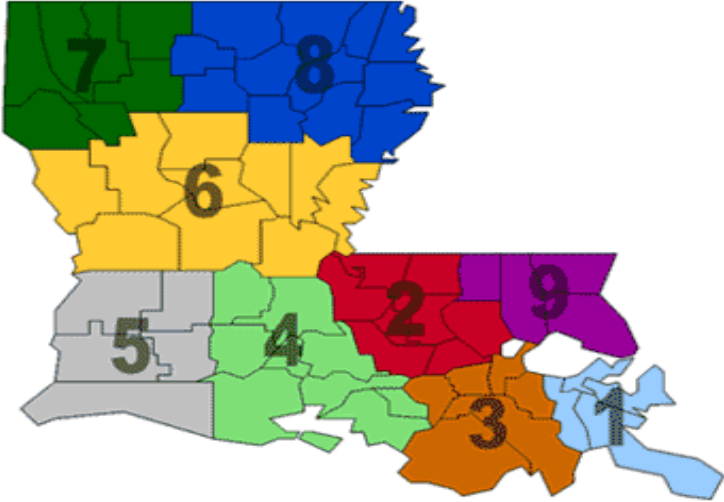


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| <a href="https://consumerfinance.gov/coronavirus">consumerfinance.gov/coronavirus</a>   | Protecting your finances during the coronavirus pandemic   |
| <a href="https://consumerfinance.gov/consumer-tools/debt-collection">consumerfinance.gov/consumer-tools/debt-collection</a>   | Debt collection issues can be challenging. You don't have to face them alone. Our resources can help you understand how debt collection works and what your rights are.  |
| <a href="https://consumerfinance.gov/complaint">consumerfinance.gov/complaint</a>   | Complaints give us insights into problems people are experiencing in the marketplace and help us regulate consumer financial products and services under existing federal consumer financial laws, enforce those laws judiciously, and educate and empower consumers to make informed financial decisions.                             |
| <a href="https://www.annualcreditreport.com">www.annualcreditreport.com</a>   | During these times of COVID-19, accessing your credit is important. That's why Equifax, Experian, and TransUnion are now offering free weekly online reports through April 2021.   |
| <a href="https://www.consumerfinance.gov/coronavirus/servicemembers/">https://www.consumerfinance.gov/coronavirus/servicemembers/</a>                                     | Although veterans will continue to receive their benefits and active-duty servicemembers will continue to receive their pay, some military personnel and their families are facing financial strain due to lost employment or changes in military orders. If you need financial assistance as a result of the pandemic, there is help. |
| <a href="https://www.consumerfinance.gov/practitioner-resources/your-money-your-goals/">https://www.consumerfinance.gov/practitioner-resources/your-money-your-goals/</a> | Your Money, Your Goals is a set of financial empowerment materials for organizations that help people meet their financial goals by increasing their knowledge, skills, and resources.   |

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| <a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2427">https://gov.louisiana.gov/index.cfm/newsroom/detail/2427</a>   | Gov. Edwards Issues Statewide Stay at Home Order to Further Fight the Spread of COVID-19 in Louisiana   |
| <a href="https://gov.louisiana.gov/home/">https://gov.louisiana.gov/home/</a>   | Stay At Home Order--Explained as to what is essential reasons for leaving home  |
| <a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2436">https://gov.louisiana.gov/index.cfm/newsroom/detail/2436</a>   | Gov. Edwards Signs Proclamation Outlining Additional Measures Related to COVID-19   |
| <a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2445">https://gov.louisiana.gov/index.cfm/newsroom/detail/2445</a>   | Governor Edwards extends Stay at Home order until 30 April.   |
| <a href="https://www.arklatexhomepage.com/news/louisiana-news/watch-live-governors-april-9-press-briefing-at-230-p-m/amp/">https://www.arklatexhomepage.com/news/louisiana-news/watch-live-governors-april-9-press-briefing-at-230-p-m/amp/</a>                       | Gov. Edwards expects stay-at-home measures to continue through May  |
| <a href="https://www.theadvocate.com/baton_rouge/news/coronavirus/article_9a80a7a2-7ad4-11ea-9cb9-77dedc32486a.html">https://www.theadvocate.com/baton_rouge/news/coronavirus/article_9a80a7a2-7ad4-11ea-9cb9-77dedc32486a.html</a>                                   | Louisiana schools to remain closed for academic year amid coronavirus, John Bel Edwards says  |
| <a href="https://gov.louisiana.gov/news/text-alert-system">https://gov.louisiana.gov/news/text-alert-system</a>   | Gov. Edwards Announces New Text Alert System to Provide Timely COVID-19 Updates   |
| <a href="https://gov.louisiana.gov/assets/Proclamations/2020/46-JBE-2020-Elections-Rescheduled.pdf">https://gov.louisiana.gov/assets/Proclamations/2020/46-JBE-2020-Elections-Rescheduled.pdf</a>   | Statewide Elections Rescheduled Due to State of Emergency Caused by COVID-19  |
| <a href="https://gov.louisiana.gov/assets/Proclamations/2020/43-JBE-2020-Provisions-for-Unemployment.pdf">https://gov.louisiana.gov/assets/Proclamations/2020/43-JBE-2020-Provisions-for-Unemployment.pdf</a>   | Provisions for Unemployment and Necessary State Employees   |
| <a href="https://gov.louisiana.gov/assets/Proclamations/2020/modified/41-JBE-2020-Public-Health-Emergency.pdf">https://gov.louisiana.gov/assets/Proclamations/2020/modified/41-JBE-2020-Public-Health-Emergency.pdf</a>   | Revised Stay At Home Order with Additional Measures for COVID 19  |
| <a href="https://gov.louisiana.gov/assets/Proclamations/2020/47-JBE-2020-State-of-Emergency-Elementary-and-Secondary-Education.pdf">https://gov.louisiana.gov/assets/Proclamations/2020/47-JBE-2020-State-of-Emergency-Elementary-and-Secondary-Education.pdf</a>     | Gov. Edwards Signs Order Closing Louisiana Schools for the Remainder of the Current School Year, Remote Learning Will Continue  |
| <a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2457">https://gov.louisiana.gov/index.cfm/newsroom/detail/2457</a>   | Gov. Edwards Announces Creation of COVID-19 Health Equity Task Force  |
| <a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2454">https://gov.louisiana.gov/index.cfm/newsroom/detail/2454</a>   | Gov. Edwards' COVID-19 Response Fund Issues First Grant   |
| <a href="https://www.wdsu.com/article/coronavirus-updates-in-louisiana-25-739-covid-19-cases-in-state-1540-deaths-reported/32253126#">https://www.wdsu.com/article/coronavirus-updates-in-louisiana-25-739-covid-19-cases-in-state-1540-deaths-reported/32253126#</a> | Gov. John Bel Edwards has been outlining some of the efforts Louisiana will take when it begins to reopen its businesses in phases amid the ongoing COVID-19 pandemic.  |
| <a href="https://gov.louisiana.gov/home-order-extended-may15/">https://gov.louisiana.gov/home-order-extended-may15/</a>   | Gov. Edwards Will Extend Stay at Home Order Until May 15 to Continue Flattening the Curve and Slowing the Spread of COVID-19  |
| <a href="https://gov.louisiana.gov/can-this-business-open/">https://gov.louisiana.gov/can-this-business-open/</a>   | The Governor has extended the Stay at Home order until May 15, which means some businesses are still directed to be closed, but many businesses can be open, with some restrictions in place to protect the public and their employees. |
| <a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2479">https://gov.louisiana.gov/index.cfm/newsroom/detail/2479</a>   | Gov. Edwards Formally Extends Louisiana's Stay at Home Order Until May 15   |
| <a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2480">https://gov.louisiana.gov/index.cfm/newsroom/detail/2480</a>   | Gov. Edwards Releases New PSAs Encouraging the Extended Stay at Home Order and How Louisiana Moves Toward Phase One   |
| <a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2481">https://gov.louisiana.gov/index.cfm/newsroom/detail/2481</a>   | Open Safely Program Activates Across Louisiana  |
| <a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2487">https://gov.louisiana.gov/index.cfm/newsroom/detail/2487</a>   | State of Louisiana Will Hire Hundreds of Louisianans as Contact Tracers to Fight the Spread of COVID-19   |
| <a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2488">https://gov.louisiana.gov/index.cfm/newsroom/detail/2488</a>   | Gov. Edwards: Louisiana will Move to Phase One Statewide on May 15, COVID-19 Stay at Home Order will be Lifted for Louisianans  |
| <a href="https://gov.louisiana.gov/assets/Proclamations/2020/59-JBE-2020.pdf">https://gov.louisiana.gov/assets/Proclamations/2020/59-JBE-2020.pdf</a>   | Renewal of State of Emergency for COVID-19 Extension of Emergency Provisions  |
| <a href="https://gov.louisiana.gov/assets/Proclamations/2020/58-JBE-2020.pdf">https://gov.louisiana.gov/assets/Proclamations/2020/58-JBE-2020.pdf</a>   | State of Emergency for COVID-19 Phase 1 of Resilient Louisiana  |
| <a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2505">https://gov.louisiana.gov/index.cfm/newsroom/detail/2505</a>   | Gov. Edwards Issues Statement on Louisiana's April Unemployment Rate  |
| <a href="https://gov.louisiana.gov/index.cfm/page/101">https://gov.louisiana.gov/index.cfm/page/101</a>   | Contact Tracing   |
| <a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2521">https://gov.louisiana.gov/index.cfm/newsroom/detail/2521</a>   | Gov. Edwards Announces Louisiana's Roadmap to Resilience Will Start Phase 2 on Friday, June 5   |
| <a href="https://gov.louisiana.gov/assets/Proclamations/2020/74-JBE-2020-State-of-Emergency-COVID-19-Resilient-Louisiana-Phase-2.pdf">https://gov.louisiana.gov/assets/Proclamations/2020/74-JBE-2020-State-of-Emergency-COVID-19-Resilient-Louisiana-Phase-2.pdf</a> | STATE OF EMERGENCY FOR COVID-19 PHASE 2 OF RESILIENT LOUISIANA  |
| <a href="https://gov.louisiana.gov/assets/Proclamations/2020/75-JBE-2020-State-of-Emergency-COVID-19-Extension-to-June-26.pdf">https://gov.louisiana.gov/assets/Proclamations/2020/75-JBE-2020-State-of-Emergency-COVID-19-Extension-to-June-26.pdf</a>               | RENEWAL OF STATE OF EMERGENCY FOR COVID-19 EXTENSION OF EMERGENCY PROVISIONS  |
| <a href="http://ldh.la.gov/assets/oph/Rulemaking/er/LDHNNoticeonCBAFacilitiesCLARIF6420.pdf">http://ldh.la.gov/assets/oph/Rulemaking/er/LDHNNoticeonCBAFacilitiesCLARIF6420.pdf</a>   | CLARIFICATION OF EMERGENCY ORDER  |

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| <a href="http://www.ldh.la.gov">www.ldh.la.gov</a>  | Information on this page is updated daily at 0930 and 1730   |
| Dial 211, Text LACOVID to 898-211, <a href="http://LA211Help.org">http://LA211Help.org</a>  | For questions or the most current information  |
| <a href="https://www.cdc.gov/coronavirus/2019-ncov/index.html">https://www.cdc.gov/coronavirus/2019-ncov/index.html</a>   | Info and Resources on Coronavirus (COVID-19) & more  |
| <a href="http://ldh.la.gov/index.cfm/page/3878">http://ldh.la.gov/index.cfm/page/3878</a>   | Coronavirus COVID-19 Guidance and Resources  |
| <a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2468">https://gov.louisiana.gov/index.cfm/newsroom/detail/2468</a>   | The Louisiana Department of Health Issues Revised Order for Medical and Surgical Procedures  |
| <a href="https://www.cdc.gov/coronavirus/2019-ncov/travelers/communication-resources.html">https://www.cdc.gov/coronavirus/2019-ncov/travelers/communication-resources.html</a>   | Communication Resources for Travelers  |
| <a href="https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fpregnancy-faq.html">https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fpregnancy-faq.html</a> | Pregnancy & Breastfeeding Information about Coronavirus Disease  |
| <a href="http://ldh.la.gov/index.cfm/page/3872">http://ldh.la.gov/index.cfm/page/3872</a>   | Coronavirus (COVID-19) Medicaid Information  |
| <a href="http://ladedthealth.blogspot.com/2020/05/how-one-hard-hit-state-is-rallying-to.html">http://ladedthealth.blogspot.com/2020/05/how-one-hard-hit-state-is-rallying-to.html</a>   | How one hard-hit state is rallying to support those with addiction amidst COVID-19   |
| <a href="https://www.yahoo.com/news/coronavirus-infections-are-rising-as-states-reopen-potentially-signaling-a-second-wave-154847924.html">https://www.yahoo.com/news/coronavirus-infections-are-rising-as-states-reopen-potentially-signaling-a-second-wave-154847924.html</a>   | Coronavirus infections are rising as states reopen, potentially signaling a second wave  |
| <a href="http://ldh.la.gov/assets/oph/Center-CP/HANS/HANS20-36ContactTracingforCOVID-19.pdf">http://ldh.la.gov/assets/oph/Center-CP/HANS/HANS20-36ContactTracingforCOVID-19.pdf</a>   | Contact Tracing for COVID-19 in Louisiana  |
| <a href="http://ldh.la.gov/index.cfm/newsroom/detail/5615">http://ldh.la.gov/index.cfm/newsroom/detail/5615</a>   | Louisiana Department of Health announces 11 partners to execute comprehensive testing plan   |
| <a href="http://ldh.la.gov/assets/oph/Coronavirus/resources/TestingPlan/LDHTesting-Plan-Summary.pdf">http://ldh.la.gov/assets/oph/Coronavirus/resources/TestingPlan/LDHTesting-Plan-Summary.pdf</a>   | Louisiana Department of Health Testing Plan Summary  |
| <a href="https://ldhcovid19.typeform.com/to/YWNtvZ">https://ldhcovid19.typeform.com/to/YWNtvZ</a>   | This quick survey will help to provide recommendations on how you can keep yourself and loved ones healthy. All details you share will be kept anonymous and won't be used for any purpose other than to give you some advice. |
|    | Louisiana broken into regions.   |

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| Florida                       | <a href="https://www.visitflorida.com/en-us/current-travel-safety-information.html">https://www.visitflorida.com/en-us/current-travel-safety-information.html</a>   | Here's the latest information and guidance regarding COVID-19 from Florida Gov. Ron DeSantis |
| Military Personnel            | <a href="https://www.militaryonesource.mil/moving-housing/moving/planning-your-move/what-do-travel-restrictions-mean-for-military-families?fbclid=IwAR0J2FucEXABkpPoGuLSWKxk3UUeUbH1Mnsm09QTPd5YUpkqnwMK4_jeY">https://www.militaryonesource.mil/moving-housing/moving/planning-your-move/what-do-travel-restrictions-mean-for-military-families?fbclid=IwAR0J2FucEXABkpPoGuLSWKxk3UUeUbH1Mnsm09QTPd5YUpkqnwMK4_jeY</a> | What Do Travel Restrictions Mean for Military Families?                                      |
| President Trump               | <a href="https://www.kalb.com/content/news/Trump-says-he-wont-extend-social-distancing-guidelines-570050721.html">https://www.kalb.com/content/news/Trump-says-he-wont-extend-social-distancing-guidelines-570050721.html</a>   | Trump says he won't extend social distancing guidelines                                      |
| Military Bases                | <a href="https://www.military.com/daily-news/2020/05/19/here-are-rules-wearing-face-masks-military-bases.html?utm_medium=Social&amp;utm_source=Facebook#Echobox=1589919629">https://www.military.com/daily-news/2020/05/19/here-are-rules-wearing-face-masks-military-bases.html?utm_medium=Social&amp;utm_source=Facebook#Echobox=1589919629</a>   | Rules for wearing face masks on Military bases   |
| Military Bases                | <a href="https://www.military.com/daily-news/2020/05/19/states-relax-rules-military-bases-take-first-reopening-steps.html?utm_medium=Social&amp;utm_source=Facebook#Echobox=1589918429">https://www.military.com/daily-news/2020/05/19/states-relax-rules-military-bases-take-first-reopening-steps.html?utm_medium=Social&amp;utm_source=Facebook#Echobox=1589918429</a>   | Military bases take first reopening steps as States relax                                    |
| State and Host Nations        | <a href="https://www.militarytimes.com/news/your-military/2020/06/08/travel-restrictions-lifted-by-dod-at-these-states-and-host-nations/">https://www.militarytimes.com/news/your-military/2020/06/08/travel-restrictions-lifted-by-dod-at-these-states-and-host-nations/</a>   | Travel restrictions lifted by DoD at these states and host nations                           |

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As you are probably aware the federal government has taken swift measures to provide paid leave for employees who must miss work because of the impact of COVID-19 under the Families First Coronavirus Response Act. The act requires certain employers to provide paid sick leave but also provides for employment tax credits to offset the costs.

We hope to clarify the legislation and information as it becomes available so you can plan during the uncertainty of these economic times. The Act is still being interpreted and we are waiting on more guidance, but here is what we know now:

What employers are covered? Employers who employ less than 500 employees are required to provide paid sick leave to their employees. The Act exempts employers with less than 50 employees from paying the mandated sick time for employees who are caring for child whose school or other care is closed if the requirements would "jeopardize the viability of the business as a going concern".

What employees are covered? Full and part time employees are covered if they fall under the following categories:

1. Subject to a Federal, State or local quarantine or isolation order related to COVID-19
2. Advised by a healthcare provider to self-quarantine due to concerns related to COVID-19
3. Experiencing symptoms of COVID-19 and seeking a medical diagnosis
4. Caring for an individual who is quarantined
5. Caring for a son or daughter if the school or other child care provider is closed due to COVID-19 precautions
6. Experiencing other similar conditions specified by governmental entities

What amount should be paid? For full time workers, up to 80 hours of paid sick time is mandated. Part time workers are paid based on the average number of hours over a two-week period. The amount to be paid depends on the category (listed above):

1. 100% of the employee's regular rate of pay for categories 1-3 (listed above) with a maximum amount of \$511 per day/\$5,110 total
2. Two-thirds of the employee's regular rate of pay for categories 4-6 (listed above) with a maximum amount of \$200 per day/\$2,000 total

What if the employer already has other paid leave? The employer cannot require that the employee use other paid leave before the emergency leave provided by the law

How does the credit work? The employer receives a credit for the amount paid against the employer portion of Social Security taxes on wages paid for that quarter. Excess sick paid time over the Social Security taxes is a refundable overpayment. The amount of the credit also covers any health plan expenses allocated to the sick leave period such as the cost of the group health plan. The credit is also increased by the employer's share of Medicare taxes on the mandated sick pay. The limits on the credit mirror the limits on the amount required to be paid (see above). The employer will claim the credit on the Form 941 for the quarter. If a refund is due, the IRS will provide for an accelerated payment. The expedited procedure for any refund due has not been announced yet.

How will the paid sick leave and corresponding credits impact payroll tax and income tax for the employer? The sick leave will not be subject to the employer portion of Social Security taxes. The credit will be considered income to the employer which offsets the cost of the paid sick leave for the net zero effect.

How will the paid sick leave and corresponding credits impact the income tax for the employee? The paid sick time will be includible in the employee's income as wages.

What about the expansion of Emergency Family and Medical Leave? The new law also expanded the FMLA to apply to the employers covered under the Emergency Paid Leave. Employers are required to provide paid leave for employees who have been employed for at least 30 calendar days and are unable to work due to a need to care for a son or daughter under age 18 if the school or child care provider has closed. The amount paid under this Emergency Family and Medical Leave is limited to \$200 per day/\$10,000 in total. The first 10 days of leave may be unpaid under this section, and the employee can choose to use any accrued paid time off such as vacation or sick time during the first 10 days of this unpaid leave.

When does this apply? According to the Department of Labor, the law applies from April 1, 2020 through December 31, 2020. However, the first 30 days are going to be considered a "non-enforcement period" as long as the employer is acting reasonably and in good faith to comply.

What about self-employed individual? Self-employed individuals can also receive a credit against SECA taxes on their individual income tax returns for an equivalent amount.

What else should I know? There are provisions that prevent any doubling of credits under either the Emergency Paid Sick Time or the Emergency Family and Medical Leave. The Department of Labor will be providing a model notice for employers.

Please note that as this is brand new legislation, we are doing our best to interpret and explain it. However, details may change with additional information. More guidance should be coming on this law that will hopefully give more clarity.

<https://www.dol.gov/agencies/whd/pandemic>

COVID-19 and the American Workplace  
Temporary Rule: Paid Leave under the Families  
First Coronavirus Response Act

<https://www.dol.gov/agencies/whd/pandemic/ffcra-questions>

Families First Coronavirus Response Act:  
Questions and Answers

<https://www.dol.gov/agencies/whd/fmla/pandemic>

COVID-19 and the Family and Medical Leave Act  
Questions and Answers

<https://www.benefitnews.com/opinion/understanding-new-paid-leave-rules-in-the-coronavirus-response-act>

Understanding new paid leave rules in the  
Coronavirus Response Act

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| <a href="http://opportunitylouisiana.com/covid-19-assistance">opportunitylouisiana.com/covid-19-assistance</a>  | Economic Development (Assistance for Businesses)  |   |
| <a href="http://dcfs.louisiana.gov/page/coronavirus">dcfs.louisiana.gov/page/coronavirus</a>  | Children and Family Services  | 888-524-3578 Text GETSNAP (no spaces) to 898211 |
| <a href="http://louisianabelieves.com/resources/covid-19">louisianabelieves.com/resources/covid-19</a>  | Louisiana Department of Education   |   |
| <a href="http://revenue.louisiana.gov/NewsAndPublications/COVID19">revenue.louisiana.gov/NewsAndPublications/COVID19</a>  | Louisiana Department of Revenue   |   |
| <a href="http://ldi.louisiana.gov/consumers/insurance-type/healthinsurance/covid-19/">ldi.louisiana.gov/consumers/insurance-type/healthinsurance/covid-19/</a>  | Louisiana Department of Insurance   |   |
| <a href="http://expresslane.org">expresslane.org</a>  | Louisiana Office of Motor Vehicles  |   |
| <a href="http://gov.louisiana.gov/index.cfm/page/89">gov.louisiana.gov/index.cfm/page/89</a>  | Governors Office  |   |
| <b>You can call 211 for ANY questions about the Coronavirus</b>   |   |   |
| <a href="http://ldh.la.gov/index.cfm/page/3878">http://ldh.la.gov/index.cfm/page/3878</a>   | Coronavirus COVID-19 Guidance & Resources   | ***Updated Daily***                             |
| <a href="https://coronavirus.la.gov/">https://coronavirus.la.gov/</a>   | State of Louisiana Coronavirus Updates  | **Newly Created**                               |
| <a href="https://docs.google.com/document/d/e/2PACX-1vTNTnJqQ-V3jKkAYBBg1lOraB6STIGtimrOXlvX_mg0zwwPJABfclCgcLdMvW_9X3OvLlGOwUgQogIw/pub">https://docs.google.com/document/d/e/2PACX-1vTNTnJqQ-V3jKkAYBBg1lOraB6STIGtimrOXlvX_mg0zwwPJABfclCgcLdMvW_9X3OvLlGOwUgQogIw/pub</a>   | COVID-19 FAQs for Louisiana   | ***Updated Daily***                             |
| <a href="https://fhfogn.org/covid-19-resources">https://fhfogn.org/covid-19-resources</a>   | Families Helping Families-COVID-19 Resources  |   |
| <a href="https://www.brla.gov/AlertCenter.aspx?utm_campaign=55648d1d-5a41-46da-891e-1881aaa5581d&amp;utm_medium=community&amp;utm_source=">https://www.brla.gov/AlertCenter.aspx?utm_campaign=55648d1d-5a41-46da-891e-1881aaa5581d&amp;utm_medium=community&amp;utm_source=</a> | Alert Center allows you to view all alerts and emergencies in your area. If there are alerts or emergencies, they will be listed below by category. (Baton Rouge Area Only) | 0   |
| <a href="https://www.kalb.com/content/news/Farm-aid-program-opens-for-applications-Tuesday-570765591.html">https://www.kalb.com/content/news/Farm-aid-program-opens-for-applications-Tuesday-570765591.html</a>   | Farm aid program opens for applications Tuesday   |   |
| <a href="https://rapidesregional.com/covid-19/">https://rapidesregional.com/covid-19/</a>   | Coronavirus Resource Hub Central Louisiana  |   |
| <a href="http://www.LA211Help.org">www.LA211Help.org</a>  | Dial 211. Text LACOVID to 898-211. To speak with 211 about available resources and services   |   |
| Dial 1-800-CHILDREN (244-5373) or text 225-244-5373   | Kidline provides free emotional support, information and referrals for parents / caregivers.  |   |
| Dial 1-866-310-7977   | Speak with a trained, compassionate counselor 24/7  |   |
| Text REACHOUT to 741741   | Speak with a crisis counselor for 24/7 support  |   |
| Text 504-777-EASE (3273)  | Teenagers in need of support or counseling  |   |
| <a href="http://www.lsu.edu/it_services/remote/discounted-internet.php">www.lsu.edu/it_services/remote/discounted-internet.php</a>  | Discounted Internet Services  |   |
| <a href="http://www.internetessentials.com">www.internetessentials.com</a>  | Wireless Connectivity   |   |
| <a href="http://bitly.com/LAfreewireless">bitly.com/LAfreewireless</a>  | Wireless / Landline Phone Service   |   |
| <a href="http://www.wiman.me/united-states/free-wifi-baton-rouge">www.wiman.me/united-states/free-wifi-baton-rouge</a>  | Free hot spots  |   |
| <a href="http://www.feedinglouisiana.org/covid-19">www.feedinglouisiana.org/covid-19</a>  | Dial 225-308-2038. Feeding Louisiana provides information on food assistance  |   |
| <a href="http://cnp.doe.louisiana.gov">cnp.doe.louisiana.gov</a>  | Information on meal services for children   |   |
| <a href="http://bitly.com/Lamedicaid">bitly.com/Lamedicaid</a>  | Dial 1-888-342-6207 for Medicaid assistance   |   |
| <a href="http://www.laworks.net">www.laworks.net</a>  | Dial 1-888-753-5567 for Unemployment Assistance   |   |
| Dial 1-888-HELP-U (524-3578)  | Text GETSNAP to 898-211 for SNAP Assistance   |   |
| <a href="http://ldh.la.gov/assets/oph/coronavirus/resources/obh/COVID19_BehavioralHealthResources_statewidewithLGEs.pdf">http://ldh.la.gov/assets/oph/coronavirus/resources/obh/COVID19_BehavioralHealthResources_statewidewithLGEs.pdf</a>                                     | For any age dial via link 211 or 1-800-749-2673   |   |
| <a href="https://www.la-law.org/home/covid-19-legal-information-and-resources/">https://www.la-law.org/home/covid-19-legal-information-and-resources/</a>   | Acadiana Legal Services Corporation   |   |
| <a href="https://www.kalb.com/2020/06/18/sen-cassidy-announces-225-million-in-covid-19-response-funding-for-louisiana/">https://www.kalb.com/2020/06/18/sen-cassidy-announces-225-million-in-covid-19-response-funding-for-louisiana/</a>                                       | Sen. Cassidy announces \$225 million in COVID-19 response funding for Louisiana   |   |



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| <a href="https://www.cbsnews.com/news/stimulus-checks-social-security-recipients-will-automatically-get-checks-treasury-reversal/">https://www.cbsnews.com/news/stimulus-checks-social-security-recipients-will-automatically-get-checks-treasury-reversal/</a>   | Social Security recipients will automatically get stimulus checks, Treasury says in reversal  |
| <a href="https://www.aarp.org/politics-society/advocacy/info-2020/coronavirus-stimulus-checks.htm">https://www.aarp.org/politics-society/advocacy/info-2020/coronavirus-stimulus-checks.htm</a>   | Stimulus Checks: Who Is Eligible and How Much Will They Be?   |
| <a href="https://www.nytimes.com/article/coronavirus-stimulus-package-questions-answers.html">https://www.nytimes.com/article/coronavirus-stimulus-package-questions-answers.html</a>   | F.A.Q. on Stimulus Checks, Unemployment and the Coronavirus Plan  |
| <a href="https://www.cnn.com/2020/04/01/politics/stimulus-money-distribution-individuals/index.html">https://www.cnn.com/2020/04/01/politics/stimulus-money-distribution-individuals/index.html</a>   | When will you get your stimulus cash, and how?  |
| <a href="https://www.irs.gov/coronavirus/economic-impact-payments">https://www.irs.gov/coronavirus/economic-impact-payments</a>   | The IRS is committed to helping you get your Economic Impact Payment as soon as possible. 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. |
| <a href="https://www.nbcnews.com/politics/politics-news/coronavirus-stimulus-checks-irs-launches-online-form-get-money-faster-n1184436">https://www.nbcnews.com/politics/politics-news/coronavirus-stimulus-checks-irs-launches-online-form-get-money-faster-n1184436</a>                                       | Coronavirus stimulus checks: IRS launches online form to get money faster   |
| <a href="https://www.kalb.com/content/news/IRS-issues-a-special-alert-for-VA-SSI-recipients-who-dont-file-a-tax-return-and-have-dependents-569956851.html">https://www.kalb.com/content/news/IRS-issues-a-special-alert-for-VA-SSI-recipients-who-dont-file-a-tax-return-and-have-dependents-569956851.html</a> | IRS issues a special alert for VA, SSI recipients who don't file a tax return and have dependents   |
| <a href="https://www.forbes.com/sites/ryanguina/2020/04/21/second-stimulus-payment-proposals/">https://www.forbes.com/sites/ryanguina/2020/04/21/second-stimulus-payment-proposals/</a>   | Stimulus Payment Round 2: A Rundown Of The 3 Current Stimulus Proposals   |
| <a href="https://www.yahoo.com/finance/news/the-case-for-monthly-coronavirus-stimulus-checks-americans-need-consistent-liquidity-175809258.html">https://www.yahoo.com/finance/news/the-case-for-monthly-coronavirus-stimulus-checks-americans-need-consistent-liquidity-175809258.html</a>                     | The case for monthly coronavirus stimulus checks: Americans 'need consistent liquidity'   |
| <a href="https://www.kalb.com/content/news/Congress-weighs-choice-Go-big-on-virus-aid-or-hit-pause-570763221.html">https://www.kalb.com/content/news/Congress-weighs-choice-Go-big-on-virus-aid-or-hit-pause-570763221.html</a>   | Deadlocked Congress shifts virus focus to small business aid  |
| <a href="https://www.aarp.org/money/taxes/info-2020/missed-stimulus-payment-claims.html?cmp=SNO-ICM-FB-COVID-SP&amp;socialid=3378234842">https://www.aarp.org/money/taxes/info-2020/missed-stimulus-payment-claims.html?cmp=SNO-ICM-FB-COVID-SP&amp;socialid=3378234842</a>                                     | 6 Ways to Get a Stimulus Payment in 2021  |
| <a href="https://www.nbcnews.com/politics/donald-trump/trump-opens-door-another-round-stimulus-checks-direct-deposits-n1231780">https://www.nbcnews.com/politics/donald-trump/trump-opens-door-another-round-stimulus-checks-direct-deposits-n1231780</a>   | Trump opens door to another round of stimulus checks, direct deposits   |

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| <a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2467">https://gov.louisiana.gov/index.cfm/newsroom/detail/2467</a> | Gov. Edwards Creates Resilient Louisiana Commission: Panel to focus on economic growth, resiliency in response to COVID-19 pandemic   |
|   |   |
| <a href="https://www.opportunitylouisiana.com/resilientlouisiana">https://www.opportunitylouisiana.com/resilientlouisiana</a>   | A state commission charged with examining Louisiana’s economy amid the COVID-19 pandemic and making recommendations for more resilient business-related activities and commerce in the coming months. |
|   |   |
| <a href="https://www.opportunitylouisiana.com/led-news">https://www.opportunitylouisiana.com/led-news</a>                       | Louisiana in the News   |

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| <a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2457">https://gov.louisiana.gov/index.cfm/newsroom/detail/2457</a> | Gov. Edwards Announces Creation of COVID-19 Health Equity Task Force  |
| <a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2469">https://gov.louisiana.gov/index.cfm/newsroom/detail/2469</a> | Gov. Edwards Announces Co-Chairs, Members of COVID-19 Health Equity Task Force and Subcommittees                              |
| <a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2473">https://gov.louisiana.gov/index.cfm/newsroom/detail/2473</a> | Gov. Edwards Announces Funding to the Health Equity Task Force to Examine Causes and Solutions to COVID-19 Racial Disparities |

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| <a href="https://www.wlvt.com/article/news/health/coronavirus/louisiana-begins-to-reopen-after-coronavirus-cases-decline/289-d719405c-a707-41a7-81ad-da83d9c4a7e5?fbclid=IwAR1NJH2dR-njgAtjQu833tI8hKypapYwHnEN_pUWV3zPw6eUnvL6vtDpiTg?fbclid=IwAR1NJH2dR-njgAtjQu833tI8hKypapYwHnEN_pUWV3zPw6eUnvL6vtDpiTg">https://www.wlvt.com/article/news/health/coronavirus/louisiana-begins-to-reopen-after-coronavirus-cases-decline/289-d719405c-a707-41a7-81ad-da83d9c4a7e5?fbclid=IwAR1NJH2dR-njgAtjQu833tI8hKypapYwHnEN_pUWV3zPw6eUnvL6vtDpiTg?fbclid=IwAR1NJH2dR-njgAtjQu833tI8hKypapYwHnEN_pUWV3zPw6eUnvL6vtDpiTg</a> | 10 things you can do as Louisiana eases coronavirus rules   |
| <a href="https://www.theadvocate.com/baton_rouge/news/coronavirus/article_2df4bb9e-93c2-11ea-bbc2-ab0f3297b343.html">https://www.theadvocate.com/baton_rouge/news/coronavirus/article_2df4bb9e-93c2-11ea-bbc2-ab0f3297b343.html</a>   | Louisiana coronavirus reopening, Phase I: What's open and what's closed?  |
| <a href="https://www.wafb.com/2020/05/06/faq-questions-related-louisianas-phase-reopening/">https://www.wafb.com/2020/05/06/faq-questions-related-louisianas-phase-reopening/</a>   | FAQ: Questions related to Louisiana's Phase 1 of reopening  |
| <a href="https://www.cnn.com/us/live-news/us-coronavirus-update-05-14-20/index.html">https://www.cnn.com/us/live-news/us-coronavirus-update-05-14-20/index.html</a>   | Coronavirus pandemic in the US  |
| <a href="https://www.insidehighered.com/news/2020/05/14/live-updates-latest-news-coronavirus-and-higher-education">https://www.insidehighered.com/news/2020/05/14/live-updates-latest-news-coronavirus-and-higher-education</a>   | Live Updates: Latest News on Coronavirus and Higher Education   |
| <a href="https://money.yahoo.com/heres-what-a-second-round-of-stimulus-checks-would-look-like-173215106.html">https://money.yahoo.com/heres-what-a-second-round-of-stimulus-checks-would-look-like-173215106.html</a>   | Coronavirus stimulus checks: Here's what a second round could look like   |
| <a href="https://www.expresslane.org">expresslane.org</a>   | Renew driver licenses and identification cards, renew your vehicle registration and check the status of your license for flags or blocks. |

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| <a href="https://www.wvltv.com/article/news/health/coronavirus/louisiana-begins-phase-2-of-reopening-on-friday-heres-what-can-reopen/289-473af144-7852-464a-81b7-194042635fef?fbclid=IwAR1_Z90RGd0C8pQx1TDSAt4t--wY1SaCCLxa-a32ndhTjnCE4aCthcex4mo?fbclid=IwAR1_Z90RGd0C8pQx1TDSAt4t--wY1SaCCLxa-a32ndhTjnCE4aCthcex4mo">https://www.wvltv.com/article/news/health/coronavirus/louisiana-begins-phase-2-of-reopening-on-friday-heres-what-can-reopen/289-473af144-7852-464a-81b7-194042635fef?fbclid=IwAR1_Z90RGd0C8pQx1TDSAt4t--wY1SaCCLxa-a32ndhTjnCE4aCthcex4mo?fbclid=IwAR1_Z90RGd0C8pQx1TDSAt4t--wY1SaCCLxa-a32ndhTjnCE4aCthcex4mo</a> | Louisiana begins Phase 2 of reopening on Friday, June 5, 2020. Here is what can reopen. |
| <a href="https://www.theadvocate.com/baton_rouge/news/coronavirus/article_ee4ff1ac-a424-11ea-8b66-5b6b118f2ab3.html">https://www.theadvocate.com/baton_rouge/news/coronavirus/article_ee4ff1ac-a424-11ea-8b66-5b6b118f2ab3.html</a>   | Louisiana moving to Phase 2 of coronavirus restrictions; here's what that means         |
| <a href="https://www.theadvertiser.com/story/news/local/louisiana/2020/06/01/coronavirus-louisiana-phase-2-reopening-businesses-social-distancing/5300694002/">https://www.theadvertiser.com/story/news/local/louisiana/2020/06/01/coronavirus-louisiana-phase-2-reopening-businesses-social-distancing/5300694002/</a>   | What happens in Phase 2 reopening for Louisiana residents and businesses amid COVID-19  |
| <a href="https://www.wdsu.com/article/new-orleans-to-outline-phase-two-reopening-efforts-discuss-latest-covid-19-data/32815201?fbclid=IwAR3J489824yIZHIDoBgrEbJbtmuhn6nL8hUokg_zjvLtmDPb0frrcVPQUPE">https://www.wdsu.com/article/new-orleans-to-outline-phase-two-reopening-efforts-discuss-latest-covid-19-data/32815201?fbclid=IwAR3J489824yIZHIDoBgrEbJbtmuhn6nL8hUokg_zjvLtmDPb0frrcVPQUPE</a>   | New Orleans moving into phase two this weekend; here's what it means for businesses     |
| <a href="https://www.wafb.com/2020/06/18/cases-spike-gov-edwards-issues-stern-warning/">https://www.wafb.com/2020/06/18/cases-spike-gov-edwards-issues-stern-warning/</a>   | As cases spike, Gov. Edwards issues stern warning                                       |

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| <a href="https://www.thenewsstar.com/story/news/2020/06/22/louisiana-governor-john-bel-edwards-postpones-phase-3-amid-coronavirus-spike/3234649001/">https://www.thenewsstar.com/story/news/2020/06/22/louisiana-governor-john-bel-edwards-postpones-phase-3-amid-coronavirus-spike/3234649001/</a> | Louisiana Governor John Bel Edwards postpones Phase 3 amid coronavirus spike            |
| <a href="https://www.theadvocate.com/baton_rouge/news/coronavirus/article_1c2601f0-b4a8-11ea-a611-67b72e7a3c5a.html">https://www.theadvocate.com/baton_rouge/news/coronavirus/article_1c2601f0-b4a8-11ea-a611-67b72e7a3c5a.html</a>   | Phase 3 in Louisiana put off amid coronavirus spike; here's how long Phase 2 might last |

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[Stateocdonations@la.gov](mailto:Stateocdonations@la.gov)

FYI, if anyone contacts you saying they would like to make a donation of any kind, feel free to give them the email address listed





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| Bayou Region | Ochsner Urgent Care-Houma 5922 West Main Street, Suite A, Houma   |  |  |  |  |
| Northshore   | Ochsner Urgent Care-Mandeville 2735 Highway 190, Suite D, Mandeville  |  |  |  |  |
| New Orleans  | Ochsner Urgent Care-Mid City at Canal 4100 Canal Street, New Orleans  |  |  |  |  |
| Alexandria   | Parking Lot of the Rapides Parish Coliseum**must present with a fever above 100.4 degrees to be tested <b>Times Vary Weekly</b> |  |  |  |  |
| Lake Charles | Burton Coliseum   |  |  |  |  |
| Lafayette    | Cajun Dome  |  |  |  |  |
| Lafayette    | Blackham Coliseum   |  |  |  |  |
| Boutte       | Hahnville High School 0800-1200 or until 250 tests have been administered   |  |  |  |  |
| Abbeville    | Abbeville General Coliseum  |  |  |  |  |
| Gramercy     | Gramercy Elementary School (Opens 16 April at 0800) Must be at least 18 years old and must be in line by 1200 to be tested      |  |  |  |  |
| Erath        | Erath Community Center  |  |  |  |  |

| REGION | TESTING CENTERS  | ADDRESSES  | HOURS OF OPERATION   | REQUIREMENTS  | MISCELLANEOUS   |
|--------|--|--|--|---|---|
| ONE    | Ochsner Center for Primary Care & Wellness                 | 1401 Jefferson Hwy, New Orleans                                      |  | Ochsner patients only - orders come through EMR   |   |
|        | West Jeff Medical Center - Marrero                         | 1101 Medical Center Blvd, Marrero                                    | Hotline open 8am-11pm: 504-962-6202. Screening center is open 7 days a week from 12pm-8pm. | Anyone experiencing symptoms is encouraged to call the hotline #: 504-962-6202. If further evaluation is deemed necessary patients will be instructed to visit the drive through Screening Center. Patients are asked to bring valid ID and insurance card. | <a href="https://www.ochsner.org/coronavirus">https://www.ochsner.org/coronavirus</a>                               |
|        | Orchard Care UNO Lakewood                                  | 1831 Elysian Fields Ave, New Orleans                                 | 8:30am-5pm, M-F  | Screening for fever and cough upon arrival. Please  | <a href="https://orchardcare.com">https://orchardcare.com</a>   |
|        | Alario Center  | 6801 Franklin Ave, New Orleans                                       | 8am-6pm  | All clients are asked to please call ahead before visit   |   |
|        | New Orleans East Hospital                                  | 2000 Seagrette Blvd, Westwego  | 8am-6pm  | Screening for fever and cough upon arrival. Please  |   |
|        |  | 5620 Reed Blvd, New Orleans  | 8am-5pm, M-F   | Patients experience symptoms of fever over 100.4,   | <a href="https://www.roebhospital.org/testingcenter">https://www.roebhospital.org/testingcenter</a>                 |
| TWO    | Baton Rouge Regional - Mid City Campus                     | 3600 Florida Blvd, Baton Rouge                                       | 12:30pm-2pm, Monday, Wednesday, Friday   | Requires physician order. Physician order fax #: 225-   | <a href="https://www.brgeneral.org/coronavirus-information/">https://www.brgeneral.org/coronavirus-information/</a> |
|        | St. Elizabeth Hospital - OLOL Ascension                    | 1125 Louisiana 30 W, Gonzales  | 1pm-3pm, M-F   | Open to existing St. Elizabeth OLOL Ascension   |   |
|        | Women's Center for Wellness                                | 9637 Jefferson Hwy #2632, Baton Rouge                                |  | Testing available for women in their 3rd trimester and  |   |
| THREE  | Terrebonne General Medical Center                          | Drive through will be located at the Medical Arts building located   | Tuesday, March 31st 9am-12pm; Wednesday, April   | Will serve anyone symptomatic along with healthcare   |   |
|        | Thibodaux Regional Health System                           | Drive through located at 506 N Acadia Rd - former location of        | Tuesday & Thursday, 12pm-3pm   | Open to public but requires physician's order   |   |
|        | Coastal Urgent Care of Thibodaux                           | 2011 Audubon Ave, Thibodaux  | Open daily from 8am-6pm  | Testing first responders and health care workers  |   |
|        | The Urgent Care of Laplace                                 | 1153 Belle Terre Blvd, Laplace                                       | Monday, Friday 8am-6pm, Sat/Sun 8am-5pm  | Open to symptomatic healthcare workers and first  |   |
|        | Thibodaux Medical Clinic                                   | 931 N Canal Blvd, Thibodaux  | 8am-5pm, M-F   | Existing patients of the clinic are encouraged to call  |   |
|        | St. Joseph Clinic  | 22080 LA-20, Vacherie  | 7:30am-5pm, M-F  | Existing patients of the clinic are encouraged to call  |   |
|        | St. Charles Urgent Care                                    | 13100 River Road, Suite 100, Destrehan                               | 8:30am-6pm, M-F and 8:30am-6pm, Sat/Sun  | Testing first responders and health care workers  |   |
|        | St. James Parish Hospital MOB                              | 1646 Luther Ave, Lusher  | 1pm-3pm Wednesday  | Open to symptomatic healthcare workers, first   |   |
| FOUR   | Cajundome  | 444 Cajundome Blvd, Lafayette  | 8:30am-10:30am   | Pre-screening phone #: 311 or 534-TEST. Please  |   |
|        | North Lewis Elementary                                     | 604 N. Lewis St, New Iberia  | 9:00am-12:00pm   | Pre-screening patients at these two #s: 337-374-7421  | Next screening will be held April 1 from 9am-12pm. P2   |
|        | Delcambre Erath Rural Health Clinic                        | 220 North Road, Erath  | 10am-12pm  | Pre-screening phone #: 337-682-6999. Please bring   |   |
|        | Opelousas General Health System                            | Information regarding test location will be released to patient once | By appointment   | Pre-screening phone #: 337-678-4765. Please bring   |   |
| FIVE   | Burton Coliseum Complex                                    | 7001 Gulf Hwy, Lake Charles  | March 31st - April 2nd 8am-3:30pm  | Criteria for Testing - Patient must have fever of 100.4   |   |
|        | Moss Memorial Health Clinic                                | 1000 Walters St, Lake Charles  | 8am-8pm, M-F, 8am-5pm, Sat/Sun   | No walk in testing - must have referral from physician  |   |
|        | SWLA Center for Health Services                            | 2000 Opelousas St, Lake Charles                                      | M, W, Th - 8am-4pm, Tues - 8am-6pm, Fri - 8am-1pm  | Residents with no primary care physician and have   |   |
|        | The Joint Readiness Training Center and Fort Polk COVID-19 | Texas Avenue   | 8am-3pm  | Drive through screening for Bayne-Jones Army  |   |
|        | West Cal Cam Hospital                                      | 701 Cypress Street, Sulphur  | 8am-6pm, M-F, 8am-2pm, Sat/Sun   | Testing is available for persons who have had their   |   |
| SIX    | Exhibition Hall at the Rapides Parish Coliseum             | 5600 Coliseum Blvd, Alexandria                                       | 1pm-3pm, Tuesday and Thursday  | Screening for fever of over 100.4F or higher  |   |
|        | CHRISTUS St. Francis Cabrini                               | 3300 Masonic Dr., Alexandria   | 12:30pm-3pm, MWF   | Screening for fever of 100.4F or higher   |   |
| SEVEN  | HealthCARE Express Urgent Care                             | 4508 Northport Blvd, Shreveport                                      | 8am-8pm, M-F, 8am-4pm, Sat/Sun   | Patients are asked to please call: 318-935-9628 if  |   |
|        | Natchitoches Regional Medical Center                       | OLTCO Natchitoches Campus, 6587 LA-1 Bypass, Natchitoches            | 10am-12pm, Tues and Thursday   | No MD or provider order required. Criteria for Testing -  |   |
| EIGHT  | St. Francis Medical Center                                 | 3421 Medical Park Drive, Monroe                                      | 8am-5pm  | Must have order from physician, and physician must  |   |
|        | Citizens Medical Center                                    | 7938 US Hwy 165, Columbia  |  | Must call ahead to hospital or clinic, and must have  |   |
| NINE   | North Oaks Regional & Our Lady of Angels                   | 15790 N. Oaks Dr, Hammond  | 1pm-5pm, M-F   | Individuals with symptoms or concerns are asked to  | <a href="https://www.northoaks.org/covid-19/">https://www.northoaks.org/covid-19/</a>                               |
|        | Our Lady of the Angels Hospital                            | 433 Plaza St, Bogalusa   | 1pm-3pm, M-F   | Drive through testing for community patients and  |   |
|        | Ochsner North Shore Hospital                               | Testing will be done at Ochsner Main Campus on Jefferson Highway.    |  | Accepting Ochsner healthcare providers, patients and  |   |
|        | Ochsner Urgent Care Center - Mandeville                    |  | 8am-6pm, M-F, 8am-5pm, Sat/Sun   | Accepting patients with orders from an Ochsner  |   |
|        | Mandeville Diagnostic Center of STPH                       | 201 St. Ann Dr., Suites A&B, Mandeville                              | 3pm-7pm, M-F   | Accepting patients with orders from physicians  |   |
|        | Our Lady of the Lake - Livingston                          | 6000 O'Donnovan Blvd, Walker, LA                                     | 10am-11:30am, Mon-Wed-Fri  | Serving Livingston Parish residents with a physician  |   |

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| STATEWIDE           | <a href="http://lhb.la.gov/index.cfm?page=3934">http://lhb.la.gov/index.cfm?page=3934</a>   | COVID-19 Testing Sites  |  |  |  |
| CENTRAL LOUISIANA   | <a href="https://files.constantcontact.com/3c148139001a074f82-40ed-4736-b0bb-644186b924ed.pdf">https://files.constantcontact.com/3c148139001a074f82-40ed-4736-b0bb-644186b924ed.pdf</a>                   | MOBILE TESTING VANS FOR COVID-19  |  |  |  |
| CENTRAL LOUISIANA   | <a href="https://files.constantcontact.com/3c148139001a074f82-40ed-4736-b0bb-644186b924ed.pdf">https://files.constantcontact.com/3c148139001a074f82-40ed-4736-b0bb-644186b924ed.pdf</a>                   | Region 6 Mobile Test Site Concept of Operations                           |  |  |  |
| CENTRAL LOUISIANA   | <a href="https://www.lhb.com/content/news/Mobile-COVID-19-testing-information-for-Cenla-520799561.html">https://www.lhb.com/content/news/Mobile-COVID-19-testing-information-for-Cenla-520799561.html</a> | Mobile COVID-19 testing information for Cenla                             |  |  |  |
| SOUTHWEST LOUISIANA | <a href="http://lhb.la.gov/index.cfm/viewroom/detail/5616">http://lhb.la.gov/index.cfm/viewroom/detail/5616</a>   | Mobile COVID-19 testing sites expand to more southwest Louisiana parishes |  |  |  |
|                     | <a href="http://lhb.la.gov/index.cfm?page=3934">http://lhb.la.gov/index.cfm?page=3934</a>   | COVID-19 Testing Sites  |  |  |  |
| Tuesday             | 6/23/2020   | Rapides Rapides Parish Exhibition Hall                                    |  |  |  |
| Wednesday           | 6/24/2020   | Avoailles Pfauchville Elementary  |  |  |  |
| Thursday            | 6/25/2020   | Grant Grant High School   |  |  |  |
| Friday              | 6/26/2020   | Avoailles Markville Elementary  |  |  |  |
| Tuesday             | 6/23/2020   | Grant Grant High School   |  |  |  |
| Wednesday           | 6/24/2020   | Winn Dodson High School   |  |  |  |
| Thursday            | 6/25/2020   | Concordia Monterey High School  |  |  |  |
| Friday              | 6/26/2020   | Concordia Concordia Library   |  |  |  |
| Tuesday             | 6/23/2020   | Rapides Rapides Parish Exhibition Hall                                    |  |  |  |
| Wednesday           | 6/24/2020   | Rapides Rapides Parish Exhibition Hall                                    |  |  |  |
| Thursday            | 6/25/2020   | Rapides Ruby Wise School  |  |  |  |
| Friday              | 6/26/2020   | Winn Winfield Senior High School  |  |  |  |

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| <b>New Orleans</b>             | Louis Armstrong Park<br>University of New Orleans Arena  |
| <b>Jefferson Parish</b>        | Alario Center, Westwego  |
| <b>East Baton Rouge Parish</b> | Mid-City, 3600 Florida Boulevard<br>Downtown Baton Rouge, ER @ Peachtree & North Boulevard   |
| <b>JRTC &amp; Fort Polk</b>    | Open to all Bayne-Jones Army Community Hospital beneficiaries. To be screened, you must have a valid ID card if over the age of 10.<br>Located off Texas Avenue, follow the directional signs. |
| <b>Caddo Parish</b>            | 1125 Shreveport-Barksdale Highway--Anyone with COVID-19 symptoms--No out-of-pocket costs--9:00 am to 4:00 pm daily   |

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**Can Service members released from active duty following service in a COVID-19 affected area be delayed prompt reinstatement for quarantine purposes**

The short answer is no.... In some cases, a reinstatement beyond the typical two

**Can Service members be laid off from their civilian employment during or after the COVID-19 outbreak?**

Possibly... As a general rule, Service members are entitled to reemployment in the job position that he or she would have attained with reasonable certainty if not for the absence due to uniformed service. Due to a potential downturn, Service members may return to their employer to find they have been laid off. This would not necessarily be a violation of USERRA.

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| <a href="https://louisianabelieves.com/newsroom/news-releases/2020/03/23/louisiana-opens-child-care-assistance-program-to-critical-personnel-amid-covid-19-outbreak">https://louisianabelieves.com/newsroom/news-releases/2020/03/23/louisiana-opens-child-care-assistance-program-to-critical-personnel-amid-covid-19-outbreak</a>   | Childcare Assistance  |
| <a href="https://www.louisianabelieves.com/newsroom/news-releases/2020/04/28/louisiana-extends-child-care-assistance-for-critical-personnel">https://www.louisianabelieves.com/newsroom/news-releases/2020/04/28/louisiana-extends-child-care-assistance-for-critical-personnel</a>   | LOUISIANA EXTENDS CHILD CARE ASSISTANCE FOR CRITICAL PERSONNEL  |
| Sam's Club  | Every Sunday until further notice Sam's Club are open from 0700-0900 for first responders and healthcare workers ONLY. No membership needed, just bring your work ID with you. Call and confirm with your local Sam's Club to verify participation.   |
| Hampton Inn by Hilton and LaQuinta Inn & Suites by Wyndham (Broussard Area)   | Offering complimentary lodging for medical professionals and first responders fighting COVID-19. Reservations can be made by 337-501-9091 or by emailing bperry@divihospitality.com   |
| <a href="https://www.klfy.com/top-stories-news/att-to-support-nurses-and-doctors-with-three-months-of-free-service-nationwide/">https://www.klfy.com/top-stories-news/att-to-support-nurses-and-doctors-with-three-months-of-free-service-nationwide/</a>   | AT&T to support nurses and doctors with three months of free service nationwide   |
| <a href="https://www.thenorthface.com/help/the-north-face-healthcare-workers-discount-program.html">https://www.thenorthface.com/help/the-north-face-healthcare-workers-discount-program.html</a>   | As a small show of our heartfelt gratitude for their dedication and bravery in the face of the COVID-19 pandemic, from April 14, 2020 to Dec. 31, 2020 we will be giving a 50% discount to healthcare workers in the United States.   |
| BJ's Wholesale Club   | Free Four Month Membership (Show Your Credentials) Sundays 0800-0900  |
| <a href="https://www.chilitechnology.com/pages/kryocares">https://www.chilitechnology.com/pages/kryocares</a>   | We're sending new + certified refurbished chiliPADs to healthcare and first responders fighting COVID-19.   |
| <a href="https://fjolk.com/pages/better-together">https://fjolk.com/pages/better-together</a>   | We are sending shoes to anyone who works in healthcare and is on the front lines fighting COVID-19 right now.   |
| <a href="https://www.registerednursing.org/nurse-freebies-covid-19/">https://www.registerednursing.org/nurse-freebies-covid-19/</a>   | List of Freebies for Nurses During the COVID-19 Crisis  |
| <a href="https://forms.glowforge.com/request">https://forms.glowforge.com/request</a>   | Free Ear Savers   |
| <a href="https://enell.com/blogs/blog/50-off-for-healthcare-workers-and-teachers">https://enell.com/blogs/blog/50-off-for-healthcare-workers-and-teachers</a>   | 50% Off for Healthcare Workers, First Responders, and Teachers  |
| Little Ceasars  | Free Pizza (Show Your Credentials)  |
| Long John Silvers "Wellness Wednesdays"   | 20% Discount Every Wednesday (Show Your Credentials)  |
| Checkers / Rallys   | Free Small Combo--Wear Your Uniform   |
| Wendy's   | Free 4 Piece Nugget (Show Your Credentials)   |
| IHOP  | 20% off (Show Your Credentials)   |
| Hooters   | 20% Off (Show Your Credentials)   |
| <a href="https://wgno.com/news/clothing-company-offering-free-mask-to-every-american-so-we-can-stop-this-thing-in-its-tracks/?utm_campaign=trueAnthem%3A+Trending+Content&amp;utm_medium=trueAnthem&amp;utm_source=facebook">https://wgno.com/news/clothing-company-offering-free-mask-to-every-american-so-we-can-stop-this-thing-in-its-tracks/?utm_campaign=trueAnthem%3A+Trending+Content&amp;utm_medium=trueAnthem&amp;utm_source=facebook</a> | A clothing company known for eco-friendly workout gear is making face coverings and offering them to every person in America for free to stop the spread of COVID-19.   |
| <a href="https://militarybridge.com/blog/2020/4/26/1599/under-armour-increases-their-military-discount-program-to-40-off-for-military/">https://militarybridge.com/blog/2020/4/26/1599/under-armour-increases-their-military-discount-program-to-40-off-for-military/</a>   | Under Armour Increases their Military Discount Program to 40% off for Military  |
| Costco Wholesale  | Beginning May 4th, Masks will be MANDATORY  |
| Jet Blue Airlines   | Beginning May 4th, Masks will be MANDATORY  |
| American Airlines   | New requirement for all customers to wear masks during flight beginning May 11  |
| Delta Airlines  | temporarily requiring face masks or face coverings for everyone – Delta employees included – in the check-in lobby, Delta Sky Clubs®, gate areas, jet bridges and on board our aircraft.  |
| <a href="https://covid-19volunteers.org/">https://covid-19volunteers.org/</a>   | Because of our critical need for healthcare workers, we have created a medical volunteer website in order to mobilize healthcare students and graduates from Louisiana universities and colleges to support the existing healthcare workforce that is quickly getting stretched thin. The website is also available to active members or retirees of Louisiana's healthcare workforce who are willing and able to assist. |

<https://lava.dhh.louisiana.gov/>

Delta is stepping up to help Louisiana during this trying time. Any volunteer healthcare workers trying to come to Louisiana can do so for free on Delta Airlines. Before arriving, healthcare workers have to register and become credentialed through Louisiana Volunteers in Action

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<https://communities.usaa.com/t5/Press-Releases/USAA-to-Return-520-Million-to-Members/ba-p/228150?sf120455318=1>

USAA to Return \$520 Million to Members

Special payment arrangements are available to assist members experiencing financial difficulties. USAA will not cancel members' auto or property insurance policies or charge fees due to late payments on USAA auto and property insurance coverage through June 17, 2020.

Expanded auto insurance coverage for members who use their personal vehicles to deliver food, medicine and other goods for commercial purposes

USAA Bank

Offering special payment assistance programs for eligible members including a 90-day credit card payment deferral, a 60-day payment extension on consumer loans, and special mortgage and home equity line of credit payment assistance.

USAA Life Insurance Company

Offering special payment arrangements on life and health insurance policies, including a 60-day extension to the 30-day grace period.

USAA Life Insurance Company

Waiving and reimbursing deductibles and co-payments for coronavirus-related testing received on or after Feb. 4, 2020, for members who have USAA Medicare Supplement plan

USAA Investment Management Company

Reducing managed portfolio fees 50% **(effective April 1 through May 20, 2020).**

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| <a href="https://www.hprc-online.org/mental-fitness/mental-health">https://www.hprc-online.org/mental-fitness/mental-health</a>   | Mental health is important to optimize your performance. Use these resources to help improve your mental health and grow from adversity.  |
| <a href="https://www.thetrevorproject.org/">https://www.thetrevorproject.org/</a>   | The Trevor Project is the world's largest suicide prevention and crisis intervention organization for lesbian, gay, bisexual, transgender, queer, & questioning (LGBTQ) young people.   |
| <a href="https://adaa.org/">https://adaa.org/</a>   | The Anxiety and Depression Association of America (ADAA) is an international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research.   |
| <a href="https://nationalautismassociation.org/">https://nationalautismassociation.org/</a>   | NAA is proud to offer our Autism ATRIUM program. This educational initiative for the autism community will provide a regular schedule of learning opportunities through free online webinars, a digital library of downloadable toolkits, and a series of blog entries by experts in topics affecting individuals with autism and their families.   |
| <a href="https://www.mentalhealth.va.gov/">https://www.mentalhealth.va.gov/</a>   | If you are a Veteran having thoughts of suicide—or you're concerned about one—free, confidential support is available 24/7. Call the Veterans Crisis Line at 1-800-273-8255 and press 1, text to 838255, or chat online at VeteransCrisisLine.net/Chat.   |
| <a href="https://www.mhanational.org/">https://www.mhanational.org/</a>   | Mental Health America (MHA) is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all Americans.   |
| <a href="https://www.facebook.com/LANGR3SP">https://www.facebook.com/LANGR3SP</a>   | The LANG Resilience, Risk Reduction and Suicide Prevention (R3SP) Facebook page   |
| <a href="https://www.knoe.com/content/news/Report-Depression-anxiety-complaints-high-in-Louisiana-Arkansas-570121521.html">https://www.knoe.com/content/news/Report-Depression-anxiety-complaints-high-in-Louisiana-Arkansas-570121521.html</a>   | Report: Depression, anxiety complaints high in Louisiana, Arkansas  |
| <a href="http://veteranscrisisline.net">veteranscrisisline.net</a>  | Provides 24/7, free and confidential support for people in distress, prevention and crisis resources and best practices for professionals.  |
| <a href="https://www.samhsa.gov/find-help/disaster-distress-helpline/contact-us">https://www.samhsa.gov/find-help/disaster-distress-helpline/contact-us</a>   | Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress Helpline: 1-800-985-5990 (English and Español) SMS: Text TalkWithUs to 66746   |
| <a href="https://www.realwarriors.net/">https://www.realwarriors.net/</a>   | Real Warriors Campaign offers numerous psychological health resources for the military community to help with the daily stresses of military life or concerns like depression, anxiety and posttraumatic stress disorder. Links service members, veterans and their families with care and provides free, confidential resources including online articles, print materials, videos and podcasts. |
| <a href="http://pdhealth.mil/resources/call-centers/psychological-health-resource-center">pdhealth.mil/resources/call-centers/psychological-health-resource-center</a>  | Psychological Health Resource Center provides customized responses to specific psychological questions and needs, access to mental health care and links to community psychological health resources in your local area. Phone: 866-966-1020 Email: resources@phcoe.org   |
| <a href="http://giveanhour.org">giveanhour.org</a>  | Offers no cost, ongoing and online emotional wellness and mental health support to the veteran and military community to support those impacted by the COVID-19 pandemic and related fallout.   |
| <a href="https://www.nimh.nih.gov/about/director/messages/2020/coping-with-coronavirus-managing-stress-fear-and-anxiety.shtml">https://www.nimh.nih.gov/about/director/messages/2020/coping-with-coronavirus-managing-stress-fear-and-anxiety.shtml</a>                                     | Coping With Coronavirus: Managing Stress, Fear, and Anxiety   |
| <a href="https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&amp;utm_medium=email&amp;utm_campaign=difficult_times_nonsubs_031720">https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&amp;utm_medium=email&amp;utm_campaign=difficult_times_nonsubs_031720</a> | Soothing meditations, music and resources.  |
| <a href="https://tinykelsie.com/2020/03/24/your-teens-or-tweens-mental-health-during-the-covid-19-pandemic/amp/">https://tinykelsie.com/2020/03/24/your-teens-or-tweens-mental-health-during-the-covid-19-pandemic/amp/</a>   | Your Teen's (or Tween's) Mental Health During the COVID-19 Pandemic   |
| <a href="https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/">https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/</a>   | Supporting Teenagers and Young Adults During the Coronavirus Crisis   |
| <a href="https://www.mcleanhospital.org/news/tips-help-college-students-during-covid-19-pandemic">https://www.mcleanhospital.org/news/tips-help-college-students-during-covid-19-pandemic</a>   | Tips to Help College Students During the COVID-19 Pandemic  |
| <a href="https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak/while-working">https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak/while-working</a>                               | Looking after your mental health while working during the coronavirus outbreak  |
| <a href="https://www.apna.org/m/pages.cfm?pageID=6685">https://www.apna.org/m/pages.cfm?pageID=6685</a>   | Managing Stress & Self-Care During COVID-19: Information for Nurses   |



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| MAJ Angela Huval  | Behavioral Health   | 337-852-4747   |   |  |
| Mr. Dennis Betts  | Behavioral Health   | 318-290-5363   |   |  |
| Mr. Doug Harris   | Personal Financial Counselor  | 225-955-0616   | Financial counseling via conference call and video conferencing with ZOOM   |  |
| Mr. Robert Ewing  | Personal Financial Counselor  | 318-449-0788   | Financial counseling via conference call and video conferencing with ZOOM   |  |
| LA GOV  | Keeping Calm Through COVID Hotline  | 1-866-310-7977 | Talk confidentially to trained counselors 24/7 to help you cope with stress and anxiety   |  |
| Military Community Support Program<br><a href="mailto:smisc2019@gmail.com">smisc2019@gmail.com</a>  | <a href="#">winifred.d.</a><br>MFLC offering Telehealth                                   |                | MFLCs and Child and Youth Behavioral MFLCs (CYB-MFLCs) will be able to temporarily provide telehealth services to our military community. These services include telephonic and video non-medical counseling in areas where face-to-face support is restricted due to COVID-19. |  |
| Lynn Raia, TSGT(RET), LPN   |   | 318-290-6707   | Behavioral Health Associate, LAARNG Office of the State Surgeon   |  |
| <a href="http://fb.fg.gov/index.cfm?pageid=3883">http://fb.fg.gov/index.cfm?pageid=3883</a>   |   |                | Coronavirus COVID-19 Behavioral Health Information  |  |
| <a href="https://www.wafb.com/2020/04/16/safety-tips-combating-domestic-violence-during-covid-pandemic/">https://www.wafb.com/2020/04/16/safety-tips-combating-domestic-violence-during-covid-pandemic/</a>   |   |                | Safety tips for combatting domestic violence during COVID-19 pandemic   |  |
| <a href="https://www.militaryonesource.mil/confidential-help/non-medical-counseling/military-onesource/non-medical-counseling-for-youth-now-available-by-video?direct-to-confidential-help">https://www.militaryonesource.mil/confidential-help/non-medical-counseling/military-onesource/non-medical-counseling-for-youth-now-available-by-video?direct-to-confidential-help</a> |   |                | Non-Medical Counseling for Youth Now Available by Video   |  |
| #tagov  | Text REACHOUT   | 741741         | Free crisis counseling-confidential support from a trained professional   |  |
|   | <a href="https://mobile.va.gov/app/covid-coach">https://mobile.va.gov/app/covid-coach</a> |                | The COVID Coach app was created for everyone, including Veterans and Servicemembers, to support self-care and overall mental health during the coronavirus (COVID-19) pandemic.   |  |

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| <a href="https://www.womenshelters.org/det/capital-area-family-violence-intervention-center">https://www.womenshelters.org/det/capital-area-family-violence-intervention-center</a> | 800-541-9706                   | Capital Area Family Violence Intervention Center–Baton Rouge Area           | Admin Hours M_F 8A-4:30P<br>Crisis Line 24/7 | Shelter/Housing  |
|   | 225-383-7341                   | St Agnes Shelter–Baton Rouge Area   |  | Shelter/Housing  |
|   | 225-383-7341                   | Sweet Dreams Shelter / Women and Children / Day Center–Baton Rouge Area     |  | Shelter/Housing  |
|   | 225-421-1495                   | Capital Area House of Hope–Baton Rouge Area                                 |  | Shelter/Housing  |
| <a href="http://www.stopdv.org">www.stopdv.org</a>  | 0-541-9706<br>225-389-3001     | Iris Domestic Violence Center / Women's / Children Shelter–Baton Rouge Area | 24 hour Crisis Line                          | Shelter/Housing  |
|   | 800-541-9706<br>225-541-9706   | Domestic Violence Program - Iris DV Center–Baton Rouge Area                 | 24 hour Crisis Line                          | Shelter/Housing  |
| <a href="http://www.stopdv.org/">http://www.stopdv.org/</a>   | 225-389-3991<br>1-800-541-9706 | Zonta House - Women and Children Emergency Shelter–Baton Rouge Area         | 24 hour Crisis Line                          | Shelter/Housing  |
| <a href="https://faithhouseacadiana">https://faithhouseacadiana</a>   | 337-232-8954<br>888-411-1333   | Faith House- Lafayette  | 24/7 Confidential Hotline                    | To provide shelter, safety, empowerment, and advocacy, to survivors of domestic violence. Based in Lafayette but serves Lafayette Parish, Vermilion Parish, Evangeline Parish, St. Landry Parish, Acadia Parish, Rapides Parish, Avoyelles Parish  |
| <a href="http://www.fjccenla.org">www.fjccenla.org</a>  | 318-448-0884                   | Family Justice Center–Central Louisiana                                     |  | The mission of the Family Justice Center of Central LA is to stop family violence, make victims safe, hold batterers accountable, and provide long-term support for victims and children through collaboration and coordinated services.   |
| <a href="http://www.cenlahopehouse.org/">http://www.cenlahopehouse.org/</a>   | 318-487-2061                   | Hope House of Central Louisiana   |  | Welcome to the Hope House of Central Louisiana, we provide safe shelter and essential services to homeless families, empowering them to independence. Everyone served by Hope House will become actively engaged role models demonstrating self-determination, responsibility, and citizenship |

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| <a href="https://www.facebook.com/ssrchapel/?hc_location=ufi">https://www.facebook.com/ssrchapel/?hc_location=ufi</a>   | Fort Benning, Georgia         |
| <a href="https://www.facebook.com/CrossroadsFortBenning/?hc_location=ufi">https://www.facebook.com/CrossroadsFortBenning/?hc_location=ufi</a>   | Fort Benning, Georgia         |
| <a href="https://www.facebook.com/ftblisschaplain">https://www.facebook.com/ftblisschaplain</a>   | Fort Bliss, Texas             |
| <a href="https://www.facebook.com/FtBraggRSO/?hc_location=ufi">https://www.facebook.com/FtBraggRSO/?hc_location=ufi</a>   | Fort Bragg, North Carolina    |
| <a href="https://www.facebook.com/126733867397948/">https://www.facebook.com/126733867397948/</a>   | Fort Carson, Colorado         |
| <a href="https://www.facebook.com/RegimentalMemorialChapel/?hc_location=ufi">https://www.facebook.com/RegimentalMemorialChapel/?hc_location=ufi</a>   | Fort Eustis, Virginia         |
| <a href="https://www.facebook.com/FortPolkChapelPage/">https://www.facebook.com/FortPolkChapelPage/</a>   | Fort Polk, Louisiana          |
| <a href="https://www.facebook.com/fortleonardwoodRSO/?hc_location=ufi">https://www.facebook.com/fortleonardwoodRSO/?hc_location=ufi</a>   | Fort Leonard Wood, Missouri   |
| <a href="https://www.facebook.com/OLWWRomanCatholic/?hc_location=ufi">https://www.facebook.com/OLWWRomanCatholic/?hc_location=ufi</a>   | Grafenwohr Catholic Community |
| <a href="https://www.facebook.com/USAG-Italy-Religious-Support-Office-517883081746656/?hc_location=ufi">https://www.facebook.com/USAG-Italy-Religious-Support-Office-517883081746656/?hc_location=ufi</a> | USAG Italy                    |
| <a href="https://www.facebook.com/zamasummitchapel/?hc_location=ufi">https://www.facebook.com/zamasummitchapel/?hc_location=ufi</a>   | Camp Zuma Japan               |

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| <a href="#">BACK TO INDEX</a>   |  |
| <a href="https://bit.ly/HHSFamiliesTogether">https://bit.ly/HHSFamiliesTogether</a>   | Families Tackling Tough Times Together is a new Facebook group and community of support helping families to strengthen their resilience while they cope with a multitude of challenges brought forth by the COVID-19 pandemic. Every week, new materials and activities that focus on a specific aspect of resilience will be released. Families with children, youth, young adults and older adults will find materials tailored for them. All are welcome; we especially welcome military families. This program is led by Purdue University's College of Health and Human Sciences with contributions from partners at Purdue and across the country. |
| <a href="https://thrive.psu.edu/">https://thrive.psu.edu/</a>   | The Thrive Initiative is a continuum of evidence-informed parenting programs that are designed to empower parents and caregivers as they nurture children from the prenatal period until 18 years of age.  |
| <a href="https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus?utm_source=3DBBT=C2=A0">https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus?utm_source=3DBBT=C2=A0</a>   | How You and Your Kids Can De-Stress During Coronavirus   |
| <a href="http://spouert.wpengine.com/introduction/">http://spouert.wpengine.com/introduction/</a>   | Here you will find great videos, downloadable reference sheets, and tools to assist with building individual resilience.   |
| <b>Blue Cross Blue Shield of Louisiana</b>  | Motivated Mindset Sessions, Every Monday at 1200   |
| <a href="https://www.cstsonline.org/assets/media/documents/CSTS_FS_Helping_Homebound_Children_during_COVID19_Outbreak.pdf">https://www.cstsonline.org/assets/media/documents/CSTS_FS_Helping_Homebound_Children_during_COVID19_Outbreak.pdf</a>   | Helping Homebound Children during the COVID-19 Outbreak  |
| <a href="https://copingskillsforkids.com/deep-breathing-exercises-for-kids">https://copingskillsforkids.com/deep-breathing-exercises-for-kids</a>   | Deep breathing for kids  |
| <a href="https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19">https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19</a>   | Helping Children Cope With Changes Resulting From COVID-19   |
| <a href="https://www.redcross.org/get-help/military-families/services-for-veterans/military-veteran-caregiver-network.html">https://www.redcross.org/get-help/military-families/services-for-veterans/military-veteran-caregiver-network.html</a>   | Red Cross Military and Veteran Caregiver Network--Peer support and connection for caregivers of all eras, all relations and across all locations.  |
| <a href="https://www.nctsn.org/sites/default/files/resources/factsheet/outbreak_factsheet_1.pdf">https://www.nctsn.org/sites/default/files/resources/factsheet/outbreak_factsheet_1.pdf</a>   | Parent and caregiver guide for the family  |
| <a href="https://www.psycharmor.org/caregivers/">https://www.psycharmor.org/caregivers/</a>   | Self-care for caregivers   |
| <a href="https://www.youtube.com/watch?v=S3CU2kObt3s">https://www.youtube.com/watch?v=S3CU2kObt3s</a>   | Coping with Uncertainty  |
| <a href="https://www.youtube.com/watch?v=BmvNCdpHLYM&amp;utm_source=New+Harbinger+Publications&amp;utm_campaign=4b13ab4802-russ_harris_face_covid_free_ebook_32520&amp;utm_medium=email&amp;utm_term=0_fe6cc18182-4b13ab4802-47752505">https://www.youtube.com/watch?v=BmvNCdpHLYM&amp;utm_source=New+Harbinger+Publications&amp;utm_campaign=4b13ab4802-russ_harris_face_covid_free_ebook_32520&amp;utm_medium=email&amp;utm_term=0_fe6cc18182-4b13ab4802-47752505</a> | Facing COVID-19  |
| <a href="http://budgetwebinar.com/">http://budgetwebinar.com/</a>   | - FREE WEBINAR - BUDGETING FOR ABUNDANCE   |
| <a href="https://theintentionalmom.lpages.co/simple-start-toolkit-copy/">https://theintentionalmom.lpages.co/simple-start-toolkit-copy/</a>   | A FREE MORNING MORNING ROUTINE TEMPLATE  |
| <a href="https://positiveparentingsolutions.com/purple-us2.html?utm_medium=paidsocial&amp;utm_source=facebook&amp;utm_campaign=pps+ritys+us+interest+purchase+7d+cc+webinartest">https://positiveparentingsolutions.com/purple-us2.html?utm_medium=paidsocial&amp;utm_source=facebook&amp;utm_campaign=pps+ritys+us+interest+purchase+7d+cc+webinartest</a>   | Free webinar. Learn state-of-the-art, battle-tested parenting strategies with nationally recognized parenting coach, Amy McCreedy.   |
| <a href="https://shanahartman.com/fundamentals-group">https://shanahartman.com/fundamentals-group</a>   | An amazing community of women doing all the things and trying to do it with intention and purpose  |
| <a href="https://gozen.com/masterclass/">https://gozen.com/masterclass/</a>   | FREE Webinar: 6 Essential Skills to Transform Stress and Anxiety for Kids and Teens  |
| <a href="https://www.therealifeprocess.com/REALIFECALENDAR">https://www.therealifeprocess.com/REALIFECALENDAR</a>   | Free Webinar: The Missing Pieces of Time Blocking : How to Get Your Projects Done AND Have Down Time   |
| <a href="https://krazyandfitish.lpages.co/tuning-into-a-new-vibration-the-art-of-action-taking/">https://krazyandfitish.lpages.co/tuning-into-a-new-vibration-the-art-of-action-taking/</a>   | Learn Energetic & Mindset Techniques and tools to manage stress, fear and chaos, be more present, and actually enjoy this new age...THEN take daily action!  |
| <a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Talking-to-Children-About-Racial-Bias.aspx?fbclid=IwAR3e_JR0PwztWv8Jdk9qGTkM9KDvSa4Van18FHuCad7s9RsjICWAduhApe8">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Talking-to-Children-About-Racial-Bias.aspx?fbclid=IwAR3e_JR0PwztWv8Jdk9qGTkM9KDvSa4Van18FHuCad7s9RsjICWAduhApe8</a>                   | Talking to Children About Racial Bias  |
| <a href="https://www.bulletproofmamas.com/masterclass39042940">https://www.bulletproofmamas.com/masterclass39042940</a>   | How to stay calm, confident, and in-control even if your spouse is stressed, the kids have gone crazy, and the future feels uncertain  |
| <a href="https://positiveparentingsolutions.com/purple-us2.html?utm_medium=paidsocial&amp;utm_source=facebook&amp;utm_campaign=pps+ritys+remarketing+xregister">https://positiveparentingsolutions.com/purple-us2.html?utm_medium=paidsocial&amp;utm_source=facebook&amp;utm_campaign=pps+ritys+remarketing+xregister</a>   | Get kids to listen without nagging or yelling. Join 75,000 parents who've created a happier home using these tools.  |

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| <a href="https://www.pbs.org/parents/thrive/how-to-teach-children-about-cultural-awareness-and-diversity">https://www.pbs.org/parents/thrive/how-to-teach-children-about-cultural-awareness-and-diversity</a>   | How to Teach Children About Cultural Awareness and Diversity  |
| <a href="https://www.common sense media.org/search/diversity%20and%20tolerance?f%5B0%5D=field_reference_review_ent_prod%253Atype%3Aacsm_book">https://www.common sense media.org/search/diversity%20and%20tolerance?f%5B0%5D=field_reference_review_ent_prod%253Atype%3Aacsm_book</a> | Books that promote diversity and tolerance  |
| <a href="https://www.apa.org/topics/kids-discrimination?fbclid=IwAR0K83etLYs1KS5LIRFOSBieqsywYPs_j1qODnEolghDNnSLjPJ87O4bY">https://www.apa.org/topics/kids-discrimination?fbclid=IwAR0K83etLYs1KS5LIRFOSBieqsywYPs_j1qODnEolghDNnSLjPJ87O4bY</a>                                     | Talking to kids about discrimination  |
| <a href="https://www.tolerance.org/magazine/publications/beyond-the-golden-rule">https://www.tolerance.org/magazine/publications/beyond-the-golden-rule</a>   | Whether you are the parent of a 3-year-old who is curious about why a friend's skin is brown, the parent of a 9-year-old who has been called a slur because of his religion, or the parent of a 15-year-old who snubs those outside of her social clique at school, this book is designed to help you teach your children to honor the differences in themselves and in others — and to reject prejudice and intolerance. |
| <a href="https://clubexperience.blog/2020/05/29/addressing-current-events/">https://clubexperience.blog/2020/05/29/addressing-current-events/</a>   | Discussing recent events with teens   |
| <a href="https://www.nationalgeographic.com/pdf/race-discussion-guide.pdf">https://www.nationalgeographic.com/pdf/race-discussion-guide.pdf</a>   | Race discussion guide for teachers and parents  |
| <a href="https://www.militaryonesource.mil/recreation-travel-shopping/recreation/libraries/morale-welfare-and-recreation-digital-library">https://www.militaryonesource.mil/recreation-travel-shopping/recreation/libraries/morale-welfare-and-recreation-digital-library</a>         | Military OneSource provides free, online resources to service members and their families via the Morale, Welfare and Recreation Digital Library. You'll find eBooks and audiobooks on virtually every topic, as well as databases and reference books that can help you learn a new skill, keep kids engaged and serve as a homework source, or prepare you to land your next job.  |
| <a href="https://www.militaryonesource.mil/recreation-travel-shopping/recreation/libraries/morale-welfare-and-recreation-digital-library">https://www.militaryonesource.mil/recreation-travel-shopping/recreation/libraries/morale-welfare-and-recreation-digital-library</a>         | FreedomFlix through Scholastic (Free through Military 1Source): Civil Rights Movement Education   |
| <a href="https://kidsforpeaceglobal.org/?fbclid=IwAR3MGDNyrd5pKbvpfwatunRsWN3L4jwzjwoOuhRxm2-XkUW_u7XN5KiU6W0">https://kidsforpeaceglobal.org/?fbclid=IwAR3MGDNyrd5pKbvpfwatunRsWN3L4jwzjwoOuhRxm2-XkUW_u7XN5KiU6W0</a>   | Kids for Peace: A Kindness Challenge & Videos of Kids making positive impact & change through kindness  |
| <a href="https://childmind.org/article/self-care-in-the-time-of-coronavirus/">https://childmind.org/article/self-care-in-the-time-of-coronavirus/</a>   | Self-Care in the Time of Coronavirus  |
| <a href="https://childmind.org/download-document/?document=wti_parents">https://childmind.org/download-document/?document=wti_parents</a>   | Helping parents through COVID-19 and beyond   |
| <a href="https://go.iamworthitproject.com/unstoppable-mom-series#">https://go.iamworthitproject.com/unstoppable-mom-series#</a>   | Unstoppable Mom Series  |
| <a href="https://www.budgetsmadeeasy.com/cutting-expenses-challenge/">https://www.budgetsmadeeasy.com/cutting-expenses-challenge/</a>   | FREE 5 DAY CUTTING EXPENSES CHALLENGE   |
| <a href="https://youridealmomlife.lpages.co/mom-life-challenge/">https://youridealmomlife.lpages.co/mom-life-challenge/</a>   | Over the course of 7 days, learn how to take back your time and get more of what you want. The Mom Life Challenge will kick-start your journey to creating a mom life you absolutely love. It's fun, simple and FREE!   |
| <a href="https://mommymillionaire.lpages.co/mommy-me-mantra/">https://mommymillionaire.lpages.co/mommy-me-mantra/</a>   | Mommy and me affirmations   |
| <a href="https://anchored4life.com/e-learning-series/">https://anchored4life.com/e-learning-series/</a>   | Series of trainings offered every Tuesday and Thursday at 1000 through August   |
| <a href="https://soulcaremom.com/kickstart?utm_source=facebook&amp;utm_medium=social&amp;utm_campaign=kickstart-ad">https://soulcaremom.com/kickstart?utm_source=facebook&amp;utm_medium=social&amp;utm_campaign=kickstart-ad</a>   | A FREE printable self care morning ritual created just for moms with...5 simple steps you can do each morning to feel calm before you even get out of bed!  |
| <a href="https://aleta.mykajabi.com/ReigniteYourLifeChallenge">https://aleta.mykajabi.com/ReigniteYourLifeChallenge</a>   | Free 5 day Reignite Your Life challenge   |

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| <b>iPhone Users</b>   | Go to "Notes" and hit the little camera button. It will ask if you want a scan a document. Lay out the pages you want to scan and it will save them all as a PDF file. Extremely helpful if you depend on using a scanner. |
| <a href="https://web-okcd01.mail.mil/">https://web-okcd01.mail.mil/</a>   | Alternate VPN- to access .mil email account  |
| <a href="http://www.teleworkva.org/forTeleworkers/success.aspx">http://www.teleworkva.org/forTeleworkers/success.aspx</a>   | How to Telework Successfully   |
| <a href="https://www.shrm.org/resourcesandtools/hr-topics/employee-relations/pages/how-to-create-an-effective-teleworking-program.aspx">https://www.shrm.org/resourcesandtools/hr-topics/employee-relations/pages/how-to-create-an-effective-teleworking-program.aspx</a>   | How to Create an Effective Teleworking Program   |
| <a href="https://join.shawacademy.com/excel-2020?utm_source=facebook&amp;utm_medium=cpc&amp;utm_campaign=US_Prospectin_g_Generic_auto_B_18_square-image-ReviewBottom-Excel-20Apr_square-image_text2-BoredBinge-Excel-emojis-FreeAccess-UA_All_OptPUR_LPEXcel&amp;AMP-2020_oCPM_Excel&amp;country=US">https://join.shawacademy.com/excel-2020?utm_source=facebook&amp;utm_medium=cpc&amp;utm_campaign=US_Prospectin_g_Generic_auto_B_18_square-image-ReviewBottom-Excel-20Apr_square-image_text2-BoredBinge-Excel-emojis-FreeAccess-UA_All_OptPUR_LPEXcel&amp;AMP-2020_oCPM_Excel&amp;country=US</a>   | Learn the power of Excel tools & workflows in just 4 week--Free from Shaw Academy online   |
| <a href="https://www.apa.org/news/apa/2020/03/newly-remote-workers">https://www.apa.org/news/apa/2020/03/newly-remote-workers</a>   | Psychologists' advice for newly remote workers   |
| <a href="https://www.youtube.com/watch?v=S5XCuzw5Bg8">https://www.youtube.com/watch?v=S5XCuzw5Bg8</a>   | Ten Tips for Working at Home   |
| <a href="https://s3.amazonaws.com/kajabi-storefronts-production/sites/4392/themes/2084662/downloads/z8TsvGbrRRe2wXZqVWix_RemotelyCloseGuide2020.pdf?utm_source=facebook&amp;utm_medium=display&amp;utm_campaign=2020-05-31_Remotely+Close_Acquisition_Free+Guide+Lead+Ads&amp;utm_content=3%25+US+LAL_InitiateCheckout+%28180D%29_Testimonial_Stephania+R_C1_H2_I1">https://s3.amazonaws.com/kajabi-storefronts-production/sites/4392/themes/2084662/downloads/z8TsvGbrRRe2wXZqVWix_RemotelyCloseGuide2020.pdf?utm_source=facebook&amp;utm_medium=display&amp;utm_campaign=2020-05-31_Remotely+Close_Acquisition_Free+Guide+Lead+Ads&amp;utm_content=3%25+US+LAL_InitiateCheckout+%28180D%29_Testimonial_Stephania+R_C1_H2_I1</a> | Remotely Close Guide. Tips for working from home   |

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| <a href="http://playingcards.io/game/cards-against-humanity">http://playingcards.io/game/cards-against-humanity</a>   | Play Cards Against Humanity online  |
| <a href="https://zoom.com">zoom.com</a>   | Set up a virtual "Happy Hour"   |
| <a href="https://www.globalgreybooks.com/">https://www.globalgreybooks.com/</a>   | Download free ebooks and PDFs - Over 3,000 free ebooks for iPad, Kindle, PC & other devices |
| <a href="https://www.mlive.com/news/2020/04/busch-offers-1-year-of-beer-to-couples-whove-changed-wedding-plans-amid-coronavirus.html">https://www.mlive.com/news/2020/04/busch-offers-1-year-of-beer-to-couples-whove-changed-wedding-plans-amid-coronavirus.html</a>   | Busch offers 1 year of beer to couples who've changed wedding plans amid coronavirus        |
| <a href="https://www.cntraveler.com/story/free-online-cooking-classes-hosted-by-chefs?utm_source=facebook&amp;utm_medium=social&amp;utm_content=partnerswap&amp;utm_brand=cnt&amp;utm_campaign=partner_thrillist">https://www.cntraveler.com/story/free-online-cooking-classes-hosted-by-chefs?utm_source=facebook&amp;utm_medium=social&amp;utm_content=partnerswap&amp;utm_brand=cnt&amp;utm_campaign=partner_thrillist</a> | Link to free online cooking classes taught by top chefs from around the world.              |

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| <a href="https://join.shawacademy.com/nutrition-2020-AMP-Shaw-Academy?utm_source=facebook&amp;utm_medium=cpc&amp;utm_campaign=US_Prospecting_Generic_auto_B_18_square-image-2sections-HorizontalGrey-Nutrition-USprice-20Apr_square-image_text2-BoredBinge-Nutrition-emojis-FreeAccess-UA_All_OptPUR_LPnutritionAMP-2020_oCPM_Nutrition&amp;country=US">https://join.shawacademy.com/nutrition-2020-AMP-Shaw-Academy?utm_source=facebook&amp;utm_medium=cpc&amp;utm_campaign=US_Prospecting_Generic_auto_B_18_square-image-2sections-HorizontalGrey-Nutrition-USprice-20Apr_square-image_text2-BoredBinge-Nutrition-emojis-FreeAccess-UA_All_OptPUR_LPnutritionAMP-2020_oCPM_Nutrition&amp;country=US</a> | Diploma in Nutrition (four week online course) offered through Shaw Academy online.  |
| <a href="https://newskillsacademy.com/course/life-coaching-certification/?ref=22">https://newskillsacademy.com/course/life-coaching-certification/?ref=22</a>   | This course on Life Coaching provides insights into the career and profession of life coaches. Interested candidates will learn about what life coaching is and how it can help transform the lives of other people with challenges and problems. <b>(\$25.00 fee)</b> |
| <a href="https://www.kalb.com/content/news/Adults-returning-to-school-to-finish-degree-get-nearly-45-off-tuition-through-new-program-570213371.html">https://www.kalb.com/content/news/Adults-returning-to-school-to-finish-degree-get-nearly-45-off-tuition-through-new-program-570213371.html</a>   | Adults returning to school to finish degree get nearly 45% off tuition through new program   |
| <a href="https://www.calvary.edu/free/">https://www.calvary.edu/free/</a>   | Free Online Personal Enrichment Courses  |
| <a href="https://cheftodd5skills.com/4-webi-registration-page">https://cheftodd5skills.com/4-webi-registration-page</a>   | Free Web Cooking Classes   |
| <a href="https://organisemyhouse.com/free-printables-library-access/">https://organisemyhouse.com/free-printables-library-access/</a>   | Free Home Organization printables  |
| <a href="https://wealthfit.com/cares/?utm_source=facebook&amp;utm_medium=cpc&amp;utm_campaign=23844644265410327&amp;utm_content=23844842986360327">https://wealthfit.com/cares/?utm_source=facebook&amp;utm_medium=cpc&amp;utm_campaign=23844644265410327&amp;utm_content=23844842986360327</a>   | Take Any One of Our Best-Selling Financial & Business Courses Today for FREE   |
| <a href="https://www.myexcelonline.com/333-excel-keyboard-shortcuts-fb">https://www.myexcelonline.com/333-excel-keyboard-shortcuts-fb</a>   | Get Better at Microsoft Excel & Stand Out From The Crowd With Our Free Excel Guides  |
| <a href="https://www.myexcelonline.com/free-excel-pivottable-training-2020">https://www.myexcelonline.com/free-excel-pivottable-training-2020</a>   | Free masterclass on Excel Pivot Tables   |



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| <a href="https://www.hawaii.edu/extension/2020modified1st_sem_2021-public-health-emergency.pdf">https://www.hawaii.edu/extension/2020modified1st_sem_2021-public-health-emergency.pdf</a>       | TCPS Information   |
| <a href="https://www.hawaii.edu/extension/2020modified1st_sem_2021-public-health-emergency.pdf">https://www.hawaii.edu/extension/2020modified1st_sem_2021-public-health-emergency.pdf</a>       | With the COVID-19 health crisis sweeping across the nation, we know how challenging these coming weeks and months will be for students and their families. In School's emergency effort to support students in need, we are providing cash assistance to those in need during the unprecedented crisis. Apply today for up to \$500 in cash assistance to help cover expenses during this global crisis. |
| <a href="https://www.etsa.org/rahi/">https://www.etsa.org/rahi/</a>   | ETSU Classroom and Research Practice Series: The PractiFit suite measures the academic skills and subject-specific content knowledge needed for teaching. The PractiFit tests are taken by individuals entering the teaching profession as part of the certification process required by many states and professional learning organizations.  |
| <a href="https://www2.ed.gov/about/offices/list/oea/oeahp/eaersact.html">https://www2.ed.gov/about/offices/list/oea/oeahp/eaersact.html</a>   | CAER's Act Higher Education Emergency Relief Fund  |
| <a href="https://www.wabecommunitycollege.edu/education/continuing-education/continuing-education">https://www.wabecommunitycollege.edu/education/continuing-education/continuing-education</a> | Delgado Community College is offering free tuition this summer. Restrictions apply.  |
| <a href="https://www.hawaii.edu/extension/2020modified1st_sem_2021-public-health-emergency.pdf">https://www.hawaii.edu/extension/2020modified1st_sem_2021-public-health-emergency.pdf</a>       | CLTCC offers reduced tuition benefits for first time, returning students who begin classes this summer. Please read article for full details.  |
| <a href="https://www.harvard.edu/continuing-education">https://www.harvard.edu/continuing-education</a>   | List of free online courses offered by Harvard University  |
| <a href="https://www.wafb.com/story/2020/05/14/act-547-texas-sailing-through-capital/">https://www.wafb.com/story/2020/05/14/act-547-texas-sailing-through-capital/</a>                         | Bill to give entering freshmen another shot at ACT, SAT tests sailing through capital  |
| <a href="https://www.collegeboard.com/scholarships/scholarship-search">https://www.collegeboard.com/scholarships/scholarship-search</a>   | \$1,000 "No Easy" College Scholarship  |
| <a href="https://www.hawaii.edu/extension/2020modified1st_sem_2021-public-health-emergency.pdf">https://www.hawaii.edu/extension/2020modified1st_sem_2021-public-health-emergency.pdf</a>       | LSU LA students see refunds due to COVID-19 pandemic   |

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| <a href="https://navient.com/covid-19">https://navient.com/covid-19</a>   | UPDATES ON COVID-19 AND YOUR STUDENT LOANS                            |
| <a href="https://studentaid.gov/announcements-events/coronavirus">https://studentaid.gov/announcements-events/coronavirus</a> | Coronavirus and Forbearance Info for Students, Borrowers, and Parents |
| <a href="https://myfedloan.org/borrowers/covid/">https://myfedloan.org/borrowers/covid/</a>                                   | COVID-19 Relief for Student Loan Borrowers                            |

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<http://www.rpl.org/books/links/virtual-library-cards.html>

Rapides Parish Library - RPL will issue temporary virtual library cards to ensure continued library access.

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| <a href="https://www.louisianabelieves.com/newsroom/news-releases/2020/06/17/louisiana-allocates-\$31-million-in-federal-relief-funding-to-ensure-strong-start-for-children-birth-through-grade-12">https://www.louisianabelieves.com/newsroom/news-releases/2020/06/17/louisiana-allocates-\$31-million-in-federal-relief-funding-to-ensure-strong-start-for-children-birth-through-grade-12</a> | LOUISIANA ALLOCATES \$31 MILLION IN FEDERAL RELIEF FUNDING TO ENSURE STRONG START FOR CHILDREN BIRTH THROUGH GRADE 12 |
| <a href="https://www.brproud.com/news/ascension-parish-public-schools-releases-general-parameters-for-the-fall/?utm_medium=social&amp;utm_source=facebook_BRProud/_WGMB/_WVLA">https://www.brproud.com/news/ascension-parish-public-schools-releases-general-parameters-for-the-fall/?utm_medium=social&amp;utm_source=facebook_BRProud/_WGMB/_WVLA</a>   | Ascension Parish Public Schools releases 'general parameters' for the fall  |
| <a href="https://www.wbrz.com/news/gov-edwards-louisiana-schools-expected-to-open-on-time-in-august">https://www.wbrz.com/news/gov-edwards-louisiana-schools-expected-to-open-on-time-in-august</a>   | Gov Edwards: Louisiana schools expected to open on time, in August  |

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| <a href="#">BACK TO INDEX</a>  |                                  |
| <a href="http://tutor.com/military">tutor.com/military</a>   | Online Tutoring                  |
| <a href="http://khanacademy.org">khanacademy.org</a>   | Online tutoring and lessons      |
| <a href="http://sesamestreet.org">sesamestreet.org</a>   | Educational games and videos     |
| <a href="http://pbskids.org">pbskids.org</a>   | Educational games and videos     |
| <a href="http://brainpopjr.com">brainpopjr.com</a>   | Educational resources by subject |
| <a href="http://highlightskids.com">highlightskids.com</a>   | Interactive reading activities   |
| <a href="http://storylineonline.net">storylineonline.net</a>   | Actors reading children books    |
| <a href="http://readworks.org">readworks.org</a>   | Reading Comprehension            |
| <a href="http://abcya.com">abcya.com</a>   | Reading games by grade level     |
| <a href="http://thespanishexperiment.com">thespanishexperiment.com</a>   | Free Spanish lessons and stories |
| <a href="http://scratch.mit.edu">scratch.mit.edu</a>   | Writing                          |
| <a href="http://poetryfoundation.org">poetryfoundation.org</a>   | Poems for children (Menu Tab)    |
| <a href="http://mathplayground.com">mathplayground.com</a>   | Math Games                       |
| <a href="http://xtramath.org">xtramath.org</a>   | Math lessons                     |
| <a href="http://math-drills.com">math-drills.com</a>   | Free printable math worksheets   |
| <a href="http://youcubed.org">youcubed.org</a>   | Math games and courses           |
| <a href="http://play.prodigygame.com">play.prodigygame.com</a>   | Final fantasy style math game    |
| <a href="http://kids.nationalgeographic.com">kids.nationalgeographic.com</a>   | Science experiments and lessons  |
| <a href="http://nasa.gov/kidsclub">nasa.gov/kidsclub</a>   | Science games and activities     |
| <a href="http://youtube.com/user/TheRealBillNye/featured">youtube.com/user/TheRealBillNye/featured</a>                               | Full length clips from 100 shows |
| <a href="http://youtube.com/user/scishowkids/featured">youtube.com/user/scishowkids/featured</a>                                     | Science concepts for young minds |
| <a href="http://youtube.com/user/crashcoursekids/about">youtube.com/user/crashcoursekids/about</a>                                   | Grade school science             |
| <a href="http://worldatlas.com">worldatlas.com</a>   | Geography information            |
| <a href="http://50states.com">50states.com</a>   | Information about the USA        |
| <a href="http://eyewitnesstohistory.com">eyewitnesstohistory.com</a>   | History readings and videos      |
| <a href="http://bensguide.gpo.gov">bensguide.gpo.gov</a>   | Elementary Government studies    |
| <a href="http://4-h.org/parents/stem-agriculture/youth-stem-activities/">4-h.org/parents/stem-agriculture/youth-stem-activities/</a> | Hands-on STEM activities         |
| <a href="http://scratch.mit.edu">scratch.mit.edu</a>   | Programming (Ages 8 - 16)        |
| <a href="http://code.org">code.org</a>   | Computer Science                 |
| <a href="http://builtbykids.com">builtbykids.com</a>   | Engineering 101                  |

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| <a href="https://www.youtube.com/user/scigirlstv/about">youtube.com/user/scigirlstv/about</a>   | PBS STEM series for kids ages 8 - 12   |
| <a href="https://artsandculture.google.com">artsandculture.google.com</a>   | 1,000 works of art   |
| <a href="https://learningstationmusic.com">learningstationmusic.com</a>   | Music and movement   |
| <a href="https://www.youtube.com/user/cosmickidsyoga.com">youtube.com/user/cosmickidsyoga.com</a>   | Yoga and mindfulness   |
| <a href="https://nicerc.org/2020/03/nicerc-home">nicerc.org/2020/03/nicerc-home</a>   | Fundamentals of cybersecurity  |
| <a href="https://stories.audible.com/start-listen">stories.audible.com/start-listen</a>   | Free audiobooks for children and teens   |
| <a href="https://apstudents.collegeboard.org/coronavirus-updates#free-ap-classes">apstudents.collegeboard.org/coronavirus-updates#free-ap-classes</a>   | AP FREE AP Review Classes on the AP YouTube channel. Review of skills and concepts from the first 75% of the class   |
| <a href="https://learningkeepsgoing.org/parents">learningkeepsgoing.org/parents</a>   | Website for parents and educators to provide resources for support   |
| <a href="https://www.scholastic.com/teachers/teaching-tools">scholastic.com/teachers/teaching-tools</a>   | Day-by-day projects  |
| <a href="https://docs.google.com/forms/d/e/1FAIpQLSdJWJXXTopopjVQrofjyYTKmpNTYZTEzt8WLCQCUPbluH-H1g/viewform">https://docs.google.com/forms/d/e/1FAIpQLSdJWJXXTopopjVQrofjyYTKmpNTYZTEzt8WLCQCUPbluH-H1g/viewform</a> | Rapides Parish School District is proud to provide a fully online educational option for students in grades K-12. If you would like to enroll your child, please complete this form. |

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| <a href="https://doisindiahelix.com/transportation/covid-19/direction-details-net-404s-for-current-high-school-senior-and-covid-19-school-closures">https://doisindiahelix.com/transportation/covid-19/direction-details-net-404s-for-current-high-school-senior-and-covid-19-school-closures</a>   | Department of Education Details Next Steps for Current HS Seniors   |
| <a href="https://classroomconnectionsschoolastic.com/support/learn-at-home.html">https://classroomconnectionsschoolastic.com/support/learn-at-home.html</a>   | Schoolastic is offering free online classes for your kids to learn during school closures   |
| <a href="https://www.jordanhelix.com/resources/covid-19">https://www.jordanhelix.com/resources/covid-19</a>   | Explore this page to find resources for families, including a list of school meal sites and a toolkit to support learning at home, as well as up-to-date information and guidance for schools and centers.  |
| <a href="https://www.zooedgames.com/about/">https://www.zooedgames.com/about/</a>   | Prodigy, the no-cost math game where kids can earn prizes, go on quests and play with friends - all while learning Math   |
| <a href="https://military.tutor.com/eligibility">https://military.tutor.com/eligibility</a>   | Who is Eligible to Use Tutor.com? Military at No Cost? Children (grades K-12) of an active duty service member including full time and/or deployed National Guard and Reserve in the U.S. Army, Navy, Air Force, Marine Corps, and Coast Guard. Children (grades K-12) of US and Wounded Warrior service members. Children (grades K-12) attending schools operated and funded by DoDFA. Children (grades K-12) of DoD Children Assigned to CONTCOM AOBs ( Afg, Afghanistan, Iraq, Pakistan or Syria). Active Duty Coast Guard service members, Coast Guard Reservists and Coast Guard Civilian Employees. Spouses and children (grades K-college) of active duty Coast Guard service members, Coast Guard Reservists, and Coast Guard Civilian Employees. *Continued program availability is dependent upon funding* |
| <a href="https://ebooks.google/">https://ebooks.google/</a>   | Guide How to use Google Classroom   |
| <a href="http://www.elearningeducationresources.com">www.elearningeducationresources.com</a>  | Worldwide Free Resource List with Links   |
| <a href="https://theeducationblog.com/11560/18-of-education-companies-offering-free-subscriptions/">https://theeducationblog.com/11560/18-of-education-companies-offering-free-subscriptions/</a>   | List of Education Companies Offering Free Subscriptions Due to School Closures  |
| <a href="http://twinkl.com">twinkl.com</a>  | Online services for FREE. Some of these sites are always free, while others have add-ons or are free for a certain time period.   |
| <a href="http://iycht8.com">iycht8.com</a>  | <b>If you are looking for some fun things to do with kids while you're stuck at home, here are some ideas. Do you have an idea that isn't on this list, let us know and we'll add it. We will upload all the videos we can get to these next several weeks. 70 things to do in 7</b>  |
| <a href="https://www.storysonline.net">https://www.storysonline.net</a>   | Books read out loud by authors/famous people  |
| <a href="https://fbk.org/ahome">https://fbk.org/ahome</a>   | 12-5pm Through the "At Home" learning page, teachers and families can access free videos, apps and games for children, LPE's broadcast schedules, the free Bright by Text parenting tip messaging service, access to LPE LearningMedia and Discovery Education for education, and links to award-winning PBS Digital Studios videos like "Crash Course," "Deep Look," "It's OK to Be Smart," and more.  |
| <a href="http://BRAINPOP.COM">BRAINPOP.COM</a>  | BRAINPOP is here to help you and your curious learners stay informed and on track with free access during school closures.  |
| <a href="http://www.louisiana.gov/education">www.louisiana.gov/education</a>  | Discover the vast historical and cultural information about Louisiana, including the heritage, state history, facts, holidays and music.  |
| <a href="https://theanimalplanet.org/home-safety-resources">https://theanimalplanet.org/home-safety-resources</a>   | Every day at 3pm EDT we highlight different animals that call the zoo home.   |
| <a href="http://homeschoolinsout.com">homeschoolinsout.com</a>  | Where Learning is an Adventure  |
| <a href="http://militaryresources.nl">militaryresources.nl</a>  | Digital library & online resources for military and their families.   |
| <a href="http://thebestideasforkids.com">thebestideasforkids.com</a>  | 100+ Indoor activities  |
| <a href="https://www.jordanhelix.com/docs/default-source/academic-curriculum/academic-resources-for-school-systems.pdf?sfvrsn=429071_2">https://www.jordanhelix.com/docs/default-source/academic-curriculum/academic-resources-for-school-systems.pdf?sfvrsn=429071_2</a>   | Explore this page to find resources for families, including a list of school meal sites and a toolkit to support learning at home, as well as up-to-date information and guidance for schools and centers.  |
| <a href="https://thecharter-school.org/covid-19-resources-and-guidance-for-schools/">https://thecharter-school.org/covid-19-resources-and-guidance-for-schools/</a>   | COVID-19 Resources and Guidance for Schools   |
| <a href="http://www.955FACTS.com">www.955FACTS.com</a>  | Free Educational Websites for Kids (over 30 sites)  |
| <a href="http://www.explore.org">www.explore.org</a>  | Various Live Cam Views to Different Things (zoos, Northern Lights, etc.)  |
| <a href="https://www.facebook.com/TeasdelTech">https://www.facebook.com/TeasdelTech</a>   | Virtual STEM Activities for all ages  |
| <a href="https://mommypage.com/kids/10-easy-science-experiments-for-kids-for-educational/">https://mommypage.com/kids/10-easy-science-experiments-for-kids-for-educational/</a>   | Science Experiments for kids to do at home  |
| <a href="https://www.zooofcalifornia.com/guest-activity-book">https://www.zooofcalifornia.com/guest-activity-book</a>   | 50 Fun Recipes to Make With Kids  |
| <a href="https://www.zooofcalifornia.com/guest-activity-book">https://www.zooofcalifornia.com/guest-activity-book</a>   | Download the Saints Coloring & Activity Book  |
| <a href="https://www.zibb.com/belicans-hike-orleans-pelicans-activity-book">https://www.zibb.com/belicans-hike-orleans-pelicans-activity-book</a>   | To help pass the time during quarantine, the New Orleans Pelicans have released an activity book! Download the Pelicans activity book as a PDF and print it out for Pelicans-themed fun for the entire family!  |
| <a href="https://military.tutor.com/chooseenroll">https://military.tutor.com/chooseenroll</a>   | There are still many military families who don't know about the Tutor.com for U.S. Military Family program. Please help spread the word about this valuable education benefit to all military families.   |
| <a href="https://the.knotchroots.com/pages/request-gardening-tips-for-our-students">https://the.knotchroots.com/pages/request-gardening-tips-for-our-students</a>   | REQUEST GARDENING TIPS FOR YOUR STUDENTS**"You do not have to be a teacher to request the free gardening tips!"   |
| <a href="https://military.tutor.com/home">https://military.tutor.com/home</a>   | As of April 2020, all DoD service members, civilian personnel, and all dependent family members (including-enrolled/collegiate) are eligible to use Tutor.com/military at no cost.  |
| <a href="https://www.facebook.com/brightideas4/">https://www.facebook.com/brightideas4/</a>   | Welcome to Bright Ideas! We are here to share activities that are easy and fun for you to do with your kids at home! We hope you enjoy our content for kids!  |
| <a href="https://sites.google.com/view/usd/home/social-emotional-behavioral-resources">https://sites.google.com/view/usd/home/social-emotional-behavioral-resources</a>   | Social, Emotional Behavioral Resources  |
| <a href="https://in.facebook.com/USGA/">https://in.facebook.com/USGA/</a>   | Link to Scholarship Opportunities   |
| <a href="https://www.pigeonforge.com/blog/virtual-ways-to-experience-pigeon-forge-at-home?utm_source=facebook&amp;utm_medium=social&amp;utm_content=July%20social%20pigeonforge.com_campaign=July%20social">https://www.pigeonforge.com/blog/virtual-ways-to-experience-pigeon-forge-at-home?utm_source=facebook&amp;utm_medium=social&amp;utm_content=July%20social%20pigeonforge.com_campaign=July%20social</a> | Fun Virtual Ways to Experience Pigeon Forge at Home-Virtual tours, virtual field trips, virtual science experiments and much more!  |
| <a href="http://www.netflix.com">www.netflix.com</a>  | Netflix has added Leap Frog, Letter Factory, Phonics, and Numberland.   |
| <a href="https://www.sophia.org/free-online-courses?utm_source=facebook&amp;utm_medium=social&amp;utm_content=highereducation">https://www.sophia.org/free-online-courses?utm_source=facebook&amp;utm_medium=social&amp;utm_content=highereducation</a>   | Sophia is committed to helping students achieve college success during these challenging and uncertain times. To help students continue their education we are offering free college-level courses in a safe and fun online learning environment. Now until July 31, register for any of our 30 ACEP-recommended courses like Introduction to Business, Accounting, and Project Management. Courses may be transferred for college credit at many institutions, helping to lower the cost of your degree.   |
| <a href="https://www.pigeonforge.com/find-career?utm_source=facebook&amp;utm_medium=social&amp;utm_campaign=PECO&amp;utm_term=paid&amp;utm_content=PECO">https://www.pigeonforge.com/find-career?utm_source=facebook&amp;utm_medium=social&amp;utm_campaign=PECO&amp;utm_term=paid&amp;utm_content=PECO</a>   | As people throughout the world are following stay-at-home directives, we are offering free access to our language-learning program for everyone until June 30, 2020.  |
| <a href="https://www.westernmilitaryaid.com/">https://www.westernmilitaryaid.com/</a>   | \$2,000 Military Appreciation Scholarship Western Governors University  |
| <a href="https://www.gigamonster.com/learn/gigamonster-covid-19-283924054-just-for-kids-a-comic-exploring-the-new-coronavirus">https://www.gigamonster.com/learn/gigamonster-covid-19-283924054-just-for-kids-a-comic-exploring-the-new-coronavirus</a>   | Just for kids: A comic exploring the new coronavirus  |
| <a href="https://www.thegreatcoursesplus.com/c11/home?utm_source=M-FRM&amp;utm_medium=social&amp;utm_campaign=100">https://www.thegreatcoursesplus.com/c11/home?utm_source=M-FRM&amp;utm_medium=social&amp;utm_campaign=100</a>   | Watch free for a month when you start a free trial today. Listen or watch on your TV, laptop, tablet, and smartphone.   |
| <a href="https://www.norof.org/coronavirus/read-the-world?utm_source=facebook&amp;utm_medium=social&amp;utm_campaign=coronavirus">https://www.norof.org/coronavirus/read-the-world?utm_source=facebook&amp;utm_medium=social&amp;utm_campaign=coronavirus</a>   | Bringing the outside world to the world's children. COVID-19 is forcing many children to stay home. The #HealthOfTheWorld initiative aims to help them feel less isolated.  |
| <a href="https://www.knockout.com/home-school">https://www.knockout.com/home-school</a>   | Sponsored by the ACEHQ Alliance for Social & Emotional Learning, this year's assembly has been carefully designed to appeal to all students in grades 1-12th grades. Registration is FREE   |
| <a href="https://ipa.astimreg.org/11-workbook-teaching-strategies?_afmc=1">https://ipa.astimreg.org/11-workbook-teaching-strategies?_afmc=1</a>   | 121 FREE RECS + 11 AUTISM TEACHING STRATEGIES - that your child will use at home  |


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| <a href="#">BACK TO INDEX</a>   |  |                              |  |
| <a href="#">greatschools.org</a>  | Free printable worksheets, word lists and activities   | <b>3rd Grade - 8th Grade</b> |  |
| <a href="https://www.mombrite.com/balloon-powered-lego-cars/?fbclid=IwAR1f-HYMuodU_06KquRrZBJ9O5dTd6mXOu67IOqe33dF2lhW-tNblD9HAE">https://www.mombrite.com/balloon-powered-lego-cars/?fbclid=IwAR1f-HYMuodU_06KquRrZBJ9O5dTd6mXOu67IOqe33dF2lhW-tNblD9HAE</a>   | How to Build Balloon-Powered LEGO Cars   |                              |  |
| <a href="http://freekidsguide.com/m-01fb20x01z03.html?utm_source=fb&amp;utm_medium=social&amp;utm_campaign=LM_PROSP-KidsGuide-Wide&amp;utm_content=SI-KidsGuide-Election-Prong+-+EP&amp;utm_term=WIDE-NO-INTERESTS-">http://freekidsguide.com/m-01fb20x01z03.html?utm_source=fb&amp;utm_medium=social&amp;utm_campaign=LM_PROSP-KidsGuide-Wide&amp;utm_content=SI-KidsGuide-Election-Prong+-+EP&amp;utm_term=WIDE-NO-INTERESTS-</a>       | Free kids guide to Presidential election   |                              |  |
| <a href="https://www.123homeschool4me.com/free-printable-blank-maps_56">https://www.123homeschool4me.com/free-printable-blank-maps_56</a>   | Printable Maps for Kids  |                              |  |
| <a href="https://www.freehomeschooldeals.com/free-interactive-world-map-with-activities/">https://www.freehomeschooldeals.com/free-interactive-world-map-with-activities/</a>   | FREE Interactive World Map With Activities   |                              |  |
| <a href="https://www.education.com/worksheets/?gclid=EAlaQobChMI5K6i9LA6QIVG11pCh2flQ4dEAEYASAAEgKzkfD_BwE">https://www.education.com/worksheets/?gclid=EAlaQobChMI5K6i9LA6QIVG11pCh2flQ4dEAEYASAAEgKzkfD_BwE</a>   | Free Worksheets and Printables for Kids  |                              |  |
| <a href="https://homeschoolgiveaways.com/2015/10/free-coloring-map-of-the-7-continent/">https://homeschoolgiveaways.com/2015/10/free-coloring-map-of-the-7-continent/</a>   | FREE Coloring Map of the 7 Continents  |                              |  |
| <a href="https://www.compassion.com/for-sponsors/resources/get-explorer-magazine.htm?utm_source=facebook&amp;utm_medium=newsfeed&amp;utm_campaign=explorer&amp;utm_content=open&amp;referrer=607232">https://www.compassion.com/for-sponsors/resources/get-explorer-magazine.htm?utm_source=facebook&amp;utm_medium=newsfeed&amp;utm_campaign=explorer&amp;utm_content=open&amp;referrer=607232</a>                                       | Get Compassion Explorer® Magazine. We'll send you fun online activities, stories, recipes and Christian devotionals from Compassion's award-winning children's magazine  |                              |  |
| <a href="https://homeschoolgiveaways.com/2018/01/free-alphabet-tracing-printables/?utm_source=ActiveCampaign&amp;utm_medium=email&amp;utm_content=Free+Curriculum,+Resources,+and+More&amp;utm_campaign=eblast+1/10/18">https://homeschoolgiveaways.com/2018/01/free-alphabet-tracing-printables/?utm_source=ActiveCampaign&amp;utm_medium=email&amp;utm_content=Free+Curriculum,+Resources,+and+More&amp;utm_campaign=eblast+1/10/18</a> | Free Alphabet Tracing Printables   |                              |  |
| <a href="https://www.123homeschool4me.com/math-worksheets/">https://www.123homeschool4me.com/math-worksheets/</a>   | FREE printable math worksheets plus lots of engaging, hands-on math games. These resources are great math practice for Preschool, Kindergarten, first grade, 2nd grade, 3rd grade, 4th grade, 5th grade, and 6th grade students.   |                              |  |
| <a href="https://www.freehomeschooldeals.com/category/amazon-kindle-free-books/">https://www.freehomeschooldeals.com/category/amazon-kindle-free-books/</a>   | Archives for Amazon Kindle Free Books  |                              |  |
| <a href="http://lessonsbyandy.com/2016/11/research-fast-facts.html">http://lessonsbyandy.com/2016/11/research-fast-facts.html</a>   | How to teach kids to research facts fast   |                              |  |
| <a href="https://www.123homeschool4me.com/united-states-fact-book-for-kids_86">https://www.123homeschool4me.com/united-states-fact-book-for-kids_86</a>   | Kids will have fun learning about all 50 US States for Kids with this free printable 50 States Coloring Book.  |                              |  |
| <a href="https://www.papertraildesign.com/i-spy-game-printables/">https://www.papertraildesign.com/i-spy-game-printables/</a>   | 12+ I spy game printables for a classroom activity, birthday party activity, boredom buster, rainy day activity, or just keep the kids busy during the bewitching hour, or just so you can have 5 minutes to hear yourself think   |                              |  |
| <a href="https://www.123homeschool4me.com/free-18-countries-of-world-book_30/">https://www.123homeschool4me.com/free-18-countries-of-world-book_30/</a>   | Free Countries of the World Coloring book – perfect for preschool, kindergarten, 1st grade, 2nd grade, and 3rd grade kids to learn about 19 countries of the world.  |                              |  |
| <a href="https://www.nctsn.org/sites/default/files/resources/fact-sheet/simple_activities_for_children_and_adolescents_4.pdf">https://www.nctsn.org/sites/default/files/resources/fact-sheet/simple_activities_for_children_and_adolescents_4.pdf</a>   | Simple Activities for Children and Adolescents   |                              |  |
| <a href="https://www.4onemore.com/social-studies-youtube-channels/?utm_medium=social&amp;utm_source=pinterest&amp;utm_campaign=tailwind_tribes&amp;utm_content=tribes&amp;utm_term=441113392_13852796_344975">https://www.4onemore.com/social-studies-youtube-channels/?utm_medium=social&amp;utm_source=pinterest&amp;utm_campaign=tailwind_tribes&amp;utm_content=tribes&amp;utm_term=441113392_13852796_344975</a>                     | 11 AMAZING SOCIAL STUDIES YOUTUBE CHANNELS   |                              |  |
| <a href="https://www.funearlylearning.com/product/cvc-short-a-sentences-beginning-reading/">https://www.funearlylearning.com/product/cvc-short-a-sentences-beginning-reading/</a>   | Beginning Reading and Phonic Awareness   |                              |  |
| <a href="https://www.itsybitsyfun.com/blog/spring-kindergarten-addition-worksheets/">https://www.itsybitsyfun.com/blog/spring-kindergarten-addition-worksheets/</a>   | Kindergarten Addition Worksheets   |                              |  |
| <a href="https://www.varsitytutors.com/virtual-summer-camp-catalog?f_subjects=technology-and-computer-science">https://www.varsitytutors.com/virtual-summer-camp-catalog?f_subjects=technology-and-computer-science</a>   | Virtual Summer Camps   |                              |  |
| <a href="https://kingproehl.wordpress.com/map-reading-skills/">https://kingproehl.wordpress.com/map-reading-skills/</a>   | Social Studies skills  |                              |  |
| <a href="https://thesciencepenguin.pages.co/science-about-me/">https://thesciencepenguin.pages.co/science-about-me/</a>   | Science about me freebies  |                              |  |
| <a href="https://www.noguiltmom.com/sibling-adventure-log/">https://www.noguiltmom.com/sibling-adventure-log/</a>   | This FREE adventure log gives your kids 14 "missions" to keep them busy (and have a bit of sibling fun).   |                              |  |
| <a href="https://homeschoolgiveaways.com/2019/05/free-printable-number-find-worksheets/">https://homeschoolgiveaways.com/2019/05/free-printable-number-find-worksheets/</a>   | Free printable number find worksheets  |                              |  |
| <a href="https://katelyn-hildebrand.mykajabi.com/reading-intervention-cheat-sheet-lp?pp=1">https://katelyn-hildebrand.mykajabi.com/reading-intervention-cheat-sheet-lp?pp=1</a>   | Take the guesswork out of early elementary reading intervention, and use this FREE Cheat Sheet to help you know where and how to help your struggling readers.   |                              |  |
| <a href="https://www.journalbuddies.com/journal_prompts_journal_topics/kids-writing-ideas/">https://www.journalbuddies.com/journal_prompts_journal_topics/kids-writing-ideas/</a>   | 60 new kids writing ideas for students ages 7-14 will set them off on an adventure on the page.  |                              |  |
| <a href="https://outschool.com/classes/the-fbi-what-you-need-to-know-about-the-federal-bureau-of-investigation-csarTd1W#abkawl3b2b">https://outschool.com/classes/the-fbi-what-you-need-to-know-about-the-federal-bureau-of-investigation-csarTd1W#abkawl3b2b</a>   | The FBI: What You Need to Know about the Federal Bureau of Investigation. This course is designed to provide students an introduction and overview of the FBI - a background on its history, case studies, an explanation of the current major Divisions and their specific missions, job roles and application process. Ages 12-16. <b>\$18 per student</b> |                              |  |
| <a href="https://traciclaussen.com/2015/11/become-sight-word-hero.html">https://traciclaussen.com/2015/11/become-sight-word-hero.html</a>   | Engaging ways to practice sight words  |                              |  |



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| <a href="https://www.keepingmykiddobusy.com/blog/learn-to-write-your-name-freebie">https://www.keepingmykiddobusy.com/blog/learn-to-write-your-name-freebie</a>   | FREE worksheet that you can type your child's name into and print to learn how to write their name   |  |  |
| <a href="https://www.keepingmykiddobusy.com/blog/counting-and-cardinality-freebies">https://www.keepingmykiddobusy.com/blog/counting-and-cardinality-freebies</a>   | Kindergarden counting pages  |  |  |
| <a href="https://www.journalbuddies.com/creative-writing-2/fun-story-starters-for-kids/">https://www.journalbuddies.com/creative-writing-2/fun-story-starters-for-kids/</a>   | Fun Story Starters for Kids  |  |  |
| <a href="https://www.outofthisworldliteracy.com/freebies/">https://www.outofthisworldliteracy.com/freebies/</a>   | Several free printable resources to keep students learning through the summer  |  |  |
| <a href="http://www.allstudentscanshine.com/2016/01/fluency-comprehension-freebie.html?m=1">http://www.allstudentscanshine.com/2016/01/fluency-comprehension-freebie.html?m=1</a>   | Fluency & Comprehension freebie  |  |  |
| <a href="https://jenniferfindley.com/writing-toolkits-free-writing-resources-upper-elementary/?utm_medium=social&amp;utm_source=pinterest&amp;utm_campaign=tailwind_tribes&amp;utm_content=tribes&amp;utm_term=605539006_22624112">https://jenniferfindley.com/writing-toolkits-free-writing-resources-upper-elementary/?utm_medium=social&amp;utm_source=pinterest&amp;utm_campaign=tailwind_tribes&amp;utm_content=tribes&amp;utm_term=605539006_22624112</a> | Writing Toolkits (Free Writing Resources for Upper Elementary)   |  |  |
| <a href="https://hiddenheroes.org/military-kids-have-talent/">https://hiddenheroes.org/military-kids-have-talent/</a>   | Calling all performers, talents, singers, dancers, tricksters, magicians, and more. The Elizabeth Dole Foundation is excited to announce our first Virtual Military Children's Talent Show!                            |  |  |
| <a href="https://homeschoolgiveaways.com/2017/08/free-science-coloring-book-coloring-with-cell/">https://homeschoolgiveaways.com/2017/08/free-science-coloring-book-coloring-with-cell/</a>   | FREE Science Coloring Book: Coloring with Cell   |  |  |
| <a href="https://summerslugger.com/">https://summerslugger.com/</a>   | Originally created as a first-of-its-kind program to address summer learning loss during vacation months, Summer Slugger is a free baseball-themed and gamified education course focusing on math and literacy skills. |  |  |
| <a href="http://nordc.org/files/documents/summer-slugger_curriculum-guide/?utm_campaign=City_of_New_Orleans&amp;utm_content=&amp;utm_medium=email&amp;utm_source=govdelivery&amp;utm_term=">http://nordc.org/files/documents/summer-slugger_curriculum-guide/?utm_campaign=City_of_New_Orleans&amp;utm_content=&amp;utm_medium=email&amp;utm_source=govdelivery&amp;utm_term=</a>   | Summer Slugger Curriculum Guide  |  |  |
| <a href="http://ellenjmchenry.com/brain-hemisphere-hat/?ref=4&amp;utm_medium=social&amp;utm_source=pinterest&amp;utm_campaign=tailwind_tribes&amp;utm_content=tribes&amp;utm_term=501389998_17947312_313657">http://ellenjmchenry.com/brain-hemisphere-hat/?ref=4&amp;utm_medium=social&amp;utm_source=pinterest&amp;utm_campaign=tailwind_tribes&amp;utm_content=tribes&amp;utm_term=501389998_17947312_313657</a>   | Brain Hemisphere Hat   |  |  |
| <a href="https://www.itsybitsyfun.com/blog/human-body-worksheets/?utm_source=newsletter&amp;utm_medium=email&amp;utm_campaign=todays_printable_human_body_worksheets&amp;utm_term=2018-02-22">https://www.itsybitsyfun.com/blog/human-body-worksheets/?utm_source=newsletter&amp;utm_medium=email&amp;utm_campaign=todays_printable_human_body_worksheets&amp;utm_term=2018-02-22</a>   | These six free printable Human Body Worksheets contain activities to keep a child entertained while also teaching them everything they need to know about the human body.  |  |  |

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| <a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2437">https://gov.louisiana.gov/index.cfm/newsroom/detail/2437</a>   | LED Opens COVID-19 Help Desk for Louisiana Businesses   |
| <a href="https://www.opportunitylouisiana.com/covid-19-assistance">https://www.opportunitylouisiana.com/covid-19-assistance</a>   | Resources for Impacted Businesses, Multiple Links for Assistance  |
| <a href="https://www.sba.gov/coronavirus">https://www.sba.gov/coronavirus</a>   | The Small Business Administration has approved that ALL 64 Louisiana parishes are eligible for COVID-19 business aid. Louisiana businesses may apply as follows: <a href="https://disasterloan.sba.gov/ela/">https://disasterloan.sba.gov/ela/</a><br>Call Toll Free 1-800-659-2955<br>e-mail: <a href="mailto:disastercustomerservice@sba.gov">disastercustomerservice@sba.gov</a> |
| <a href="https://www.sba.gov/funding-programs/loans/coronavirus-relief-options/paycheck-protection-program-ppp">https://www.sba.gov/funding-programs/loans/coronavirus-relief-options/paycheck-protection-program-ppp</a>   | Paycheck Protection Program--An SBA loan that helps businesses keep their workforce employed during the Coronavirus (COVID-19) crisis.  |
| <a href="http://www.abcpelican.org/covid19-resources.html">http://www.abcpelican.org/covid19-resources.html</a>   | COVID-19 Employer and Employee Resources  |
| <a href="https://www.probeauty.org/pba-charities/covid-19-relief-fund/landing-covid-19-relief-fund">https://www.probeauty.org/pba-charities/covid-19-relief-fund/landing-covid-19-relief-fund</a>   | Licensed Beauty Professionals are eligible to receive \$500 due to COVID-19 crisis.<br>***MUST BE LICENSED IN THE STATE OF LOUISIANA***   |
| <a href="https://opensafely.la.gov/">https://opensafely.la.gov/</a>   | This site allows you to register your business and your registration allows you to receive updated communication, notifications, and helpful guidance via email from the State Fire Marshal's Office specific to your business type.  |
| <a href="http://www.taylorporter.com/site/news/legal-faqs-for-employers-concerning-coronavirus">http://www.taylorporter.com/site/news/legal-faqs-for-employers-concerning-coronavirus</a>   | Legal FAQs for Employers Concerning Coronavirus   |
| <a href="http://www.nlep.org/About-NLEP/COVID-19-Resources.aspx">http://www.nlep.org/About-NLEP/COVID-19-Resources.aspx</a>   | RESOURCES FOR IMPACTED BUSINESSES & GOVERNMENTS: North Louisiana Economic Partnership is working with the State of Louisiana to monitor and assist businesses impacted by the COVID-19 outbreak.  |
| <a href="http://dev-opportunity.louisianaserver.com/docs/default-source/emergency-docs/covid19-handout_sba-disaster-assistance_resources-for-businesses-1.pdf?sfvrsn=d21fa405_2">http://dev-opportunity.louisianaserver.com/docs/default-source/emergency-docs/covid19-handout_sba-disaster-assistance_resources-for-businesses-1.pdf?sfvrsn=d21fa405_2</a>             | SBA Disaster Assistance in Response to the Coronavirus  |
| <a href="https://www.uschamber.com/sites/default/files/uscc_coronavirus_independent-contractors.pdf">https://www.uschamber.com/sites/default/files/uscc_coronavirus_independent-contractors.pdf</a>   | AN INDEPENDENT CONTRACTOR'S GUIDE TO CARES ACT RELIEF   |
| <a href="https://labi.org/covid-19">https://labi.org/covid-19</a>   | Federal Reserve Releases New Information on Main Street Lending Program   |
| <a href="https://www.bostonfed.org/supervision-and-regulation/supervision/special-facilities/main-street-lending-program/information-for-lenders/docs.aspx">https://www.bostonfed.org/supervision-and-regulation/supervision/special-facilities/main-street-lending-program/information-for-lenders/docs.aspx</a>   | Main Street Lending Program Forms and Agreements  |
| <a href="https://www.rd.usda.gov/sites/default/files/USDARDCOVID-19CumulativeSA_06032020.pdf">https://www.rd.usda.gov/sites/default/files/USDARDCOVID-19CumulativeSA_06032020.pdf</a>   | USDA Implements Immediate Measures to Help Rural Residents, Businesses and Communities Affected by COVID-19   |
| <a href="https://www.brproud.com/news/employers-in-louisiana-now-required-to-report-employees-refusing-to-return-to-work/?utm_medium=social&amp;utm_source=facebook_BRProud/WGMB/WVLA">https://www.brproud.com/news/employers-in-louisiana-now-required-to-report-employees-refusing-to-return-to-work/?utm_medium=social&amp;utm_source=facebook_BRProud/WGMB/WVLA</a> | Employers in Louisiana now required to report employees refusing to return to work  |

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| <a href="#">BACK TO INDEX</a>   |  |
| <a href="http://www.louisianaworks.net/hire">www.louisianaworks.net/hire</a>  | Work hours reduced due to lack of work due to COVID-19, temporary workplace closures without compensation, instructed not to go to work and are not being compensated  |
| <a href="http://www.careeronestop.org">www.careeronestop.org</a>  | Find unemployment benefits   |
| <a href="http://www.usbgfoundation.org">www.usbgfoundation.org</a>  | For bartenders, bar backs, or cocktail servers who need financial support, the USGB National Charitable Foundation Bartender Emergency Assistance Program. Membership not required to receive funds.   |
| <a href="mailto:EmployerServices@lwc.la.gov">EmployerServices@lwc.la.gov</a>  | Business Owners: If you are temporarily closing or reducing your hours of operations due to COVID-19, please contact the LWC to discuss how we can provide assistance and answer your questions about unemployment insurance and other programs and resources available. |
| <a href="http://www.irs.gov/">http://www.irs.gov/</a>   | US Tax deadline extension for 90 days (July 15, 2020 is now the deadline)  |
| <a href="https://www.irs.gov/coronavirus">https://www.irs.gov/coronavirus</a>   | Apply & check the status of your stimulus check  |
| <b>United Way</b>   | Has established a COVID-19 Community Economic Relief fund. Assistance with bills, rent, and food. Call 1-800-211-9966 and provide your zip code to be given a list of local agencies that will provide assistance.   |
| <b>Medicaid</b>   | According to Governor Edwards, Medicaid is now available for those who lost their jobs due to the outbreak. You can apply by calling 1-888-342-6207  |
| Help with Navigating New Unemployment Laws  |   |
| <a href="https://www.kalb.com/content/news/Gov-Edwards-600-federal-unemployment-payments-to-start-April-13-in-La-569482081.html">https://www.kalb.com/content/news/Gov-Edwards-600-federal-unemployment-payments-to-start-April-13-in-La-569482081.html</a>   | Gov. Edwards: \$600 federal unemployment payments to start April 13 in La.   |
| <a href="http://www.laworks.net/FAQs/FAQ_COVID-19_QandA.asp">http://www.laworks.net/FAQs/FAQ_COVID-19_QandA.asp</a>   | Frequently Asked Questions about COVID-19 from Louisiana Workforce Commission  |
| <a href="http://www.laworks.net/PublicRelations/PR_PressReleaseDetails.asp?ContentID=24008&amp;Year=2020&amp;Month=4">http://www.laworks.net/PublicRelations/PR_PressReleaseDetails.asp?ContentID=24008&amp;Year=2020&amp;Month=4</a>   | Beginning this Sunday, April 26, the LWC will allow individuals to file their weekly certifications based on the last digit of their social security number.   |
| <a href="http://www.taylorporter.com/site/news/legal-faqs-for-employers-concerning-coronavirus">http://www.taylorporter.com/site/news/legal-faqs-for-employers-concerning-coronavirus</a>   | Legal FAQs for Employers Concerning Coronavirus  |
| <a href="https://www.thetowntalk.com/story/money/personalfinance/2020/06/17/cares-act-unemployment-what-happens-when-600-weekly-benefits-run-out-next-month-600/">https://www.thetowntalk.com/story/money/personalfinance/2020/06/17/cares-act-unemployment-what-happens-when-600-weekly-benefits-run-out-next-month-600/</a> | Extra \$600 in weekly unemployment benefits runs out next month. Here's how to prepare   |

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| <a href="#">amazon.jobs/military</a>  | Veterans, National Guard, Reserve   |
| <a href="#">amazon.jobs/mil-spouse</a>  | Military Spouses  |
| <a href="#">amazon.jobs/mil-apprentice</a>  | Veteran Technical Apprenticeship  |
| <a href="#">amazon.jobs/AWSClearedVets</a>  | Active Security Clearance   |
| Develop skills to pursue a career in cloud computing <a href="#">aws.amazon</a> .   | AWS Educate   |
| Train for Ops exec. leadership roles. <a href="#">On amazon.jobs search: 988000</a>   | Military Pathways Program   |
| Bridge military experiences with retail business roles. Based in Seattle. <a href="#">On amazon.jobs search: 935928</a>   | Veteran Business Leader Program   |
| <a href="#">amazon.com/university-ops</a>   | Student Veterans  |
| <a href="#">amazondelivers.jobs</a> or text "Military" to 77088   | Hourly, Part-time & Flex Roles  |
| For active duty transitioning service members to gain civilian experience with <a href="#">Amazon. hiringourheroes.org/fellowships</a>  | Corporate Fellowship Program  |
| Sell on Amazon: <a href="#">services.amazon.com</a>   | Veteran & Spouse Entrepreneurs  |
| Start your own business: <a href="#">logistics.amazon.com</a>   | Delivery Service Partners   |
| <a href="https://careers.dollargeneral.com">https://careers.dollargeneral.com</a>   | Dollar General is hiring most every location in the State.  |
| <a href="https://jobs.walgreens.com/">https://jobs.walgreens.com/</a>   | Walgreens is hiring in select areas.  |
| <a href="https://jobs.lowes.com/">https://jobs.lowes.com/</a>   | Lowes is HIRING!!   |
| Apple Store (for Iphone users only)   | Apple has an app called STEADY that will help you find local employment suited to your needs, schedule, and availability  |
| <a href="https://apply.mysubwaycareer.com/us/en/careers/">https://apply.mysubwaycareer.com/us/en/careers/</a>   | Subway is HIRING!   |
| <a href="https://wendys-careers.com/">https://wendys-careers.com/</a>   | Wendy's is HIRING!  |
| <a href="https://careers.mcdonalds.com/us">https://careers.mcdonalds.com/us</a>   | McDonald's is HIRING!   |
| <a href="https://www.gp.com/careers">https://www.gp.com/careers</a>   | Georgia Pacific in DeQuincy is hiring!  |
| <a href="#">www.voltpowerco.com/careers</a>   | Volt Power is hiring in many locations. Go to the careers page to find a full list of open positions.   |
| <a href="#">United Parcel Service (UPS)</a>   | Personal Vehicle Drivers Needed--\$38.00 an hour. Must be at least 21 years old, must have a four door or larger vehicle, must have vehicle registration, must have personal auto insurance, must have clean driving record for twelve months, and must want to earn extra money delivering packages in your car or truck. Apply in person at any UPS location. |
| <a href="https://www.cityofalexandriala.com/job-listings">https://www.cityofalexandriala.com/job-listings</a>   | City of Alexandria currently has many employment opportunities available  |
| <a href="https://www.aarp.org/work/job-search/job-loss-resources/?cmp=SNO-ICM-FB-COVID-WJ&amp;socialid=3410517608">https://www.aarp.org/work/job-search/job-loss-resources/?cmp=SNO-ICM-FB-COVID-WJ&amp;socialid=3410517608</a>                                       | Resources for Job Loss and Financial Assistance   |
| <a href="https://money.yahoo.com/government-eyes-backto-work-bonuses-to-persuade-employees-to-return-in-pandemic-204239646.html">https://money.yahoo.com/government-eyes-backto-work-bonuses-to-persuade-employees-to-return-in-pandemic-204239646.html</a>           | Government eyes back-to-work bonuses to persuade employees to return in pandemic  |
| <a href="https://go.manpowergroup.us/mp-alexandria?utm_source=facebook&amp;utm_medium=cpc&amp;utm_campaign=%7B%7Bcampaign.name%7D%7D">https://go.manpowergroup.us/mp-alexandria?utm_source=facebook&amp;utm_medium=cpc&amp;utm_campaign=%7B%7Bcampaign.name%7D%7D</a> | Manpower has partnered with P&G and has positions available in Alexandria, LA   |

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| <a href="mailto:disastercustomerservice@sba.gov">disastercustomerservice@sba.gov</a>   | Small Business Administration (SBA) economic injury disaster loans. Call 1-800-659-2955 for application process  |
| U Haul 1-866-269-4887  | U Haul giving 30 days free storage to displaced college students   |
| <a href="https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources">https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources</a>  | Small Business Guidance and Loan Resources   |
| General Motors   | GM offering 0% financing for 7 years, deferred payments amid COVID-19 outbreak   |
| <a href="https://www.opportunitylouisiana.com/">https://www.opportunitylouisiana.com/</a>  | As Louisiana works through the evolving COVID-19 pandemic, Louisiana Economic Development is diligently working on collecting information and resources for businesses.  |
| <a href="https://chooserestaurants.org/">https://chooserestaurants.org/</a>  | Grant program sponsored by the National Restaurant Educational Foundation offering \$500 to restaurant industry employees impacted by COVID-19. <b>"First come, first served basis"</b>  |
| <a href="https://www.unitedway.org/recovery/covid19/new-responses/">https://www.unitedway.org/recovery/covid19/new-responses/</a><br><a href="utm_source=homepage&amp;utm_medium=web&amp;utm_campaign=covid19">utm_source=homepage&amp;utm_medium=web&amp;utm_campaign=covid19</a> | United Way Worldwide's COVID-19 Community Response and Recovery Fund supports communities by helping local United Ways respond, and by ensuring people get accurate information. J11, the go-to information resource in the U.S., is fielding 20K-40K more calls than normal, mostly for food, financial assistance and housing. We expect as many calls for help in the next six months as we usually get in a full year. People are hurting. <b>Please be aware that financial assistance related to COVID-19 is not available for individuals everywhere.</b> |
| <a href="https://www.today.com/style/story-beauty-fund-will-offer-1000-checks-hairstylists-manicurists-t1800561-s45-em_md_19_mi">https://www.today.com/style/story-beauty-fund-will-offer-1000-checks-hairstylists-manicurists-t1800561-s45-em_md_19_mi</a>                        | City beauty fund will offer \$1,000 checks to hairstylists, manicurists  |
| <a href="https://www.pressdemocrat.com/lifestyle/10871318-181-guy-fleet-launches-relief-fund/#a=AS">https://www.pressdemocrat.com/lifestyle/10871318-181-guy-fleet-launches-relief-fund/#a=AS</a>  | Guy Fleet launches relief fund for laid-off restaurant workers   |
| <a href="http://SLS.org">SLS.org</a>   | Southeast Louisiana Legal Services - SLS - Serves 22 parishes in Southeast part of the state. Free Legal Aid for Low-income People. Offer information about tenant evictions. SLS COVID-19 Legal Aid Hotline 1-844-244-7871  |

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| <a href="https://www.bankrate.com/mortgages/mortgage-lenders-offer-help-to-borrowers-affected-by-coronavirus/">https://www.bankrate.com/mortgages/mortgage-lenders-offer-help-to-borrowers-affected-by-coronavirus/</a>   | Mortgage lenders offer help to borrowers affected by coronavirus                                   |
| <a href="https://online.citi.com/US/JRS/pands/detail.do?ID=covid19">https://online.citi.com/US/JRS/pands/detail.do?ID=covid19</a>   | Coronavirus (COVID-19) Readiness: Updates and Resources for you                                    |
| <a href="https://www.fox29.com/news/bank-of-america-will-allow-customers-to-defer-payments-on-mortgages-amid-covid-19-financial-crisis">https://www.fox29.com/news/bank-of-america-will-allow-customers-to-defer-payments-on-mortgages-amid-covid-19-financial-crisis</a> | Bank of America will allow customers to defer payments on mortgages amid COVID-19 financial crisis |
| <a href="https://www.kpbs.org/news/2020/mar/19/homeowners-hurt-financially-by-the-coronavirus/">https://www.kpbs.org/news/2020/mar/19/homeowners-hurt-financially-by-the-coronavirus/</a>   | U.S. Orders Up To A Yearlong Break On Mortgage Payments  |
| <a href="https://www.fhfa.gov/Media/PublicAffairs/Pages/FHFA-Suspends-Foreclosures-and-Evictions-for-Enterprise-Backed-Mortgages.aspx">https://www.fhfa.gov/Media/PublicAffairs/Pages/FHFA-Suspends-Foreclosures-and-Evictions-for-Enterprise-Backed-Mortgages.aspx</a>   | FHFA Suspends Foreclosures and Evictions for Enterprise-Backed Mortgages                           |
| <a href="https://www.wafb.com/2020/04/01/can-your-landlord-evict-you-during-covid-crisis/">https://www.wafb.com/2020/04/01/can-your-landlord-evict-you-during-covid-crisis/</a>   | Eviction guidelines during COVID-19 pandemic   |

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| <a href="http://www.internetessentials.com/covid19">http://www.internetessentials.com/covid19</a>   | A low cost internet package for households is free for the first two months   |
| 1-844-488-8395 Charter Communication  | Free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a subscription |
| 1-844-488-8398 Spectrum   | Free internet access during school shutdown   |
| <a href="http://www.cleco.com/home">www.cleco.com/home</a>  | Cleco is temporarily suspending service disconnects and late fees on customer accounts in Central Louisiana                                 |
| <a href="https://www.kalb.com/content/news/Phone-carriers-waive-fees-amid-COVID-19-pandemic-569467111.html">https://www.kalb.com/content/news/Phone-carriers-waive-fees-amid-COVID-19-pandemic-569467111.html</a>   | Phone carriers waive fees amid COVID-19 pandemic  |
| <a href="https://www.kalb.com/content/news/Cleco-encourages-eligible-customers-to-apply-for-energy-assistance-funds-569866301.html">https://www.kalb.com/content/news/Cleco-encourages-eligible-customers-to-apply-for-energy-assistance-funds-569866301.html</a> | ***Central Louisiana Residents Only***Cleco encourages eligible customers to apply for energy assistance funds                              |



# LIHEAP

## Low-Income Home Energy Assistance Program

### Need help paying your electric utility bills?

Cleco customers who meet the eligibility requirements for funds from LIHEAP can apply for assistance now by contacting their local community action agency.

#### Connect with an energy assistance provider in your area.

- Allen Action Agency, 8838 Hwy. 165, Oberlin, (337) 639-4348
- Avoyelles Progress Action Committee, 641 Government St., Marksville, (318) 253-6085
- Beauregard Community Action Association, 219 West 2nd St., DeRidder, (337) 463-7895
- Calcasieu Parish Police Jury/ Human Services Department, 2001 Moeling St., Lake Charles, (337) 721-4030
- Cenla Community Action Committee, 2011 MacArthur Dr., Bldg. 1, Alexandria, (318) 314-3480
- Desoto Parish Office of Community Services, 404 Polk Street, Ste. B, Mansfield, (318) 872-0880
- Evangeline Community Action Agency, 403 West Magnolia, Ville Platte, (337) 363-1306
- Jefferson Community Action Programs, 1221 Elmwood Park Blvd., Ste. 402, Jefferson, (504) 736-6900
- LaSalle Community Action Assn., 825 Hwy. 8, Sicily Island, (318) 389-4810
- Natchitoches Office Of Community Services, 1016 Keyser Ave., Natchitoches, (318) 357-2220 or (800) 419-1354
- St. Landry Parish Community Action Agency, 1065 Hwy. 749, Opelousas, (337) 948-3651
- Smile (St. Martin, Iberia, Lafayette) Community Action Agency, 501 St. John St., Lafayette, (337) 234-3272
- St. Mary Community Action Agency, 1407 Barrow St., Franklin, (337) 828-5703
- St. Tammany Parish Community Action Agency, 520 Old Spanish Trail, Ste. 3-C, Slidell, (985) 646-2090
- Vernon Community Action Council, 12286 Lake Charles Hwy., Leesville, (337) 404-7710



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| <a href="https://www.usda.gov/media/press-releases/2020/04/22/usda-increases-monthly-snap-benefits-40">https://www.usda.gov/media/press-releases/2020/04/22/usda-increases-monthly-snap-benefits-40</a>   | USDA Increases Monthly SNAP Benefits by 40%                                      |  |
| <a href="https://cnp.doe.louisiana.gov/ServingSites/">https://cnp.doe.louisiana.gov/ServingSites/</a>   |  | Parish by Parish list of school meal sites   |
| Second Harvest Food Bank, South Louisiana   | 1-855-392-9338   | Food pantry referrals, SNAP, FITAP, KCSP, Child Support, Access to community support counselors  |
| Food Bank of Central Louisiana  | 318-445-2773   |  |
| <a href="https://www.inspirenolacharterschools.org/coronavirus/grab_go_breakfast_lunch">https://www.inspirenolacharterschools.org/coronavirus/grab_go_breakfast_lunch</a>   |  | Families will be able to pick-up meals for 2 days on Mondays and for 3 days on Wednesdays. Community Feeding Distribution sites will not be open on Thursday and Friday. Service times remain the same from 9 AM - 12 PM.  |
| <a href="http://www.rpsb.us">www.rpsb.us</a>  | Rapides Parish ONLY  | <b>Effective Wednesday, March 25, 2020: RPSB has advised that they are transitioning to 7 feeding sites across the parish. They are as follows: Bolton High School, Buckeye High School, Glenmora High School, Nachman Elementary School, Peabody Magnet High School, Pineville Elementary School and Tioga High School. NO MEALS WILL BE DELIVERED.</b> |
| <a href="https://www.foodbanknela.org/">https://www.foodbanknela.org/</a>   | 318-322-3567   | Go to website to find details  |
| <a href="http://www.fbcenla.org/">http://www.fbcenla.org/</a>   | 318-445-2773   | Emergency transportation and food needs. Go to website for details.  |
| United Way Family Support Specialist  | 318-321-7791   | Family Support Specialist to assist with COVID-19 Related Emergency Related Basic Needs  |
| Good Samaritan Foodbank Terrebonne  | 985-851-5523   | Call for meal information  |
| Jefferson Parish Food Bank  | 504-734-1322   | Go to website to find details  |
| Allen Parish Food Bank--Falls under Food Bank of Central Louisiana  | 318-445-2773   | Go to website to find details  |
| Alario Center-Jefferson Parish  |  | Drive Thru Meal Pick Up  |
| <a href="https://www.feedinglouisiana.org/covid-19">https://www.feedinglouisiana.org/covid-19</a>   |  | How to Get Food Assistance   |
| <a href="http://ldh.la.gov/index.cfm/page/998">http://ldh.la.gov/index.cfm/page/998</a>   |  | Commodity Supplemental Food Program (CSFP)   |
| <a href="http://www.fbcenla.org">www.fbcenla.org</a>  | Food Bank of Central Louisiana 318-445-2773                                      | Serving the parishes of: Allen, Avoyelles, Catahoula, Concordia, Grant, LaSalle, Natchitoches, Rapides, Sabine, Vernon, and Winn   |
| <a href="http://www.foodbanknela.org">www.foodbanknela.org</a>  | Food Bank of Northeast Louisiana 318-322-3567                                    | Serving the parishes of: Caldwell, East Carroll, Franklin, Jackson, Lincoln, Madison, Morehouse, Ouachita, Richland, Tensas, Union, and West Carroll   |
| <a href="http://www.no-hunger.org">www.no-hunger.org</a>  | Second Harvest Food Bank-Feeding South Louisiana 504-734-1322                    | Serving the parishes of: Acadia, Beauregard, Calcasieu, Cameron, Evangeline, Iberia, Jefferson, Jefferson Davis, Lafayette, Lafourche, Orleans, Plaquemines, St. Bernard, St. Charles, St. John the Baptist, St. Landry, St. Martin, St. Mary, St. Tammany, Tangipahoa, Terrebonne, Vermillion, and Washington   |
| <a href="http://www.foodbanknla.org">www.foodbanknla.org</a>  | Food Bank of Northwest Louisiana 318-675-2400                                    | Serving the parishes of Caddo, Webster, Claiborne, Bienville, Red River, DeSoto, and Bossier   |
| <a href="https://www.google.com/maps/d/viewer?mid=1H35BGlkGtQWVrVFYlXVbpi8lAYhDh3&amp;ll=30.419748702216868%2C-97.0307475547101827=6">https://www.google.com/maps/d/viewer?mid=1H35BGlkGtQWVrVFYlXVbpi8lAYhDh3&amp;ll=30.419748702216868%2C-97.0307475547101827=6</a>   | MAP - LA Farm Food during COVID-19   |  |
| <a href="https://ebschools.org/coronavirus-covid-19/child-nutrition/">https://ebschools.org/coronavirus-covid-19/child-nutrition/</a>   | East Baton Rouge Parish Schools  | Grab-n-go meal distribution will resume May 4 for East Baton Rouge Parish Schools.   |
| <a href="https://www.louisianabelieves.com/docs/default-source/covid-19-resources/louisiana-p-ebt-information-and-application.pdf">https://www.louisianabelieves.com/docs/default-source/covid-19-resources/louisiana-p-ebt-information-and-application.pdf</a>   | PANDEMIC-EBT AVAILABLE FOR STUDENTS RECEIVING FREE OR REDUCED-PRICE SCHOOL MEALS | Eligible families who complete an online application will be issued a P-EBT debit card by the Louisiana Department of Children and Family Services (DCFS) to access benefits. The P-EBT card will function like a standard EBT card, and the same guidelines will apply.   |
| <a href="https://www.theadvocate.com/baton_rouge/news/coronavirus/article_0ec058bc-a99f-11ea-ba84-53c60e545ae.html?utm_medium=social&amp;utm_source=email&amp;utm_campaign=user-share">https://www.theadvocate.com/baton_rouge/news/coronavirus/article_0ec058bc-a99f-11ea-ba84-53c60e545ae.html?utm_medium=social&amp;utm_source=email&amp;utm_campaign=user-share</a> | PANDEMIC-EBT AVAILABLE FOR STUDENTS RECEIVING FREE OR REDUCED-PRICE SCHOOL MEALS | Louisiana extends deadline for \$285 school meal card; 431,000+ people have applied  |
| <a href="https://www.kalb.com/2020/06/10/p-ebt-cards-arriving-in-plain-white-envelopes-dont-toss/">https://www.kalb.com/2020/06/10/p-ebt-cards-arriving-in-plain-white-envelopes-dont-toss/</a>   | PANDEMIC-EBT   | P-EBT cards arriving in plain white envelopes; don't toss!   |



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| <a href="https://www.youtube.com/planetfitness">https://www.youtube.com/planetfitness</a>   | Free Online Classes   |
| <a href="https://www.myfitnesspal.com/">https://www.myfitnesspal.com/</a>   | Free activity tracker, recipes, workout ideas   |
| <a href="http://www.bethelyogi.com">www.bethelyogi.com</a>  | On Zoom: @leelayogalifestyle Virtual Yoga   |
| <a href="https://help.fitbit.com/articles/en_US/Help_article/2437#free">https://help.fitbit.com/articles/en_US/Help_article/2437#free</a>   | Fitbit is offering 40 pieces of Fitbit Premium content free in the Fitbit app. Anyone new to Fitbit Premium can also get a 90-day free trial of this paid subscription. Tap the the Premium tab to activate your free trial. Fitbit Premium includes personalized health insights, health guidance, advanced sleep tools, customized programs, and 150+ workouts from fitness brands. |
| <a href="https://go.gethealthytv.com/a18707/">https://go.gethealthytv.com/a18707/</a>   | Get Healthy U TV offering year long membership for \$3.00   |
| <a href="https://www.fitnessblender.com/videos">https://www.fitnessblender.com/videos</a>   | Fitness Exercises to Do at Home   |
| <a href="https://www.varsitytutors.com/classes/star/motion-with-julianne-hough?ref=FB-VSD-C&amp;vtsource=facebook&amp;vtmedium=social&amp;vtcampaign=MF_CV_LA_L-BROAD_CBO-VSD-CELEB-JULIANNE-BC&amp;network=facebook&amp;campaignid=6177008678400&amp;adsetid=6177010419000&amp;adid=6177010418600&amp;placement=Facebook_Mobile_Feed&amp;creative=IMAGINE_JULIANNE_V1_IMG&amp;site=fb&amp;ssh=1">https://www.varsitytutors.com/classes/star/motion-with-julianne-hough?ref=FB-VSD-C&amp;vtsource=facebook&amp;vtmedium=social&amp;vtcampaign=MF_CV_LA_L-BROAD_CBO-VSD-CELEB-JULIANNE-BC&amp;network=facebook&amp;campaignid=6177008678400&amp;adsetid=6177010419000&amp;adid=6177010418600&amp;placement=Facebook_Mobile_Feed&amp;creative=IMAGINE_JULIANNE_V1_IMG&amp;site=fb&amp;ssh=1</a> | Kinrgy - The Movement Experience with JULIANNE HOUGH. In each session, Julianne will focus on these three areas as she leads students through movement that will take their minds and bodies to an expanded state called the KINRGY state, optimal for transformation, truth, and creativity. Registration and participation is free. Other classes are offered as well.              |
| <a href="https://shop.kathysmith.com/pages/free-fit-over-40-challenge">https://shop.kathysmith.com/pages/free-fit-over-40-challenge</a>   | FREE FIT OVER 40 CHALLENGE  |
| <a href="https://nesca-newton.com/billydemiri/">https://nesca-newton.com/billydemiri/</a>   | Simple Home Fitness Circit for Kids of All Ages   |
| <a href="https://www.thebellydancesolution.com/bd-program">https://www.thebellydancesolution.com/bd-program</a>   | <u>Learn To Love Your Body Again, Put A Stop To “Leaking” And Enjoy Exercise Like You Never Imagined Possible.....By embracing your divine femininity through the fun and exotic art of belly dancing. (\$37.00 Fee)</u>  |
| <a href="https://quiz.kidsyogastories.com/sf/be4c2f1b">https://quiz.kidsyogastories.com/sf/be4c2f1b</a>   | Teaching Yoga to kids   |
| <a href="https://yoga-burn.net/booty-challenge/">https://yoga-burn.net/booty-challenge/</a>   | Try This Yoga Burn Booty Challenge!   |
| <a href="https://www.flexitpink.com/pages/fip-6-week-challenge">https://www.flexitpink.com/pages/fip-6-week-challenge</a>   | Workout With Flex it Pink at home with minimal equipment for 6 weeks.   |
| <a href="https://upscaletrainer.com/squeeze-page1586449602303">https://upscaletrainer.com/squeeze-page1586449602303</a>   | 30 DAY FREE HOME WORKOUT! FREE!   |







































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| <a href="http://www.mealsonwheelsamerica.org/signup">www.mealsonwheelsamerica.org/signup</a>  | CENLA Area on Aging<br>Rapides Senior Citizen Center,<br>Grant Council on Aging,<br>Avoyelles Council on Aging,<br>Catahoula Council on Aging,<br>Calcasieu Council on Aging   | 318-484-2260<br>318-487-1561<br>318-627-5757<br>318-253-9771<br>318-339-8111<br>337-474-2583 |
| <b>Calcasieu Council on Aging</b>   | Calcasieu Council on Aging is supplying meal on wheels   | 337-474-2583   |
| <a href="http://Nola311.org">Nola311.org</a>  | Free meal delivery for low income and elderly  |  |
| <a href="https://www.iheart.com/content/2020-03-26-nursing-home-lets-you-adopt-a-lonely-grandparent-in-isolation/">https://www.iheart.com/content/2020-03-26-nursing-home-lets-you-adopt-a-lonely-grandparent-in-isolation/</a>                               | I heart Radio--Adopt a lonely grandparent in isolation, Follow the link for information  |  |
| <a href="https://www.cdc.gov/coronavirus/2019-ncov/community/retirement/guidance-retirement-response.html">https://www.cdc.gov/coronavirus/2019-ncov/community/retirement/guidance-retirement-response.html</a>   | Preventing the Spread of COVID-19 in Retirement Communities and Independent Living Facilities  |  |
| <a href="https://www.naahq.org/coronavirus-guidance">https://www.naahq.org/coronavirus-guidance</a>   | Coronavirus Guidance for Property Management   |  |
| <a href="https://www.kalb.com/content/news/Walmart-reserves-daily-pickup-hour-for-those-most-at-risk-569625211.html">https://www.kalb.com/content/news/Walmart-reserves-daily-pickup-hour-for-those-most-at-risk-569625211.html</a>                           | Walmart is launching a Pickup hour for people most at-risk for COVID-19. Each day the hour from 7 to 8 a.m. at select pickup store locations will be reserved for customers over the age of 60, as well as first responders, customers with disabilities and anyone designated high-risk by the Centers for Disease Control and Prevention.                      |  |
| <a href="https://cvshealth.com/newsroom/press-releases/cvs-health-announces-additional-covid-19-resources-focused-patient-access">https://cvshealth.com/newsroom/press-releases/cvs-health-announces-additional-covid-19-resources-focused-patient-access</a> | <u>Beginning immediately, CVS Pharmacy will waive charges for home delivery of prescription medications. With the Centers for Disease Control and Prevention encouraging people at higher risk for COVID-19 complications to stay at home as much as possible, this is a convenient option to avoid coming to the pharmacy for refills or new prescriptions.</u> |  |
| <a href="https://news.walgreens.com/covid-19/covid-19-faq.htm">https://news.walgreens.com/covid-19/covid-19-faq.htm</a>   | Starting Tuesday, March 24 and every Tuesday for the near future, Walgreens stores will open at 8 a.m., with the full hour from 8 a.m. until 9 a.m. dedicated to senior citizens. This hour is also available to their caregivers and immediate families may also visit the store during this time.  |  |
| <a href="https://www.facebook.com/cenla.aging.50/posts/867534293762356">https://www.facebook.com/cenla.aging.50/posts/867534293762356</a>   | Please be aware of the scams that are going around   |  |

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| <a href="https://www.avma.org/sites/default/files/2020-03/covid-19-faq-pet-owners.pdf">https://www.avma.org/sites/default/files/2020-03/covid-19-faq-pet-owners.pdf</a>   | COVID-19: FAQs FOR PET OWNERS  |
| <a href="https://www.cdc.gov/coronavirus/2019-ncov/php/interim-guidance-managing-people-in-home-care-and-isolation-who-have-pets.html">https://www.cdc.gov/coronavirus/2019-ncov/php/interim-guidance-managing-people-in-home-care-and-isolation-who-have-pets.html</a> | Interim Guidance for Public Health Professionals Managing People With COVID-19 in Home Care and Isolation Who Have Pets or Other Animals |
| <a href="https://www.animalhumanesociety.org/news/pets-and-covid-19-coronavirus">https://www.animalhumanesociety.org/news/pets-and-covid-19-coronavirus</a>   | Pets and COVID-19 coronavirus  |
| <a href="https://www.avma.org/resources-tools/animal-health-and-welfare/covid-19">https://www.avma.org/resources-tools/animal-health-and-welfare/covid-19</a>   | Animal Health and Welfare During COVID-19  |

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| <b>Amazon Deliveries</b>  | Delivery drivers are recommending all packages be left inside the box, OUTSIDE, in sunlight for 6-8 hours. After that time lapse, take everything out of the box and remove all packaging. Leave box and packaging outside. Once inside, immediately wash your hands. These recommendations are given as people are testing positive at distribution centers. |
| <b>Cloud Dough Recipe</b>   | 2 cups corn starch, 1 cup baby lotion, separate and add food coloring and essential oils (optional)   |
| <a href="https://www.crocs.com/">https://www.crocs.com/</a>   | Crocs is donating a free pair of shoes (with free shipping) to healthcare workers on the frontlines of COVID-19. If you're a healthcare professional in need of our easy to clean, comfortable Crocs shoes, we've got you taken care of.  |
| <b>Women in the Military</b>  | <a href="https://www.slideshare.net/milfamln/women-in-the-military-special-contributions-and-unique-challenges">https://www.slideshare.net/milfamln/women-in-the-military-special-contributions-and-unique-challenges</a>   |
| <a href="https://abcnews.go.com/Business/auto-insurance-companies-returning-800m-premiums-covid-19/story?id=70018868">https://abcnews.go.com/Business/auto-insurance-companies-returning-800m-premiums-covid-19/story?id=70018868</a>   | Auto insurance companies returning \$800M in premiums during COVID-19 (Allstate and American Family Insurance)  |
| <a href="https://www.usatoday.com/story/money/cars/2020/04/07/allstate-american-family-insurance-coronavirus-covid-19-premiums/2959870001/">https://www.usatoday.com/story/money/cars/2020/04/07/allstate-american-family-insurance-coronavirus-covid-19-premiums/2959870001/</a>   | Auto insurers including Allstate, Geico to give back millions as coronavirus keeps drivers off roads  |
| <a href="https://www.shelterinsurance.com/aboutshelter/companynews/2020/shelterinsuranceresponsetothecoronavirus.html">https://www.shelterinsurance.com/aboutshelter/companynews/2020/shelterinsuranceresponsetothecoronavirus.html</a>   | Shelter Insurance® provides assistance to personal auto insurance customers.  |
| <a href="https://www.marketwatch.com/story/some-auto-insurers-are-giving-refunds-because-of-the-coronavirus-outbreak-heres-how-you-can-get-a-break-too-2020-04-09">https://www.marketwatch.com/story/some-auto-insurers-are-giving-refunds-because-of-the-coronavirus-outbreak-heres-how-you-can-get-a-break-too-2020-04-09</a> | Some auto insurers are giving refunds because of the coronavirus outbreak — here's how you can get a break too  |
| <a href="https://www.kalb.com/content/news/a-Farm-Bureau-issuing-premium-credit-donating-to-local-food-banks-569671841.html">https://www.kalb.com/content/news/a-Farm-Bureau-issuing-premium-credit-donating-to-local-food-banks-569671841.html</a>   | La. Farm Bureau issuing premium credit, donating to local food banks  |
| <a href="https://corporate.walmart.com/newsroom/2020/04/03/changes-to-our-shopping-process-to-encourage-social-distancing">https://corporate.walmart.com/newsroom/2020/04/03/changes-to-our-shopping-process-to-encourage-social-distancing</a>   | Changes to Our Shopping Process to Encourage Social Distancing  |
| <a href="https://www.subway.com/en-US/SubCulture/coronavirus-and-your-safety">https://www.subway.com/en-US/SubCulture/coronavirus-and-your-safety</a>   | Responding to Coronavirus Serving in Times of Need  |
| <a href="https://www.thebalance.com/coronavirus-credit-card-debt-relief-4801003">https://www.thebalance.com/coronavirus-credit-card-debt-relief-4801003</a>   | How Credit Card Companies Are Helping During the COVID-19 Outbreak  |
| <a href="https://www.nrn.com/people/how-restaurants-are-stepping-help-their-communities-during-coronavirus-pandemic-providing">https://www.nrn.com/people/how-restaurants-are-stepping-help-their-communities-during-coronavirus-pandemic-providing</a>   | How restaurants are stepping up to help their communities during the coronavirus pandemic, from providing toilet paper to meal kits   |
| <a href="https://nypost.com/2020/04/21/second-coronavirus-wave-could-be-deadlier-cdc-chief-warns/">https://nypost.com/2020/04/21/second-coronavirus-wave-could-be-deadlier-cdc-chief-warns/</a>   | The head of the US Centers for Disease Control and Prevention warned Tuesday that a second wave of the coronavirus pandemic expected this winter could be deadlier than the current pandemic.   |
| <a href="http://www.irs.gov/help">www.irs.gov/help</a>  | Several online tools to help get the tax information one may need   |
| <a href="https://www.kalb.com/content/news/Airports-and-Airlines-implement-changes-as-people-start-flying-again-570817621.html">https://www.kalb.com/content/news/Airports-and-Airlines-implement-changes-as-people-start-flying-again-570817621.html</a>   | AEX launches website for information on flying during COVID-19 pandemic   |
| <a href="https://www.aarp.org/travel/travel-tips/safety/info-2020/new-tsa-security-procedures.html?cmp=SNO-ICM-FB-COVID-TR&amp;socialid=3381999971">https://www.aarp.org/travel/travel-tips/safety/info-2020/new-tsa-security-procedures.html?cmp=SNO-ICM-FB-COVID-TR&amp;socialid=3381999971</a>                               | New TSA Security Procedures Designed to Prevent Spread of Coronavirus   |
| <a href="https://www.yahoo.com/news/second-wave-covid-19-u-083903052.html">https://www.yahoo.com/news/second-wave-covid-19-u-083903052.html</a>   | Is this the second wave of COVID-19 in the U.S.?  |