

COVID-19 (Coronavirus) Pandemic

| CONNECTICUT Resources |

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> MEDICAL RESOURCES AND INFORMATION.

- If you or someone you are caring for is experiencing symptoms, use the [CDC's COVID-19 Symptom Checker](#). For the most accurate and up-to-date research about the disease, visit the [CDC's website](#) and/or monitor the CDC's social media channels (on [Twitter](#) @CDC.gov or [Facebook](#) @CDC).
- If you have private health insurance, visit the website for your provider or contact their customer support line (which should be listed on the back of your insurance card) with any questions about coverage for COVID-19 testing and treatment. Many healthcare insurers are also making “telemedicine,” such as video or telephone appointments, available to their customers.
- If you are a HUSKY Health member, information and resources about coronavirus (COVID-19), including the Nurse Helpline, are available at www.ct.gov/husky/covidinfoformembers.
- If you have Medicare: Medicare covers the lab tests for COVID-19. You pay no out-of-pocket costs. Medicare covers all medically necessary hospitalizations.
- PLEASE NOTE: Scammers may use the coronavirus national emergency to take advantage of people while they're distracted. As always, guard your health insurance (including HUSKY and Medicare) cards like a credit card, check claims forms and all other documents for errors, and if someone calls asking for your Health Insurance, HUSKY, or Medicare Number, hang up!

> CONNECTICUT INFORMATION.

- Visit ct.gov/coronavirus for comprehensive information about coronavirus in CT, including government orders and programs.

> FEDERAL CASH ASSISTANCE.

- Under the federal stimulus bill (the Families First Coronavirus Recovery Act), adults who make up to \$75,00 per year will receive a \$1,200 payment, plus \$500 per child. Some Americans earning more than \$75,000 would also receive money if they meet certain qualifications.
- For most Americans, the money is likely to arrive in April via direct deposit. Mailed checks may take longer. To see how much you could receive under this federal program, [use the Washington Post's calculator](#).

> MORTGAGE AND RENT ASSISTANCE.

- CT has postponed all orders of evictions and ejectments through May 1, 2020, and has rescheduled all foreclosure sales scheduled for April or May until June 6.
- The judgment in ANY foreclosure action in which the Court set a “law day” to run in April or May is now set for June 2.
- [The Connecticut Housing Finance Authority](#) (CFHA) is available via telephone or email to answer resident questions. Borrowers worried about making their mortgage payments should contact their loan servicer immediately to discuss options or call (860) 533-9208 or email ServicingRequests@chfa.org for assistance.

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- The Connecticut Coalition to End Homelessness has a [resource guide available](#) to find help locally and nationally.
- If you have any questions or concerns about fair housing protection, or believe you have experienced discrimination in housing, call the Connecticut Fair Housing Center at (860) 247-4400 or (888) 247-4401 (toll free), or at info@ctfairhousing.org.

> UTILITIES.

- CT has announced that utilities (water, electricity, and natural gas) [will not be shut off](#) for residential customers during the COVID-19 crisis.

> UNEMPLOYMENT BENEFITS.

- [FILE HERE](#) for CT unemployment benefits. Apply as soon as you become unemployed! Claims start on the Sunday of the week that you submit your application and are not backdated to your last day of work.
 - Read [these FAQs](#) related to filing for unemployment due to the pandemic. In short: in most situations you may still file for benefits, but determinations will be made on a case-by-case basis.
- If you do not have work authorization in the United States, [you still have rights](#). If you have valid work authorization (this includes DACA recipients), you may qualify for [unemployment benefits](#) if you have lost your job or hours worked.

> FOOD ASSISTANCE.

- [APPLY HERE](#) for CT's Supplemental Nutrition Assistance Program ("SNAP"). SNAP benefits are available to any qualified, low-income Connecticut household (including single individuals). [This link has more information about CT's income requirements.](#)
- [Search for a local food pantry](#) - but note that hours and operations might be affected by the pandemic, so please contact the center for more information.
- Most school districts are offering free, pick-up meal service for all students. See below for information about pick-up locations for some districts. For other districts, check your local school district website for more information, including pick-up locations.
 - [Bridgeport](#) (click on the "Emergency Food Service Sites" link).
 - [New Haven](#)
 - [Hartford](#)

> HOME INTERNET.

If you do not have internet access at home, the following affordable options might be available to you:

- [Comcast Internet Essentials](#) is now available for free for the first two months, after which it is \$9.95/month plus tax for all qualified low-income households.
- [Access from AT&T](#) is \$5 or \$10 per month for qualified low-income households, depending on internet speed. They're also waiving data overage fees. Service is inexpensive, but there is currently no discount or special due to COVID-19.
- [Spectrum will offer free wifi to students who are without it.](#)
- Verizon said it will waive any late fees and not terminate any service for the next 60 days.

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> SICK LEAVE AND FEDERAL FAMILY AND MEDICAL LEAVE ACT (FMLA).

- Under the recently passed “Families First Coronavirus Recovery Act,” you might be eligible for the following types of paid leave. You should ask your employer for more information about these programs.
 - **Expanded FMLA.** You are eligible for up to 12 weeks of paid leave between April 1, 2020 and December 31, 2020, if you work for a covered employer (generally, a company that has fewer than 500 total employees) and if you are absent from work due to coronavirus-related reasons, including if you are caring for a child whose school is closed. Both part-time and full-time employees are eligible.
 - The first two weeks of EFMLA are unpaid. You might be asked to substitute sick leave (including Emergency Paid Sick Leave, described below), PTO, or another type of leave for those two weeks, or you might be asked to work unpaid.
 - The next 10 weeks of EFMLA are paid at $\frac{2}{3}$ of your regular rate, up to a maximum of \$200 per day.
 - **Emergency Paid Sick Leave Act.** If you work for a covered employer (generally, a company that has fewer than 500 total employees), you are entitled to up to 80 hours of paid sick leave (which is typically 10 work days).
 - If you take sick leave because you are sick with coronavirus symptoms or have been diagnosed with coronavirus, or because you are under an official order to quarantine, you will be paid 100% of your salary, up to \$511 per day, or \$5,110 total.
 - If you take sick leave because you are caring for someone else who is sick with coronavirus symptoms or has been ordered to quarantine, or you are caring for a child whose school has been closed, you will be paid $\frac{2}{3}$ of your salary, up to \$200 per day, or \$2,000 total.
- **FMLA** (not specific to coronavirus). You are eligible for 12 weeks of unpaid, job-protected leave if you work for a covered employer and (1) you have worked for your employer for at least 12 months; (2) you have worked at least 1,250 hours over the past 12 months; and (3) and your employer has at least 50 employees within 75 miles. You can take FMLA leave if you are sick, to care for a family member who is sick, or to bond with a new baby.

> SMALL BUSINESS / NONPROFIT LOANS.

- Under the federal stimulus legislation (the “CARES Act”) the federal government will provide loans to small businesses and nonprofits (generally, those who have fewer than 500 employees) to help with payroll, mortgage/rent payments, and utility expenses. Visit the [Small Business Administration’s website](#) for more information and to apply.
- Under the [Connecticut Recovery Bridge Loan Program](#), qualifying CT small businesses or nonprofits (generally, those with fewer than 100 employees) can receive up to \$75,000 or three months of operating expenses (whichever is lesser).

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This \$25 million short-term emergency loan program will be allocated on a first-come, first-served basis. [APPLY HERE](#).

- Other resources include:
 - The [GoFundMe](#) small business relief initiative
 - [Accion](#) small business loans
 - [Kiva](#) local business support

> MENTAL HEALTH and PHYSICAL SAFETY.

- The outbreak of the Coronavirus and its related issues is stressful for everyone. Visit [this CDC page](#) to learn more about things you can do to support yourself and your loved ones. In addition, the following resources are confidential and free of charge:
 - Call 1-800-273-8255 for the [National Suicide Prevention Lifeline](#)
 - Text HOME to 741-741 for the [Crisis Text Line](#)
 - Call 1-800-985-5990 or text TalkWithUs to 66-746 for the Disaster Distress Hotline
 - Call 1-866-488-7386, text START to 678-768, or [click here to chat](#) with [The Trevor Project](#) (for LGBTQ youth)
 - If you or someone you know is experiencing domestic violence, call 1-800-799-7233 or text LOVEIS to 22-522 to connect with [The National Domestic Violence Hotline](#).

> NATIONAL and LOCAL ORGANIZATIONS PROVIDING SUPPORT.

- Contact the [United Way of Connecticut](#) to learn about additional programs and services that might be available to you.
- The [Restaurant Workers Community Foundation](#) has set-up a nationwide relief fund. Impacted restaurant workers can [apply here](#).
- [While at Home](#) has a list of resources related to coronavirus relief, including health resources, links to [job postings](#), [healthcare resources](#), and resources for [small business owners](#).