

## Information & Help Lines

**United Way Worldwide**  
211

*Free & confidential health and human services.*

### Disability Hub

1-866-333-2466

<https://disabilityhubmn.org/>

### Senior Linkage Link

1-800-333-2433

<https://www.seniorlinkageline.com/>

### State Emergency Operation Center School and Child Care Hotline

651-297-1304

7am - 7pm

### Minnesota Department of Health Hotline

651-201-3920

7am - 7pm

## Free Online Exercise Classes

### Dance

<https://dance-videos.justforkix.com>

### Planet Fitness Home Workouts

<https://www.facebook.com/planetfitness/videos>

### Alchemy 365 Home Workouts

<https://alchemy365.com/workout/>

### YMCA Online Health & Fitness Videos

<https://ymca360.org/>

## Transportation

### Metro Transit

Essential travel only. Riders are asked to wait for the next trip if bus is full. Metro transit has reduced service and suspended daily overnight bus and light rail service.

### Metro Mobility

Essential travel only. Keeping riders spaced and disinfecting vehicles.

## Financial

### Unemployment

If eligible, you can apply for unemployment benefits.

Mon-Fri, 8am - 4:30pm

Twin Cities area: 651-296-3644

Greater Minnesota: 1-877-898-9090

<https://www.uimn.org>

## Food

### Dakota County Free Student Meals Interactive Map

<https://smarturl.it/kidslunch>

### Minneapolis School Bus Food Sites

<https://cws.mpls.k12.mn.us/covid19>

### Saint Paul School Bus Meal Access

<https://www.spps.org/Page/38722>

### Second Harvest Heartland

**651-484-5117**

Providing emergency food boxes.

<https://www.2harvest.org/who--how-we-help/how-to-get-help/>

## Emotional Support

### National Alliance on Mental Illness (NAMI)

#### Online Support Groups

<https://namimn.org/support>

### Mental Health Support and COVID-19

<https://namimn.org/support/mental-health-support-and-information-on-covid-19/>

### Stress and Coping

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

### Caregiver/Family Guide to Cope with COVID-19

[https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)

### Autism Science Foundation COVID-19 Resources

<https://autismsciencefoundation.org/resources/the-autism-science-foundation-covid-19-family-resource-center/>

# Five Steps to Wash Your Hands

Handwashing is one of the best ways to protect yourself and your family from getting sick. Follow these five steps every time.

1

## Wet

your hands with clean, running water (warm or cold), and apply soap.

2

## Lather

your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.

3

## Scrub

your hand for at least 20 seconds.

4

## Rinse

your hands well under clean, running water.

5

## Dry

your hands using a clean towel or air dry them.

<https://www.cdc.gov/handwashing/when-how-handwashing.html>

### Helpful YOUTUBE videos:

- [Wash your hands to prevent COVID-19 \(1:56\)](#)
- [How to Wash Your Hands to Protect Against Coronavirus and Other Illnesses \(1:54\)](#)
- [Happy Handwashing Song \(0:31\)](#)
- [Fight Germs. Wash your hands! \(3:00\)](#)
- [Proper hand-washing can help keep you safe from Coronavirus \(2:09\)](#)
- [Germ Smart - Wash Your Hands! \(4:49\)](#)
- [Teaching Daily Living Skills to People with Autism: Washing Hands \(1:00\)](#)
- [Cleaning or washing your hands - ASL \(1:40\)](#)