**COVID-19 Resource List**

Updated 3/27/2020

**Information for Coronavirus**

* Douglas County Health Department 402-444-3400
* JDRF: Visit [www.jdrf.org](http://www.jdrf.org) for COVID-19 and type 1 diabetes specific information
* **Douglas County Health Department** - <https://www.douglascounty-ne.gov/coronavirus-covid-19-information> - Community resources, community COVID-19 Information line, and community updates. 402-552-6645 between 8am-8pm/ Call 2-1-1 for assistance after 8pm.
* **CDC** - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
* **CDC Self Check** - <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>
* **FEMA Coronavirus Response (ENGLISH)** - <https://www.fema.gov/coronavirus>
* **FEMA Coronavirus Response (SPANISH)** - <https://www.fema.gov/es/coronavirus>
* **FEMA Coronavirus Rumor Control** - <https://www.fema.gov/coronavirus-rumor-control>
* **Nebraska Medicine** - <https://www.nebraskamed.com/COVID> or 1-800-922-0000
* **Children’s Hospital** - <https://www.childrensomaha.org/health-news/important-covid-19-update-for-childrens-patients-families/>
* **CHI Health** - <https://www.chihealth.com/coronavirus>
* **Methodist Health System** - <https://www.bestcare.org/covid-19/> or 402-815-7425
* **OrthoNebraska** - <https://www.orthonebraska.com/covid-19/> or 402-609-2600 or email info@orthonebraska.com
* **Living with a Visual Disability During the Coronavirus** - <https://www.nod.org/living-with-a-disability-during-the-coronavirus-pandemic-blog-by-nods-charles-catherine/?utm_source=2015-01-05+eTap+Export&utm_campaign=5120df2c90-2019-01-08+-+Tracker+Webinar%2C+Look+Closer_COPY_02&utm_medium=email&utm_term=0_13faca177e-5120df2c90-101159705>
* **UNMC COVID-19 Resources** - <https://view.sfm.nebraskamed.com/?qs=068f3815233ee21dd6e613d20aa047aee36dcacee4c8a59b8e6d24c5595530a9965c59ba5270ac8675c6c34d48cd7ecbd391010f91ecb44c486dcacbe70395eba380920ee286a240b5d13b6e50c24473>
* **KETV Announcement Page** - <https://www.ketv.com/article/coronavirus-covid19-nebraska-omaha-latest/31213658>
* **Omaha Scanner -** <https://www.nossmedia.com/covid-19?fbclid=IwAR1sk0FAwTItZUN1D9YIAifXhdRv6lJi-1D3DilhZZ6SKwkYCZaEoH4K4yg> – Has a compilation of cancellations and closures, news an media releases, guidance and testing  information, testing site information, potential exposure sites, assistance and resources, Nebraska case information, and a FAQ section.

**Pick up/Delivery Services**

* Omaha’s Lee Law Offices are coordinating volunteer efforts to help elderly and the homebound pick up groceries, medications and meals. If you need help, call 402-934-4409 or email legacy@leelawoffice.com.
* CVS is offering pharmacy delivery. Visit [www.cvs.com](http://www.cvs.com) to find store location and request RX fill.

**Elderly Specific Resources**

* Elderly person in need should contact St. Vincent De Paul parish office at 402-496-7988
* Intercultural Senior Center: Food pantry for adults ages 50 and older. Home delivery, pick up and drive up options available. Home delivery should call 402-444-6529. Pick up and Drive up location is 5545 Center St. dates and times are Monday through Friday 10am and 4pm.

**Rent/Utility Assistance**

* St. Vincent de Paul: call 402-909-5168 and a volunteer will contact you within 24 hours
* Residents who fall behind on bills with MUD or OPPD. Disconnections for non-payment suspended through April 30th.
* COX: For the next 60 days (3/13/20) COX will be upgrading internet speeds, not terminating service for any residential or small business customer because of inability to pay, waive late fees, open COX Wifi hotspots, and fast track Connect2Complete services so students can continue to learn from home (will still cost $9.95 per month)
* Spectrum: Offering free internet during school shutdowns by calling 1-844-8398.
* Comcast: Offers free internet services to low income families during the outbreak. Must apply at <https://corporate.comcast.com>
* CenturyLink: Will waive late fees and will not terminate a residential or small business customer’s service for the next 60 days due to financial circumstances associated with COVID-19.

**Food Pantry**

* Drive Up Mobile Food Pantries – Food Bank for the Heartland:
	+ March 20th – Plattsmouth Bible Church (1602 1st Ave. Plattsmouth, NE) 4:00 pm until out
	+ March 24th – Kreft Primary School (3206 Renner Dr. Council Bluffs, IA) 4:30-5:30 pm
	+ March 25th – Mission Middle School (2202 Washington St. Bellevue, NE) 5:00-6:30 pm
	+ March 28th – All Saints Episcopal Church (9302 Blondo St. Omaha, NE) 8:30-10:00 am
	+ March 28th – Church of the Holy Spirit (1305 Thomas Dr. Bellevue, NE) 10:00 am-12:00 pm
* Mobile Backpack Program: Salvation Army, Westside Nutritional Services, Saving Grace Perishable Food Rescue, local school districts, and Food Bank for the Heartland are partnering to provide meal bags containing five breakfasts and five lunches including milk and fresh produce for a total of 10 meals. A meal bag will be offered for each child in the household. Mobile Backpack locations are as follows:
	+ MONDAY: Castellar Elementary (2316 S 18th St.) 12-2:00 pm, HopeCenter (2200 N 20th St) 1-3:00 pm, Wakonda Elementary (4845 Curtis Ave) 1-3:00 pm, Jefferson Elementary (4065 Vinton St) 3-5:00 pm, Abide Omaha (3223 North 45th St) 4-6:00 pm, Prairie Wind Elementary (10908 Ellison Ave) 6-8:00 pm
	+ TUESDAY: MCC South (2909 Ed Babe Gomez Ave) 6-8:00 pm
	+ WEDNESDAY: MCC, Career Center (5300 N 30th St. Bld. 23) 6-8:00 pm
	+ FRIDAY: Miller Park Elementary (5625 N 28th) 1-3:00 pm, NorthStar (4242 N 49th) 1-3:00 pm, Thomas Jefferson (2501 W Broadway, Council Bluffs) 1-3:00 pm, Wilson Middle (715 N 21st St, Council Bluffs) 4-6:00 pm, Completely Kids (2566 St. Mary Ave.) 4-6:00 pm
* Other Food Pantries:
	+ Project Hope, Inc (6201 N 60th St.): Monday, Wednesday, & Friday 11:00 am-2:45 pm
	+ Divine Mercy Center and Pantry (St. Vincent De Paul 2101 Leavenworth St.) call for hours 402-341-1689
	+ Families with children (0-21) in the home can get 5 days’ worth of meals to include breakfast and lunch as the following sites: Westbrook Elementary (1312 Robertson Dr.) and Westside Middle School (8601 Arbor St) from 8:30 am-1:00 pm
	+ Heart Ministry Center (2222 Binney St.) will continue to offer an “express” pantry at the following times – Tuesday: Seniors (55+) 10:00 am-1:00 pm, Wednesday: 10:00 am-1:00 pm, Thursday: 3:30 pm-5:30 pm, Friday: 11:00 am-2:00 pm, Saturday: 9:00 am-11:00 am
	+ Open Door Mission is offering drive-thru assistance for food panty items, diapers and toiletries on its main campus (2828 N 23rd St East) and the Timberlake Outreach Center (2107 E Locust St) from 9-11 am on March 28th and April 18th.
* Youth Emergency Services Outreach Center: 1-3pm Monday-Friday. Youth will be able to get boxed or sacked meals. Outreach staff will assist youth not available at those times by appointment. 2679 Farnam Street, Suite 205, Omaha, NE 68131 402-345-5187
* Together Omaha
	+ Pantry hours effective immediately and until further notice: Monday-Thursday 12pm-3pm, Friday 12pm-2pm
	+ Pantry boxes will be distributed from the dock located at the backside of the parking lot. Staff will fill out the USDA waiver form to eliminate personal contact.



**Grocery Delivery**

\*Note these services are in high demand currently. Delivery might be delayed even up to several days.\*

* Hy-Vee Aisles Online – order via website or app
* Instacart – shop several retailers, including all leading grocers, via the Instacart app or website, Instacart.com. Like a personal shopping service that delivers. Instacart offers gift cards that could be used by someone to place your order for delivery if you aren’t tech savvy. Local Instacart retailers include: Costco, Bakers, Aldi, Natural Grocer’s, Fresh Thyme, Family fare, CVS, HyVee, Sam’s Club, Petco
* Uber and Lyft will deliver groceries. Uber and Lyft gift cards are available for purchase at grocery and drug stores.
* Target – Call guest services for help placing orders by phone (800)591-3869 or order online at target.com and utilize Uber or Lyft to pick up your order.

**Education**

* ObjectiveEd is offering free access to their digital curriculum to schools and teachers to use with their students with vision impairments through the end of the current school year. To get started, visit [www.objectiveEd.com/distance](http://www.objectiveEd.com/distance)
* EducationQuest: EducationQuest offices are closed but they can still help you via phone or computer. Contact the nearest location for help: Omaha 888-357-6300 ext. 722 or 402-932-0437, Lincoln 800-303-3745 ext. 6653 or 402-479-6653, Kearney 800-666-3721 or 308-234-6310, Scottsbluff 800-303-3745 ext. 6654. Free tools are also available at educationquest.org
* Freedom Scientific: We know many of you must remain at home and will need to continue to work or attend school remotely. To ensure that your life remains accessible we are offering those in the US and Canada a Free Home License of JAWS, ZoomText, or Fusion which will expire June 30, 2020.
	+ Is my email eligible to download a license? Type your college email address and choose Search to see if you qualify. If you don't have a college email address, then provide your personal email address.
	+ Types of Sponsored Licenses: Educational institutions in the United States with up-to-date multi-user licenses of JAWS, ZoomText, or Fusion, are qualified. All students, faculty, and staff with an active email address are entitled to receive free home annual licenses for their personally owned equipment.
	+ In addition, special licenses have been created to assist students and workers who must remain home during the COVID-19 crisis. A free short-term Home Annual License of JAWS, ZoomText, or Fusion (expires June 30, 2020) is available to anyone with a personal email address in the United States and Canada.
	+ These products require either a Microsoft Windows 10 or 7 operating system. Remote desktop and Citrix support are not provided. Contact Freedom Scientific Customer Service at 727-803-8000 with any questions.
* College Students in Need of Aira- As universities and colleges are shifting to distance learning, some materials and software are inaccessible.  Aira is offering free service to college students for the remainder of the spring semester.  Email support@aira.io for more information on the program.
* National Braille Press-Free downloads of three NBP titles
* [Hadley Discussions](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Fhadley.us20.list-manage.com*2Ftrack*2Fclick*3Fu*3D872829398302c647169f3fad3*26id*3D0742e4daf6*26e*3D98cd6fa06b&data=02*7C01*7Ccarlos.servan*40nebraska.gov*7Cc2338382ffd6444a563908d7cf585b78*7C043207dfe6894bf6902001038f11f0b1*7C0*7C0*7C637205850707068810&sdata=4d21E*2FwYsyPXUGQsaylylDt4ruws8Hy1DTF95872bx8*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJSUlJSUl!!CEjAKCqGPSl6!50i_z5Shqr6nvhsVsgacwKrV2YY9Z2TbzLKHqF84U65QsacPat0tnVgCp6demH9FOZr3-A$)-Hadley creates personalized learning opportunities that employ adults with vision loss or blindness to thrive- at home, at work, and in their communities. Social distancing has become the norm these days. And while that can be isolating, there are some ways to stay connected with people. Hadley is still offering our discussion groups every week. In these phone-in sessions, our learning experts share tips and insights on a topic. Then, we open the phone lines for questions. The link about entitled Hadley discussions will take you to a calendar and then click the sign up button.

**Services**

* Radio Talking Book Services: RTBS will continue broadcasting with remote readers. The Omaha World Herald and Lincoln Journal Star will be read remotely and broadcast in its same time slot. The 10 regional newspapers and the Wall Street Journal will also be read remotely and broadcast in their same time slots. Other programming will be the same for the near future. The Program Guide can be found here <https://rtbs.org/ways-to-listen/rtbn-program-schedule.html>
* **Sproutflix** - <http://sproutflix.org/> - A website featuring films with individuals with IDD  as an enjoyable distraction during these times!
* **Social Security and COVID-19:** For information regarding Social Security benefits and processes during this time, please see <https://www.ssa.gov/coronavirus/>
* **Iowa Department for the Blind Library:**
	+ IDB Read: With IDB Read you can call in and listen to one of our wonderful volunteer narrators read live on the phone, followed by a short chat about the book. IDB Read will start the week of March 30th.

Mondays and Wednesdays from 4:00pm-5:00pm, you call in and listen to our narrator, Christine Mach, read a cozy mystery. The first one is titled A Scone to DieFor by H.Y. Hanna.Tuesdays and Thursdays from 10:00am – 11:00 am, you can call in and listen to our narrator, Bob White, read a western, titled Sackett’s Landby Louis L’Amour. Please call the library at 515.281.1323 to get the conference call number for IDB Read. We look forward to reading with you!

* + Tech Time with Tyler: Wednesdays from 8:00am-11:00am you can call Tyler Swett, Accessible Media Specialist, and get your tech questions answered. The phone number to call is 515.452.1343.
	+ Braille Bits Online: Monday and Wednesday at 2:00 pm. starting March 30th. It will be conducted over Zoom, an online meeting platform that is very easy to use. Join us twice a week for 45 minutes as we listen to a Braille Bits podcast and have a fun and lively conversations surrounding all things Braille. Please contact Denise Bean at 515.452.1338 for more information or to register. You can also register by completing this registration form
* Leader Dogs in Rochester, Michigan, offers an orientation and mobility program and you don't have to be a guide dog user or even want to become a guide dog user to participate. Join their mailing list for conference calls regarding their Leader Dog program at: Families@acblists.org or

<http://www.acblists.org/mailman/listinfo/families>

* American Council of the Blind: ACB is offering community conference calls for individuals to stay connected during this time of social isolation. To access these calls visit: <https://acb.org/events>
* AA Meetings via Conference Call: Pause a While will host free conference calls for AA meetings at 2pm every day. Call (425) 436-6360; Access Code: 422932#

**Transportation**

* ENOA Rural Transportation offers services for elderly, disabled and general public. It covers Rural, Douglas, Sarpy, Washington & Cass counties. All vans are handicapped accessible. Minimum 24 hours advance notice is required. Available Monday through Friday 8 a.m. to 5 p.m. Cost varies: 1-10 miles, $3 each way; 11-20miles $6 each way; 21-40 miles, $7 each way. Call 1-888-210-1093 to reserve a ride.
* Seniors Helping Seniors offers free rides to seniors requiring transportation throughout Omaha and Sarpy County. Call to schedule with 24 hours notice: 402-331-3073. Seniors Helping Seniors can't serve persons confined to a wheelchair. Call for rates and more information.
* Goodwill Medical Transportation: Call 402-932-1550 for ride services between Monday and Friday, 6 a.m. to 5 p.m. It accepts Medicaid and private payment. Rates are $18 each way or $42 with wheelchair.
* GoGO Grandparent (Uber for seniors): Once set up, seniors just make a phone call for an Uber ride. No app necessary. Call 1-855-464-6872 to set up an account.

**Mental Health**

* Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress: Talk with a counselor, a doctor, or a clergy member anytime of the day or week. Help is available 24 hours a day, seven days a week. Interpreters are available as well.
	+ Hotline: 1-800-985-5990
	+ Messaging: text TalkWithUs at 66746
	+ More information: <https://www.samhsa.gov/find-help/disaster-distress-helpline>
* Boys Town National Hotline: The Boys Town National Hotline is open 24 hours a day, 365 days a year, and is staffed by specifically trained counselors. This is a great resource for parents/caregivers and families.
	+ Hotline: 1-800-448-3000
	+ Email for speech- and hearing-impaired: hotline@boystown.org
	+ More information: <https://www.boystown.org/hotline/Pages/default.aspx>
* Nebraska Family Helpline: A great resource for families concerned about a youth experiencing mental or behavioral health issues. Assistance is available 24 hours a day, seven days a week.
	+ Helpline: 1-888-866-8660
	+ More information: <https://dhhs.ne.gov/Pages/Nebraska-Family-Helpline.aspx>

**Lincoln Specific**

**Food Pantry**

* Grab-n-go Breakfast and Lunch (through Lincoln Public Schools)
	+ Lincoln Public School students can go to any of these sites for a meal. Student must be present. One meal per student.
	+ Monday-Friday from 11am-12:30pm (or while supplies last
	+ SCHOOLS: Belmont, Arnold, and Hartley elementary schools, Park middle school, and Northeast high school.
* Food Bank of Lincoln (Food BackPacks and Food Pantries)
* Schools with LPS BackPack Program: For those families currently receiving BackPacks from the Food Bank of Lincoln, they intend to continue distribution of BackPacks on the regularly scheduled Friday afternoons. They will begin BackPack distributions according to each school's regularly scheduled dismissal time and continue for 30 minutes.
* School Food Markets: At this time, Food Markets will temporarily take place outside the school building during the school’s regularly scheduled day and time. To simplify the distribution and increase health and safety, most of the food will come pre-bagged, except produce, bread and meat, which will be bagged onsite. Look for us to be set up in areas close to the front door of your school.
* LPS Emergency Pantry: Following our standard LPS closure policy, the LPS Emergency Pantry will NOT be open while LPS is closed. For more information about accessing the Lincoln Food Bank distribution locations visit their website: [https://www.lincolnfoodbank.org/get-food/food-finder/?fbclid=IwAR0PGhbAxsyZAvr0I7KwIyXHl62HqZI6iVuKeCtAKqjkWaH7PZMuVsVWK-s](https://meganfornebraska.us16.list-manage.com/track/click?u=d8d6b71eb7187c86bc12ee9bb&id=efb62367a2&e=e4659f81b6)

**Other Food Resources**

* Granite City Food and Brewery: Every child will get a free lunch of a turkey sandwich, chips, and fresh fruit. No purchase is necessary. If you are unable to come to the store to pick up lunch, please give us a call at (402) 466-1900 and we can arrange delivery.
* Bethany Coffee Shop: Any child in need of a meal will be given something to eat during the LPS school closings. Sack lunches are available to any child who asks without question.
* Lincoln Fresh Stops: Delivers fresh fruit and produce around Lincoln. You can find a schedule on their website here: [https://www.lincolnfoodbank.org/services/lincoln-fresh-rural-mobile-produce/?fbclid=IwAR3Rnr3I8StH\_rUdnI6siFpzAHyTmSzGTzlyAC5kQybWCBpK1ogXiKH4gZI](https://meganfornebraska.us16.list-manage.com/track/click?u=d8d6b71eb7187c86bc12ee9bb&id=884724d3a3&e=e4659f81b6)
	+ They also deliver to rural areas as their resources allow. The schedule and location is at the link above.

**Health**

* Bryan Health: COVID-19 Hotline - (402) 481-0500
	+ A nurse will answer medical questions about the COVID-19 coronavirus 24 hours a day, 7 days a week.
	+ ezVisit: In addition, Bryan Health ezVisit is offering complimentary visits for individuals experiencing symptoms of an upper respiratory infection. Enter the promo code COVID19 at the payment screen and the visit will be free.
	+ COVID-19 Online Screening Questionnaire: To access the COVID-19 screening tool, visit [bryanhealthezvisit.org](http://bryanhealthezvisit.org/) or download the Bryan Health ezVisit app. The screening is free. Patients are asked a series of questions.
	+ Drive-Thru COVID-19 Testing: Bryan Health will offer a drive-thru testing location at our Bryan LifePointe Campus where individuals who have symptoms of COVID-19 - and have completed a screening - can be tested. The opening of the drive-by testing location will occur as soon as we receive confirmation of delivery of additional test kits. You can find more information at the [Bryan Health website](https://meganfornebraska.us16.list-manage.com/track/click?u=d8d6b71eb7187c86bc12ee9bb&id=954765971d&e=e4659f81b6).