

# COVID-19 Resources for Kentucky and Southern Indiana

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Version: 04.03.20



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# Stay Informed via Reputable Sources - National Resources

Reliable online sources on the new coronavirus and COVID-19. While no one source of information is perfect, some are undeniably better than others! It's best to look for sites that:

- rely on experts who use well-accepted scientific analyses and publish their results in reputable medical journals
- have a mission to inform and protect the public, such as the [CDC](#) and the [WHO](#), which recently added a myth busters page to its information on the virus
- are not promoting or selling a product related to the information provided.

Other good online sources of information on the virus include:

- [Medline Plus](#), from the US National Library of Medicine
- the UK's [National Health Service](#)
- the US [Food and Drug Administration](#)

Source: [Harvard Health Publishing](#)

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# Stay Informed via Reputable Sources - State Resources

The official Team Kentucky source for information concerning COVID-19: [kycovid19.ky.gov](https://kycovid19.ky.gov)

- Kentucky's COVID-19 Hotline **(800) 722-5725**
  - The COVID-19 hotline is a service operated by the healthcare professionals at the KY Poison Control Center who can provide advice and answer questions. Please be patient as we are handling a high volume of calls and want to give everyone the time they deserve. For general information, please review the website prior to calling the hotline. Guidance is being added as it becomes available.
- COVID-19 Related Actions taken by Gov. Andy Beshear
  - A timeline of daily actions and executive orders can be found [here](#).

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# Stay Informed via Reputable Sources - State Resources

Guidance from the state by topic:

- [At home](#)
- [K-12 Schools and Childcare programs](#)
- [Healthcare settings](#)
- [Those at risk for serious illness from COVID-19](#)
- [Homeless shelters](#)
- [Reducing stigma](#)
- [Social Distancing while in Recovery](#)
- [At work](#)
- [Colleges and Universities](#)
- [Pregnant women and children](#)
- [Large events and gatherings](#)
- [First responders](#)
- [Guidance for Kentucky Community- and Faith-Based Organization](#)

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## Resources 65+

- Some grocery stores are offering special shopping hours for vulnerable populations - check your local stores but also consult [this](#) list
- The CDC has special recommendations for those over 65, or with underlying conditions - view them [here](#)

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# Local Resources for Social Services

[211.org](https://www.211.org) is the most comprehensive source of locally curated social services information in the United States and most of Canada.

This website provides information and links to resources including:

- Health Insurance and Medical Expenses
- Home Internet Access
- Small Business Loans
- Unemployment Benefits
- Mortgage, Rent and Utilities Payment assistance
- SNAP/Food Stamps
- Food Assistance
- Relief for “Gig Economy” Workers and Contractors
- Mental Health and Crisis

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# Things to do While Hanging at Home

Being healthy and stuck at home is a best-case scenario right now — but that doesn't mean cabin fever isn't real.

Scott Kelly, a retired NASA astronaut, offered advice on isolation from his year on the International Space Station: Follow a schedule, pace yourself with work, make sure to leave time for fun activities — he watched “Game of Thrones” twice — and go outside if you can (but leave at least six feet between you and others).

- Make little occasions special. A Seattle psychologist dresses up with her husband and children for a “family date night,” and plants a garden with her daughters.
- Follow your favorite writers. Many authors are using social media to engage with their fans, [offering readings, art classes and other activities](#).
- Start bringing [movement into tiny moments](#). It doesn't take fancy equipment — or any equipment — to exercise at home.
- Have a [virtual happy hour](#) with your friends. Try to ask a question that's not about the virus, like: What is the most hilarious thing you've seen that distracted you from the current situation?
- Listen to [these podcasts](#), which will make you laugh, calm down or dance.
- What's the organizational expert Marie Kondo up to while working from home? [Tidying, of course.](#)

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# Things to do While Hanging at Home

Check out these deals for streaming services!

- [Netflix](#): one month free trial
- [Amazon Prime Video](#): 30-day free trial
- [Hulu](#): 30-day free trial
- [Disney+](#): 7-day free trial
- [Apple TV+](#): 7-day free trial
- [Showtime](#): 30-day free trial

## Entertainment

- [Audible](#): 30-day free trial + launched a free collection of audiobooks for children
- [Kindle](#): 60-day free trial
- [Scribd](#): 30-day free trial; offering its library of ebooks, audiobooks, magazine articles and more to anyone
- [NHL](#): free streams of full replays of games from the 2019-2020 season

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# Resources for Promoting a Healthy Mind and Body

## Workout Apps & Websites

- Shred 415: [Highlands](#) and [Hurstbourne](#) on Instagram free workouts
- [YMCA](#): free at-home workouts
- Amazon Prime Video: free streaming workouts- search for 'Fitness'
- [Heat Yoga and Wellness](#): free online yoga
- [LeighAnne Albrechta Yoga](#) on Facebook: free but donations to the Louisville Ballet are accepted
- [Core Power Yoga](#): currently offering free online classes
- [Golds Gym](#): free access to their AMP app until the end of May
- [Title Boxing](#): free 30-day Boxing On-Demand
- [Barre3](#): free 15-day trial
- [Core Power Yoga](#): currently offering free online classes
- [Golds Gym](#): free access to their AMP app until the end of May

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# Resources for Promoting a Healthy Mind and Body

- **Disaster Distress Line**

Call for immediate counseling for anyone who is seeking help in coping with the mental or emotional effects caused by the COVID-19 pandemic. **1-800-985-5990** (TTY: 711), 24 hours a day, 7 days a week

[www.samhsa.gov](http://www.samhsa.gov)

- **Mental Health America**

Access local and online support groups, mental health programs and services and more.

[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

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# Looking for local takeout options?

<https://do502.com/p/curb-side-pick-up-in-louisville>

<https://www.gotolouisville.com/louisville-takeout/>

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# Resources for Promoting a Healthy Mind and Body

## Meditation

- [The Mindful Movement](#)
- [The Honest Guys](#)
- Smartwatches: Fitbit & iWatch both have breathing exercise apps
- [Calm](#): Meditation and “Sleep Stories
- [Stop, Breathe, & Think Meditation & Mindfulness](#): offers free meditations

## Workout Apps & Websites

- [Peloton](#): free 90-day trial
- [Les Mills](#): free 30-day trial
- [Make Your Body Work](#): links to free online workouts
- [Beachbody](#): free 14-day trial
- [Sweaty Betty](#): free workout videos

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## Companies Offering Temporary Relief\*

**AT&T:** waiving domestic plan overage charges for data, voice or text. The waiver applies to residential or small business wireless customers who are facing economic hardship related to the coronavirus pandemic. The company is also waiving any late payment fees on wireless, home phone or broadband residential or small business customers who can't pay their bill due to hardship; additionally, no service will be terminated due to inability to pay. **All resolutions offered by AT&T will be in effect for the next 60 days.**

**Cox Communications:** offering a low-income internet tier with no annual contract to individuals who need internet during the COVID-19 pandemic. There are no qualifications for the service. It costs \$19.00 per month, but will have a temporary boost up to 50 Mbps, for free, through May 15. Additionally, customers unable to pay their bill at this time will not have their service terminate and will not incur any late fees due to their economic circumstances related to the COVID-19 pandemic.

**Sprint:** providing assistance to customers affected by COVID-19. The company is offering unlimited data for 60 days to customers with metered plans (in effect as of March 18). Additionally, Sprint is giving 20 GB of free mobile hotspot to customers with devices capable of becoming a hotspot, and is also waiving per-minute toll charges for international long-distance calls from the U.S. to CDC-defined Level 3 countries (effective 3/17).

\*Please contact your service provider directly with questions or for additional information.



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## Companies Offering Temporary Financial Relief\*

**Xfinity:** making hotspot connectivity free, including for non-Xfinity internet customers. Additionally, the internet service company is pausing data plans through May 13 and giving all customers unlimited data for no additional charge.

**T-Mobile:** all customers as of March 13 who have plans with data will be given unlimited smartphone data for the next 60 days, excluding roaming. Additionally, customers with smartphone mobile hotspots can add 20GB of data by adding the COVID-19 Response High Speed Smartphone Mobile HotSpot feature for each voice line. T-Mobile customers who need more time to pay their bills can set up a payment arrangement online.

**Verizon:** not charging late fees or terminating service for individuals who cannot pay their bill in full due to hardship faced from the COVID-19 pandemic. Additionally, the servicer is offering free international calling to countries identified by the CDC as level 3 impacted by COVID-19 (exception: a maximum of 300 minutes of free calling will be provided for calling Iran, Latvia, Lithuania and Slovenia).

\*Please contact your provider directly with questions or for additional information.



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# Companies Offering Temporary Financial Relief\*

**LG&E and KU**: until at least May 1, 2020, LG&E has suspended disconnects for their residential and business customers who may have difficulty paying their bill. They've also waived new late fees incurred during this time.

**Louisville Water**: has suspended turn-offs amid COVID-19 outbreak

- **Customer Assistance Program**

**Credit Card Payment and Debt Relief**: site provides links to many of the major credit card companies and how they are responding to COVID-19

\*Please contact your provider directly with questions or for additional information.



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# Federal Government Websites for Student Loan Information

[Coronavirus.gov](#) — The Centers for Disease Control and Prevention offers this site, which features everything from prevention tips, common symptoms, and current updates on how many cases there are in the United States, to advice about travel and a list of frequently asked questions.

[USA.gov coronavirus page](#) — USAGov shares how agencies across the federal government are responding to the outbreak.

[Federal student loan servicers](#) — Our website lists servicer contact information for borrowers who want to ask questions, request a deferment or forbearance, etc.

[U.S. Department of Education COVID - 19 information for schools and school personnel](#)

[Information for Financial Aid Professionals website](#) (for postsecondary school financial aid staff; look for information in the “Letters and Announcements” section)

\*Please contact your provider directly with questions or for additional information.



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# Department of Labor Guidance for Employers & Employees

The Department of Labor (DOL) has released summary overviews of what the law will require of employers (and employees) for emergency paid sick leave and the Family Medical Leave Act (FMLA). Please keep in mind this information may be updated.

- [Families First Coronavirus Response Act: Employer Paid Leave Requirements](#)
- [Families First Coronavirus Response Act: Employee Paid Leave Rights](#)
- [COVID-19 and the Fair Labor Standards Act: Questions and Answers](#)
- [COVID-19 and the Family and Medical Leave Act: Questions and Answers](#)
- [Department of Labor Twitter Page with Updates and FAQs](#)

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# Own a small business?

- The Kentucky Small Business Development Center (KSBDC) is offering help with contingency planning for small businesses. You can [request a Zoom meeting or phone call here](#). On this same page, you can scroll down to register for their next webinar as well.
- [A checklist for your business in this financial crisis](#) (KSBDC)
- [Steps you need to take to safeguard your business](#) (KSBDC)
- [Information about the Small Business Administration's Disaster Loan program](#) (there is more information on the next slide, but this page from KSBDC provides a good overview of the program and eligibility requirements)
- [Cost free coaching for your small business](#) (KSBDC)
- Another nonprofit [assisting small businesses is SCORE](#) and they are also [hosting webinars for business owners](#)
- Find support and resources in the [Small Business of Kentucky Facebook group](#)

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## Own a small business?

- The [Small Business Administration's \(SBA\) 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.
- The SBA also produced a [Small Business Resource Guide for the state of Kentucky](#). This guide was produced last year before the current pandemic, but may have information you are looking for inside. On page 7 there are phone numbers for their local offices and staff; you can also [find their Kentucky office website here](#).
- The IRS has extended the tax filing deadline to July 15th. Their [Small Business/Self Employed resource page is here](#).

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# Temporary Employment

**KROGER:** Kroger announced Wednesday (3/18) that it is hiring for an estimated 500 local, part-time positions across its Louisville Division area, which includes Kentucky, Southern Indiana and Southern Illinois.

- Here's how you can apply: [jobs.kroger.com](https://jobs.kroger.com)

## COSTCO

- [Here's where to apply](#)

**AMAZON DELIVERS:** Amazon remains open as an essential service to serve our communities delivering critical supplies to the doorsteps of people who need them.

- [Here's where to apply](#)

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# Temporary Employment

**DOORDASH:** Delivery driver opportunity in Louisville. No passengers. No bosses. Just you, your tunes, and the road. Sign up now and start making money! Deliver food in Louisville and other items from local merchants to hungry customers. It's a great alternative to seasonal work, temp work, or a part-time job.

- [Here's where to apply](#)

**JET'S PIZZA:** Delivery drivers need at each of its 386 locations. Drivers typically make between \$13-\$16 an hour, depending on tips and mileage. Interested applicants should apply to a Jet's location directly. To find a Jet's restaurant go to [www.jetspizza.com](http://www.jetspizza.com).

**INDEED Career Guide:** What to do if your job is affected by Coronavirus

Read more here: <https://www.kentucky.com/news/business/article241317216.html#storylink=cpy>



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# Filing for Unemployment

If you need to file for unemployment, [here's how to do it in both Kentucky and Indiana.](#)

## Kentucky

- Kentucky's unemployment website: [Kentucky Career Center.](#)
- You can also call this number for help: 502-564-2900

## Indiana

- Indiana's unemployment website: [Unemployment.IN.gov](#)

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# Entertainment for Kids

## Free Apps & Websites:

- **Vooks**: Animated books for children 2-8
  - free 30-day trial
- **Homer Reading**: personalized learn-to-read app for children ages 2-8
  - free 30-day trial
- **ABC Mouse**: early learning games for children ages 2-8
  - free 30-day trial
- **SplashLearn**: math skills assistance for grades K-5
  - Free trial - length unconfirmed
- **Hands On As We Grow**: hands on activities such as crafts, art projects, gross motor activities, and fine motor activities for babies - grade school
  - free 7-day activity challenge
- **Happy Numbers**: free online math instruction available in English and Spanish for children K-5
- **American Girl**: free online access to articles for young women about mental health, at-home fun and more!



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# Entertainment for Kids

## Free Programs:

- [JoAnn Fryrear School of Dance](#): YouTube videos of ballet, tap and jazz for ages 3-7
- [All About Kids Virtual PE Classes](#): create a free account and sign up for free 30 min virtual PE classes, Grades K-5th
- [Net Generation](#): the USTA's youth at-home tennis program, focused on providing numerous benefits beyond just good health and activity. Kids learn teamwork, communication, balance, agility, hand-eye coordination, problem-solving and self-reliance, all while having fun and making friends.
- [Go Noodle](#): movement and mindfulness videos created by child development experts
- [Khan Academy](#): Free learning center in 40 languages with content for parents, teachers and learners (starting ages 2+)

## For Parents:

- [A Parent's Guide to Working from Home with Kids](#) We are providing links active as of 04.03.20 and will try to update links but keep in mind there may be newer information available



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# Entertainment for Kids

## Free Programs:

- [Outschool.com](#): 10k+ small group video chat classes and free to join
- [Teachers Pay Teachers](#): 3M+ resources tailored to level and interest
- [BrainPop](#): Offering free access to 1,000 short animated movies for students in grades K-12 (ages 6 to 17)
- [Modulo](#): Tools and access to learning specialists, free for parents affected by school closures
- [Education Companies Offering Free Subscriptions](#): 1000+ resources compiled by international educators
- [Mystery Science](#): Offering its most popular content for free due to school closings (K-5)
- [Twinkl](#): Free membership for for parents and caregivers of children in primary schools ages 4-13
- [Exploratorium Learning Toolbox](#): COVID-19 science and learning activities and more
- [Nasa Kids Club](#): Resources for parents, teachers and caregivers
- [Deep Space Sparkle](#): Hundreds of activity ideas and free projects
- [KinderArt](#): Art projects for all ages

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# Louisville Free Public Library

If you have a library card with overdue fine-restrictions, if you have a library card that has expired or is about to, or if you are eligible for a library card but don't have one yet, we want to make sure LFPL's digital resources are available for you during the COVID-19 related closure. That's why we have decided to temporarily make the following changes:

- New Library cards will be granted virtually – follow directions at [www.lfpl.org/get-card.htm](http://www.lfpl.org/get-card.htm)\*
- Restrictions due to overdue fines and replacement fees have been lifted
- Expired and soon-to-be expired library cards are extended until June 1st
- All holds have been extended to 21 days so that your current holds will be here when we reopen
- **Late fees are suspended at this time, don't worry about returning materials to the Library until we reopen**

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# Louisville Free Public Library



Research your family history from home on **Ancestry.com Library Edition**, available now through April 30

In response to the COVID-19 crisis, ProQuest and Ancestry.com have made access to its Library Edition temporarily available to library patrons from home through April 30. [Click here to get started.](#)



**Louisville Metro launches Lift Up Lou initiative to help citizens stay connected**

Lift Up Louisville is designed to lift up our spirits during the fight against Coronavirus. Find fun ways to stay active, connected, and healthy at [LiftUpLou.com](#).

And be sure to watch Lift Up Lou daily on [Facebook](#) for live programming at 9 a.m. (Health & Fitness), 11 a.m. (Education), and 4 p.m. (Music/Performance). **The Library will be hosting Facebook Live storytime on Lift Up Lou every Monday at 11 a.m.**



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# Louisville Free Public Library



Looking for more to do? LFPL now has more to offer!

Thanks to the generosity of a number of publishers and library service providers, LFPL is able to offer temporary access to more digital materials and online resources to help keep you informed, engaged, and entertained at this time.

- **Free streaming movies for kids**, courtesy of [Kanopy Kids](#)
- **Access to more than 400 classic titles on eBook** with no wait, courtesy of [Overdrive](#) -- look for “**Always Available eBook Classics**”

PLUS, we always offer: [Downloadable Audiobooks](#), [eMagazines and Digital Comic Books](#), online learning with [Lynda.com](#), **Homework Help and Activities for Kids** and **Teens**, and more at [LFPL.org](#)!

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# Clark County Library

<http://www.clarkco.lib.in.us>

Free downloadable books, music, movies and more with these apps and your library card.



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# Floyd County Library

To access free e-books from Junior Library Guild:

1. Visit <https://jlg.ipublishcentral.com/>
2. This page will ask you for a username and password. Enter the username and password that applies to your reading level: (Both the username and password will need to be CAPITALIZED.)
  - For ELEMENTARY access:
    - Username: JLGELM
    - Password: JLGFREE
  - For MIDDLE SCHOOL access:
    - Username: JLGMID
    - Password: JLGFREE
  - For HIGH SCHOOL access:
    - Username: JLGHI
    - Password: JLGFREE
3. Once logged in, you can scroll down to the books and pick and read any book you would like right from home!



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# Floyd County Library

**Mango Languages** is offered for free through the library. Go to the main page at [FloydLibrary.org](http://FloydLibrary.org) and Click on “Resources” at the top, you’ll come to a page that says “Reference Resources.” Scroll to the bottom of that page and click on the button in the middle that says, “View Research and Databases Page.” Once there, you can scroll down a bit and you will see a box on the right that says “Languages.” Click where it says “Click to Expand” and you will see a link for Mango Languages. You will need to create an account, or continue as a guest.

Storytimes:

- **Josh Gad Reads Bedtime Stories**
- **Celebrities Read Stories**
- **ASL Storytelling**
- **Daily Storytimes in Spanish, French, Chinese, English & Portugese**

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