

In this special COVID-19 issue: [COVID-19 Information](#), [Get Help](#),  
[Give Help](#)

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# VIEW

Vermont Information Exchange for Women

## Newsletter



**March 18th, 2020**

## **COVID-19 INFORMATION, HELP & RESOURCES AND HOW TO GIVE BACK**

We know that many Vermonters are struggling as we face enormous change and uncertainty as we deal with the emerging COVID-19 pandemic. As difficult as it may be, you are not alone. Find information, help, and resources to get you through, as well as ways to get involved and help others.

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# INFORMATION

## 2019-nCoV

2019 Novel Coronavirus

### WHAT IS IT?

Coronavirus disease (COVID-19) is an infectious disease caused by a new virus that had not been previously identified in humans. The virus causes respiratory illness (like the flu) with symptoms such as a cough, fever and in more severe cases, pneumonia.

*Source: World Health Organization*

### HOW DO YOU GET IT?

The new coronavirus spreads primarily through contact with an infected person when they cough or sneeze, or through droplets of saliva or discharge from the nose.



### SYMPTOMS



Cough



Fever



Shortness of breath



Headache



Confusion



Sore throat

[Vermont Department of Health](#) + **COVID-19 hotline: (802) 863-7240**

[Centers for Disease Control \(CDC\)](#)

[Federal Emergency Management Agency \(FEMA\)](#)

[The World Health Organization \(WHO\)](#)

[Johns Hopkins Coronavirus \(COVID-19\) Tracker](#)

[VTDigger COVID-19 news email list sign-up](#)

[Vermont How Can I Help #Prepare on Facebook](#)

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## GET HELP

### Vermont 211

Call 2-1-1 to speak to a person who can help you find answers to a broad range of questions, or visit their [website](#) for detailed descriptions of programs and services available to Vermonters.

### Access to Food

- [3SquaresVT](#) – Has your household lost pay? Have your childcare expenses increased? You could be eligible to receive a 3SquaresVT benefit or increase the benefit you already receive.
  - [Hunger Free VT](#)
  - [Vermont Food Bank](#)
  - [Senior Centers](#)
  - [Senior Meal Sites](#)
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## Child Care

- [Information about Child Care Financial Assistance Program and closures](#) from the Department for Children and Families
- [Information about childcare needs of essential people](#) during a COVID-19 outbreak is available from the Vermont Agencies of Education and Human Services

## Domestic and Sexual Violence

We recognize that home is not always a safe place for everyone, and stress and social distancing may exacerbate the risk of violence at home. If you need support, programs remain available to assist you.

- Local [VT Network Member Programs](#)
- Vermont Statewide Hotlines:
  - Domestic Violence Hotline - 800-228-7395
  - Sexual Violence Hotline - 800-489-7273
- National Hotlines:
  - National Domestic Violence Hotline - 1-800-799-7233  
24/7, confidential and free, and available through [chat](#).
  - National Sexual Assault Hotline - 800.656.HOPE (4673)  
24/7, confidential and free and available through [chat](#).
  - [StrongHearts Native Helpline](#) - 1-844-762-8483  
Confidential and specifically for Native communities.
  - The [Trans LifeLine](#) - 1-877-565-8860  
Peer support for trans folks, staffed exclusively by trans operators.
  - [National Parent Helpline](#) - 1-855-427-2736  
Emotional support and advocacy for parents.

## Education

- The [Vermont Agency of Education has published information](#) for families of children with disabilities during the period of school closure.
  - [List of education companies](#) offering free subscriptions in response to COVID-19.
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## Foster Youth Living on College Campuses

[Help for former foster youth](#) in college and living on campus from the Department for Children and Families.

## Housing

[Extended housing support](#) is available from the Department for Children and Families.

## Long-Term Care Facilities

[The Department of Disabilities, Aging and Independent Living's webpage](#) on COVID-19 includes updated news, information and resources for those living in long-term care and their caregivers.

## Loss of Income/Unemployment

- Unemployment Insurance - [The Department of Labor](#) will issue guidance for Employers and Employees, including information on the potential impact on unemployment insurance benefits, employee sick-time and other issues as a result of COVID-19.
- Vermont Economic Services is waiving in-person contact requirements for state government benefits programs. Apply [online](#) or by phone at 1-800-479-6151.

## Mental Health

The COVID-19 outbreak may increase levels of stress and anxiety among adults and children.

- The [CDC has a webpage](#) with suggestions for reducing stress for yourself, your family and your community.
- The [Vermont Department of Mental Health has information](#) on how to check-in with your mental health during this outbreak.

## Mutual Aid

Vermonters coming together to support each other. Each link, [compiled by the Peace & Justice Center](#), consists of a spreadsheet with multiple tabs for different categories of need (food, transportation, housing, emotional support, etc) and are specific to different regions of Vermont.

## Non-Profits

[Common Good Vermont provides information and help](#) to VT nonprofits responding to COVID-19. [Vermont Community Foundation, Special and Urgent Needs Grants](#) of \$500-\$5,000 to help

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Vermont nonprofits dealing with unexpected emergencies.

[Regional Planning Commissions](#) provide emergency preparedness and disaster planning for communities. Contact your regional entity for specific information.

[The Vermont League of Cities and Towns](#) can be a resource point to share information with other areas and municipalities.

## Small Businesses

- The Agency of Commerce and Community Development (ACCD) is working to identify businesses that meet the threshold for the Small Business Administration (SBA) disaster loan assistance fund. Businesses are asked to complete an assessment form at <https://accd.vermont.gov/content/sba-worksheet> and return it to [commerce.covid19@vermont.gov](mailto:commerce.covid19@vermont.gov) as soon as possible to help the agency advocate for eligibility.
- ACCD has established a hotline so that businesses may call to report impacts and be directed to resources: (802) 461-5143. The hotline will be staffed Monday through Friday, 7:45 a.m. – 4:30 p.m.
- Sign-up for ACCD's [Business and Economic Response to COVID-19 Newsletter](#)
- The [ACCD's webpage](#) on COVID-19 updates regularly to keep small businesses informed of their resources at this time.
- [Interim Guidance for Businesses and Employers](#) from the Centers for Disease Control
- [Free COVID-19 employer preparation plan by PieMatrix](#) via Vermont Business Magazine
- The Vermont Small Business Development Center published a [disaster recovery guide](#) in the wake of Tropical Storm Irene that may help early responses.
- SCORE Resources:
  - [How Small Businesses Can Prepare for COVID-19](#)
  - [Small Business Disaster Preparedness \(Resources\)](#)
  - [Disaster Preparedness and Continuity of Your Business](#)
  - [Vermont Arts Council resources](#) for those in the creative economy

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## GIVE HELP

In these difficult times, many are called to come together and offer support. If you'd like to give to the community but aren't sure where to start, here are some suggestions.

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## Vermont Community Foundation VT COVID-19 Response Fund

Make a contribution to the [VT COVID-19 Response Fund](#).

### Donate Blood

The [FDA has raised concerns](#) about a blood shortage as donation drives are canceled. Find an [American Red Cross location](#).

### Mutual Aid

[Mutual Aid](#) is Vermonters coming together to support each other. Each link, compiled by the Peace & Justice Center, consists of a spreadsheet with multiple tabs for different categories of need (food, transportation, housing, emotional support, etc) and are specific to different regions of Vermont.

### Translation Services

Vermont Works for Women is seeking professional translation services for Swahili, Nepali, Spanish, Vietnamese and Swahili/Mai Mai speakers involved in their job training programs. Please contact Alison Lamagna, Director of Programs & Gender Equity, Vermont Works for Women.

### Domestic & Sexual Violence Programs

Support Vermont Network Against Domestic & Sexual Violence [Member Programs](#). Each organization has specific needs. Examples include supplies, cash, toilet paper, food. It is best to contact your local program and ask what they need.

### Senior Centers & Meal Sites

Supporting our highest risk communities, [senior centers](#) and [meal sites](#) will need increased volunteer and staff support to prepare and deliver meals. Find your [Area Agency on Aging](#) for help connecting to your local programs.

### Food Pantries & The Vermont Food Bank

[Give to food pantries](#). The connected web of food pantries across Vermont, served by the Vermont Foodbank and local donations, will be under increased pressure to stay open more hours and provide more help as time goes on.

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The Vermont Commission on Women (VCW) is a non-partisan state agency advancing rights and opportunities for women and girls. Sixteen volunteer commissioners, along with representatives from organizations concerned with women's issues, guide VCW's public education, coalition building, and advocacy efforts. For more information, please visit us at <http://women.vermont.gov>.

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