

**The COVID-19 virus had made things hard on many people. These facts can help you get food, clothes, unemployment, health care, and other things.**

## Food

**Community Food Self and Free Meals.** Call 2-1-1 or Text 'MNCOV1D' to 898211. Someone from United Way will help. Support in Spanish, Hmong, Somali, and Russian. Websites are [211unitedway.org](http://211unitedway.org) or [hungersolutions.org/find-help](http://hungersolutions.org/find-help). Call to find out how they can help. Some hours have changed because of the virus. Some places have drive-up or delivery choices.

**SNAP is Supplemental Nutrition Assistance Program.** Call to see if you are eligible at 651-209-7963. The SNAP Outreach Team at Second Harvest can help. The website is [2harvest.org/SNAP](http://2harvest.org/SNAP) Support in Spanish. This program helps you stretch your food budget and buy healthy food.

**Free Meals for Kids.** A phone app made by Hunger Impact Partners. Download from the app store on your smartphone. It has real-time facts about where to get food for parents and kids. English only.

## Unemployment help

The website is [uimn.org](http://uimn.org). Click on "Applicant". Support in Spanish, Somali, and Hmong. Because of the COVID-19 virus, Minnesota has aid to help people that have:

- Lost their jobs
- Put on furlough
- Work fewer hours

## Domestic violence help

If you're being hurt or feel unsafe, call for help.

- Minnesota Day One Crisis Line: [dayoneservices.org](http://dayoneservices.org) and 1-866-223-1111. Website in Spanish. Many languages by phone interpreter.
- Domestic Violence Hotline: 612-825-0000. Many languages by phone interpreter.

## Help if you live in Hennepin County

Call 612-348-3000 from 8 am - 8 pm each day. Support in other languages. They can help with:

- Clothing
- Financial support
- Grocery and household goods
- Health care, equipment, and medications

# COVID-19 Resources

## **Help if you live in Ramsey County**

Call 651-266-4444. Support in other languages. They have programs that can help single people and households with:

- Food
- Financial support
- Childcare support
- Health assistance

## **Legal help**

The website is [lawhelpmn.org](http://lawhelpmn.org). Support in Spanish, Hmong, and Somali. They can help with questions about renters' rights, homeowners' rights, or immigration.