

Resource	Additional Information
Academy of Breastfeeding Medicine	ABM STATEMENT ON CORONAVIRUS 2019 (COVID-19) https://www.bfmed.org/abm-statement-coronavirus?eType=EmailBlastContent&eld=ec03feb3-89d5-4aa8-9873-fc2fab0cdf34
American College of Obstetricians and Gynecologists/Society for Maternal-Fetal Medicine	Outpatient Assessment and Management for Pregnant Women With Suspected or Confirmed Novel Coronavirus (COVID-19) https://s3.amazonaws.com/cdn.smfm.org/media/2263/COVID-19_Algorithm5.pdf?eType=EmailBlastContent&eld=ec03feb3-89d5-4aa8-9873-fc2fab0cdf34
Association for Minnesota Counties	COVID-19 Information for Counties https://www.mncounties.org/information_and_jobs/covid-19_information_for_counties.php
CDC	Obstetric Healthcare https://www.cdc.gov/coronavirus/2019-ncov/hcp/inpatient-obstetric-healthcare-guidance.html?eType=EmailBlastContent&eld=ec03feb3-89d5-4aa8-9873-fc2fab0cdf34 Breastfeeding https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html?eType=EmailBlastContent&eld=ec03feb3-89d5-4aa8-9873-fc2fab0cdf34
City of Hutchinson Updates	HERE IS AN UPDATE ON THE FOLLOWING CITY FACILITIES THAT ARE OPENED OR CLOSED TO THE PUBLIC: <ul style="list-style-type: none"> • City Center/DMV – Normal hours of operation. No Motor Vehicle testing until further notice. • Creekside – Normal hours of operation. • Enterprise Center/EDA – Closed until further notice. • Events Center & Senior Center – Closed until further notice. • Fire Station – Lobby is closed to the public. For emergencies, call 911. For non-emergency assistance, please call (320) 234-4211. • Hutchinson Senior Dining – Closed until further notice. (Still providing MOW and prepping food for delivery/satellite locations) • Ice Arena (Burich Arena) – Closed until further notice. • Liquor Hutch – Normal hours of operation • Police Department – Normal hours of operation. • Pioneerland Public Library – Closed through the end of March. (Due dates for all materials due in the next two weeks will be extended to April 8) • Recreation Center – Closed until further notice.

	<p>HERE IS AN UPDATE ON THE FOLLOWING CITY SERVICES THAT HAVE BEEN CANCELED:</p> <ul style="list-style-type: none"> • Recreational Programming offered by the City – Canceled until further notice. • Rental Inspections – Canceled until further notice. • Thursday Driver Exam/Testing – Canceled through the end of March. • Liquor Store Tasting or Off Site Events – Canceled until further notice. <p>All other City Services are operating as normal. For up-to-date information on COVID-19 and the City of Hutchinson’s operations/services, please visit our website at www.ci.hutchinson.mn.us. If you have questions, please Email Us.</p> <p>https://www.ci.hutchinson.mn.us/covid-19/?fbclid=IwAR2ZoiY-iqURtBRa3EPKHCZCX0Oc5xIW3UnGpRI2eZBC71L8kk2ISKbMQnl</p>
<p>Childcare Providers in McLeod County</p>	<p>https://www.co.mcleod.mn.us/Social%20Services/Current%20Licensed%20Day%20Care%20Providers%20List%203-2020.pdf</p>
<p>Common Cup</p>	<p>THERE WILL BE NO OFFICE APPOINTMENTS AT COMMON CUP MINISTRY UNTIL MAY 1ST CALL 320-587-2213 TO VISIT PER PHONE AND OUR DIRECTOR WILL WORK WITH EACH CASE INDIVIDUALLY ALSO, WE ARE ACCEPTING NO DONATIONS OF GOODS AT THIS TIME. IF YOU HAVE QUESTIONS REGARDING THIS PLEASE CALL THE ABOVE NUMBER.</p> <p>WEEKEND BACKPACK FOOD PROGRAM</p> <p>Common Cup Ministry will also be distributing Weekend Backpack Food Monday - Thursday at the Common Cup Office to those CURRENTLY ENROLLED in the program.</p> <p>Details:</p> <ul style="list-style-type: none"> • Weekend Backpack Food Bags will be available at the COMMON CUP OFFICE (105 2ND AVE SW) MONDAY - THURSDAY 11:00 AM - 1:30 PM • Look for a "mailbox" type box in the back parking lot of the building with a sign that says “WEEKEND BACKPACK FOOD AVAILABLE HERE.” The weekend bags will be inside the door on the back of the box. • Please only take if your child has been receiving bags throughout the school year. • Your child can take ONE bag per week. • Common Cup asks that you use the honor system, as we want you to remain anonymous to our volunteers and we want to be able to continue to serve all of the families who currently participate and rely on the program. <p>If you have any questions please call the Common Cup office here in Hutch at 320-587-2213.</p>

<p>Disease Prevention Resources</p>	<p>U of M Center for Infectious Disease Research and Policy: http://www.cidrap.umn.edu/covid-19 Minnesota Department of Health Prevent the Spread posters (multiple languages) TPT Twin Cities PBS (multiple languages) Helping Prevent COVID-19 (Lao) - Video Resources in Hmong Resources in Somali Resources in Spanish COVID-19 Info in Hmong, Thai, Lao, and Khmer COVID-19 videos in Karen <ul style="list-style-type: none"> ○ Karen Community of MN News 3/16/2020 ○ KCM News Update 3/20/2020 AA and NHPI In-Language Resources for Coronavirus (COVID-19) <ul style="list-style-type: none"> ○ See tabs for different languages California Endowment COVID-19 Resources (multiple languages) Hand washing song (Vietnamese) Resources for Researchers Resources for University of Minnesota Faculty, Staff, and Students</p>
<p>Emergency Executive Order 20-04 on Closure of Businesses</p>	<p>https://mn.gov/governor/assets/2020_03_16_EO_20_04_Bars_Restaurants_tcm1055-423380.pdf</p>
<p>Emergency Child Care Grants</p>	<p>https://swifoundation.org/emergency-child-care-grants/</p>
<p>Faith-based Resources</p>	<ul style="list-style-type: none"> ● CDC Resources for Community-based and Faith-based Leaders ● How to with Threats- University of MN Center for Spirituality and Health ● COVID and Congregations-Minnesota Council of Churches ● A Faith Based Response to the Coronavirus-Wisconsin Council of Churches
<p>Families and Education</p>	<ul style="list-style-type: none"> ● National Public Radio (NPR) <ul style="list-style-type: none"> ○ Just for Kids: A Comic Exploring The New Coronavirus ● The National Child Traumatic Stress Network <ul style="list-style-type: none"> ○ Parent/Caregiver Guide to Helping Families Cope with COVID 19 ● The Walk-In Counseling Center provides 100% free professional counseling

	<ul style="list-style-type: none"> ● Scholastic is offering free online courses - Learn at Home ● TPT Twin Cities PBS <ul style="list-style-type: none"> ○ How to talk to you kids about coronavirus ● Performances ● Virtual Field Trips ● Virtual Museums ● A Reading of “A Map into the World” ● Ivy League courses you can take online right now for free ● TED-ED <ul style="list-style-type: none"> ○ To the students, parents and teachers affected by the COVID-19 pandemic: TED-Ed wants to support you by offering interactive, daily video lessons developed alongside expert educators from all over the world. Sign up here to get engaging lesson plans (for free!), delivered to your inbox every day.
Food Pantry Resources	<p>McLeod County Food Shelf: 808 E 12th St Glencoe MN 55336 320-864-2088 or 498 Hwy 7 E Hutchinson MN 55350 320-587-4796</p> <p>Mon 8:00 am – 1:00 pm Tue 8:00 am – 1:00 pm Wed 8:00 am – 1:00 pm Thu 3:00 pm – 8:00 pm Fri 8:00 am – 1:00 pm</p> <p>Food Shelf hours are the same, Produce Only pick-ups are suspended temporarily to insure supply with full grocery distributions – this announcement was made two weeks ago.</p> <p>The Hutchinson location is testing packing methods by having clients complete a shopping list. Dry goods are then packed by volunteers and clients are still entering the building and choosing produce, deli, bakery and some misc. items.</p> <p>The shopping lists (per household size) and intake form have been uploaded to our website for Social Services, Public Health, proxy pick-up or anyone not wishing to enter the building.</p> <p>Both sites are allowing 2 clients on site at a time and asking that only 1 household member do the shopping.</p>

	<p>https://www.foodpantries.org/st/minnesota</p> <ul style="list-style-type: none"> ● Give Me the Mike - list of programs and restaurants that offer free food to MN families ● Second Harvest Heartland ● Loaves & Fishes ● Hunger Solutions <ul style="list-style-type: none"> ○ Helpline (1-888-711-1151) and our Find Help Map. ○ Blog - 5 ways to help food shelves <p>Apply for cash, emergency, and food assistance (SNAP) at applymn.dhs.mn.gov</p>
General Support	Amy Paulson- Hutchinson Citizen , has started a FB page called “kindness in this crazy world-McLeod Co” and is connecting families in need with families who have the means to help. All anonymously.
Glencoe Area Chamber of Commerce Updates	https://glencoechamber.com/covid-19-resources/
Health Insurance Resources	<ul style="list-style-type: none"> ● MDH Resources to find low-cost health care or get health insurance <ul style="list-style-type: none"> ○ available in multiple languages (scroll down the page) ● MNSure To Open Up Special 30-Day Enrollment Period Amid COVID-19 Outbreak <ul style="list-style-type: none"> ○ Apply for health care assistance online at mnsure.org. ● The enrollment period begins Monday, March 23 and will run through April 21.
Helplines	<ul style="list-style-type: none"> ● The National Domestic Violence Hotline is 24/7, confidential and free: 1-800-799-7233 and through chat. ● The National Sexual Assault Hotline is 24/7, confidential and free: 800.656.HOPE (4673) and through chat. ● The StrongHearts Native Helpline for domestic/sexual violence is available 7am-10pm CT, confidential, and specifically for Native communities: 1-844-762-8483. ● The Trans LifeLine for peer support for trans folks 9am-3am CT: 1-877-565-8860 This hotline is staffed exclusively by trans operators is the only crisis line with a policy against non-consensual active rescue. ● National Parent Helpline Monday -Friday 12pm-9am CT emotional support and advocacy for parents: 1-855-2736.
Legal Resources	<ul style="list-style-type: none"> ● LawHelpMN.org (available in multiple languages) <ul style="list-style-type: none"> ○ Fact sheets available on various topics including house, unemployment, immigration cases, etc..
McLeod County COVID-19 Information Line	Call (320) 484-4369 to receive important daily recordings with COVID-19 updates. This line will have recorded messages from McLeod County Public Health employees, updated daily and/or as necessary. https://www.co.mcleod.mn.us/
Mental Health	Psychiatry & Psychotherapy & Therapy Resources

Resources in McLeod
County

Glencoe:

Glencoe Regional Health Services
320-455-9264, grhsonline.org/service/mental-health
Free peer-led mental health support group Wed evenings

Jonas Center
320-864-6139, thejonascenter.com, individual, couples, and family psychotherapy

Keystone Counseling & Consulting
320-234-0240, keystonecounselingmn.com, all ages, individual, family, premarital, couples

NorthStar Counseling Center
320-234-3451 northstarcc-mn.com, individual, couples, and family therapy, all ages, office and in-home therapy

Redwood Counseling, Anna Ruschmeyer Bowe
320-297-8617, redwoodcounselingmn.com, specialize in trauma, EMDR, DBT, offer sliding fee if uninsured

Step By Step Behavioral Counseling, Chester Hoernemann
612-226-1693, anger management, domestic violence, CD

Hutchinson:

Aspire Counseling
320-587-3331, aspirecounselingmn.com, individual and family therapy, all ages, offer neurotherapy

Hutchinson Mental Health
320-484-4610, hutchhealth.com, child and adult psychiatry and psychotherapy, sliding fee scale for McLeod County clients

Lighthouse Counseling
855-454-2463, faith based individual, marriage, couples, and family therapy. All ages.

NorthStar Counseling Center
320-234-3451 northstarcc-mn.com, individual, couples, and family therapy, all ages, office and in-home therapy

	<p>Serenity Mental Health Services 320-455-9888 serenitymentalhealthservices.com, all ages, therapy, depression and anxiety DBT group, CTSS, ARMHS</p> <p>Stepping Stone Therapeutic 320-587-2326 steppingstonetherapeutic.com, behavioral/mental health therapy, occupational therapy, parenting classes</p> <p>David Hoy and Associates 763-544-1006 davidhoy.com Offers in-home therapy</p>
Mental Health MN	https://mentalhealthmn.org/support/community-resources/statewide-mental-health-resources/
Minnesota Department of Education	<p>COVID-19 Updates https://education.mn.gov/MDE/dse/health/covid19/</p>
MN Department of Employment and Economic Development	<p>COVID-19 Information for Minnesotans https://mn.gov/deed/newscenter/covid/</p>
MN Department of Health	<p>Mental Health Resources: Community Resources</p> <ul style="list-style-type: none"> • Tips to Reduce COVID-19 Anxiety (PDF) • Care for Your Coronavirus Anxiety • Managing Stress and the Threat of COVID-19 (PDF) Understand common stress reactions to increase your ability to cope during a public health emergency such as COVID-19. • SAMHSA Behavioral Health Tips for Social Distancing, Quarantine, and Isolation during an Infectious Disease Outbreak (PDF) • Psychological First Aid & COVID-19: A Minnesota Community Support Model (PDF) PowerPoint presentation about using Psychological First Aid for COVID-19. <p>Child and Family Resources</p> <ul style="list-style-type: none"> • Just For Kids: A Comic Exploring The New Coronavirus NPR education reporter Cory Turner's story about what kids want to know about coronavirus spurred creation of this comic. • Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19) Fact sheet Provided by the National Child Traumatic Stress Network.

	<ul style="list-style-type: none"> • Talking to Children About COVID-19 (Coronavirus): A Parent Resource provided by the National Association of School Psychologists <p>Mental illness support resources</p> <ul style="list-style-type: none"> • National Alliance on Mental Illness (NAMI) COVID-19 Information and Resources • NHA: Living with Mental Illness during COVID-19 Outbreak– Preparing for your wellness <p>Helplines</p> <ul style="list-style-type: none"> • SAMHSA Disaster Distress Helpline and Text to Talk line • National Suicide Prevention Lifeline
MN Department of Human Services	<p>Coronavirus Disease 2019 (COVID-19) https://mn.gov/dhs/covid-19/</p> <p>A new food emergency resources page is available on Minnesota's COVID-19 website. The people of Minnesota are here to help communities during these difficult times. There are many resources in your community that can help!</p>
Mortgage Resources	<ul style="list-style-type: none"> • Bank of America will let customers defer mortgage payments (added 3/20/2020) <ul style="list-style-type: none"> ○ Customers who wish to request loan payment deferments can call the appropriate client services number to discuss their hardship ○ Existing mortgages: 800-669-6607 ○ Existing home equity accounts: 800-934-5626 • Federal Government Protects Most Homeowners From Foreclosure For 60 Days (3/18/2020) • U.S. Orders Up To A Yearlong Break On Mortgage Payments (3/19/2020)
NACCHO	https://virtualcommunities.naccho.org/nacchotoolbox/search?s=%23COVID-19&executesearch=true
National Child Traumatic Stress Network	<p>PARENT/CAREGIVER GUIDE TO HELPING FAMILIES COPE WITH THE CORONAVIRUS DISEASE 2019 https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019?eType=EmailBlastContent&eld=ec03feb3-89d5-4aa8-9873-fc2fab0cdf34</p>
National Perinatal Association	<p>COVID-19 Resources http://www.nationalperinatal.org/COVID-19?eType=EmailBlastContent&eld=ec03feb3-89d5-4aa8-9873-fc2fab0cdf34</p>
SAMHSA (Substance Abuse and Mental Health Services)	https://www.samhsa.gov/coronavirus

Administration)	
School Mental Health Resources	<p>GSL Mental Health Resources</p> <p>Whitney Peters Counselor for grades 7-9 wpeters@gsl.k12.mn.us - please contact through email, if possible. 320-864-2489 - You need to leave a voicemail in order to expect a return phone call. Google Classroom code for counseling resources: 7og3kzb</p> <p>Suzanne Magnuson School Counselor for grades 10-12 smagnuson@gsl.k12.mn.us – please contact through email, if possible. 320-864-2406 – You need to leave a voicemail in order to expect a return phone call. Website: https://mn02202474.schoolwires.net/Page/528</p> <p>Jennifer Koenen School Psychologist for grades 3-12 (primarily special education) jkoenen@gsl.k12.mn.us – please contact through email, if possible. 320-864-2525 – please leave a voice mail with your contact information.</p> <p>Lisa Thomsen Elementary School Counselor Grades 3-6 LThomsen@gsl.k12.mn.us Please contact through email, if possible 320-864-2502 - please leave a voicemail if you are wanting a return phone call</p> <p>Nancy Houchin GSL Social workers NHouchin@gsl.k12.mn.us 320-864-2573 - please leave a voicemail if you are wanting a return phone call</p> <p>Kelly Johnson School Psychologist -Pre-K thru Grade 2 KJohnson@gsl.k12.mn.us Please contact through email, if possible</p>

	320-864-2521- please leave a voicemail with your contact information
Senior LinkAge Line	<p>Senior LinkAge (1-800-333-2433)</p> <p>The Senior LinkAge will continue to be the resource to call during the COVID-19 emergency situation. They have suspended face-to-face assistance, but are fully functioning with telephone-based assistance. We can assist older adults and those providing services with alternative services if the current support network has changed. The Senior LinkAge Line team is also working closely with DHS to provide feedback on any areas in the state where more resources are needed</p>
Small Business Association Economic Injury Disaster Loans	<p>https://mcusercontent.com/c28e10fdef5f5bd48b3aaef92/files/04fb069e-a7cf-47d0-a492-5ab339779ecf/SBA_Slide_Deck.pdf</p> <p>The SBA's Economic Injury Disaster Loan program provides small businesses with working capital loans of up to \$2 million that can provide vital economic support to small businesses to help overcome the temporary loss of revenue they are experiencing during the pandemic. Small businesses may apply for a loan at https://disasterloan.sba.gov/ela/.</p>
Tenant Resources	<ul style="list-style-type: none"> ● Free Legal Help for Renters (Website is available in English, Spanish, and Somali --select language at the top.) <ul style="list-style-type: none"> ○ English: 612-728-5767 ○ Spanish: 612-255-8870 ○ Somali: 612-255-8860 ○ Hmong: 612-255-7104 ○ Greater MN: 866-866-3546 ● Tenant Resource Center - Call 612-302-3180 for support. You can leave a message on the voicemail. Calls will be returned within 24 hours. <ul style="list-style-type: none"> ○ Resources available on eviction and homelessness prevention, emergency assistance, mediation, workforce, and legal assistance. ● Info for renters – https://housinglink.org/HousingResources/covid-19-resources-for-renters ● Info for Landlords - https://housinglink.org/List/covid-19
Telephone Information/ Discounts	<ul style="list-style-type: none"> ● CenturyLink - We 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. ● Comcast Xfinity - Xfinity WiFi Free For Everyone: Xfinity WiFi hotspots across the country will be available to anyone who needs them for free – including non-Xfinity Internet subscribers. For a map of Xfinity WiFi hotspots, visit www.xfinity.com/wifi. Once at a hotspot, consumers should select the “xfinitywifi” network name in the list of available hotspots and then launch a browser.

- [Spectrum](#) - Charter will offer 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 Spectrum broadband subscription and at any service level up to 100 Mbps. To enroll call 1-844-488-8395. Installation fees will be waived for new student households.
- [T-Mobile](#) -
 - Starting now - ALL current T-Mobile and Metro by T-Mobile customers who have plans with data will have unlimited smartphone data for the next 60 days (excluding roaming).
 - Providing T-Mobile and Metro by T-Mobile customers an additional 20GB of mobile hotspot / tethering service for the next 60 days – coming soon.
 - Working with our Lifeline partners to provide customers extra free data up to 5GB of data per month over the next two months.
 - Increasing the data allowance for free to schools and students using our EmpowerED digital learning programs to ensure each participant has access to at least 20GB of data per month for the next 60 days.
- [AT&T](#) -
 - Not terminate the service of any wireless, home phone or broadband residential or small business customer because of their inability to pay their bill due to disruptions caused by the coronavirus pandemic.
 - Waive any late payment fees that any wireless, home phone or broadband residential or small business customer may incur because of economic hardship related to the coronavirus pandemic.
 - Keep our public Wi-Fi hotspots open for any American who needs them.
 - The coronavirus pandemic is causing many hardships. If you find yourself in financial trouble and unable to pay your bill, we're here to help you. Please contact us at 800-288-2020 for AT&T broadband, residential wireless or small business services and 611 from your AT&T device for wireless.
- [Verizon](#) -
 - Verizon announced (March 13), for the next 60 days, it will waive late fees that any residential or small business customers incur because of their economic circumstances related to the coronavirus. In addition, the company will not terminate service to any residential or small business customers because of their inability to pay their bills due to disruptions caused by the coronavirus.
 - In addition, Verizon announced support for relief efforts across communities impacted by the ongoing coronavirus (COVID-19) pandemic by tripling its monthly data allowance for its Verizon Innovative Learning schools and committing \$10 million to nonprofits directed at supporting students and first responders.

	<ul style="list-style-type: none"> ○ As the list of nationwide K-12 schools shifting to remote learning heightens, Verizon is supporting the students and teachers in its Verizon Innovative Learning program, the company’s education initiative targeting Title 1 middle schools, by tripling their data allowances. <p>https://mn.gov/puc/telecommunications/telephone-discounts/</p>
Telemedicine Resources	<p>The following may be useful resources to support use of telemedicine. We will share further official guidance about telemedicine when available.</p> <ul style="list-style-type: none"> • SAMSHA- Telehealth Remote Communications During COVID-19 • Telemedicine Delivery of Mental Health Services- MN Health Care Provider Manual- for MA and MN Care billable services
Trauma-Informed Resources Available During COVID-19 Quarantine	<p>Tips for Trauma-Informed Parents during Social Distancing, Part 1 Trauma-Informed Parenting during Our “Staycation” – Handout for Parents Tips for Trauma-Informed Parents during Social Distancing, Part 2 https://www.attachmenttraumanetwork.org/trauma-informed-resources-available-during-covid-19-quarantine/</p>
Unemployment Resource	<p>Minnesota Unemployment Insurance Program: https://uimn.org/</p>
UNICEF	<p>Coronavirus disease (COVID-19): What parents should know https://www.unicef.org/stories/novel-coronavirus-outbreak-what-parents-should-know?eType=EmailBlastContent&eId=ec03feb3-89d5-4aa8-9873-fc2fab0cdf34</p>
University of Minnesota Extension	<p>UofM Taking care of yourself in isolation: https://extension.umn.edu/news/taking-care-yourself-isolation</p>
US Department of Agriculture, Food and Nutrition Service	<p>FNS Program Guidance on Human Pandemic Response https://www.fns.usda.gov/disaster/pandemic?eType=EmailBlastContent&eId=ec03feb3-89d5-4aa8-9873-fc2fab0cdf34</p>
MN Veteran Services Information	<p>McLeod County will have links available regarding sources for Veterans and it can be found at https://www.co.mcleod.mn.us/government/departments/administration/covid-19/index.php</p>
World Health Organization	<p>Clinical management of severe acute respiratory infection when novel coronavirus (nCoV) infection is suspected https://www.who.int/publications-detail/clinical-management-of-severe-acute-respiratory-infection-when-novel-coronavirus-(ncov)-infection-is-suspected?eType=EmailBlastContent&eId=ec03feb3-89d5-4aa8-9873-fc2fab0cdf34</p>

Meeker and McLeod Counties also work collaboratively to provide a Family Resource Guide that is put together collaboratively with many partners through PACT for Families.

[Meeker County Family Resource Guide](#)

[McLeod County Family Resource Guide](#)

[Minnesota Valley Action Council Resource Guide \(For Sibley County\)](#)