

# COVID-19 RESOURCES

## [Have you lost your job or work hours been reduced?](#)

If you have lost your job, your work hours have been reduced, or your place of work has closed you may qualify for unemployment insurance. Please visit the following websites for more information: <https://myunemployment.nj.gov/>

COVID-19 Scenarios & Benefits Flier from the New Jersey Department of Labor and Workforce Development

## [Has your job been impacted?](#)

New Jersey has among the most comprehensive Earned Sick Leave, Temporary Disability, and Family Leave Insurance laws in the country, which cover all employees – full-time, part-time, temporary and seasonal. Please visit the following websites for more information: <https://www.nj.gov/labor/worker-protections/earnedsick/covid.shtml>

COVID-19 Scenarios & Benefits Flier from the New Jersey Department of Labor and Workforce Development

## [If you need food or financial assistance](#)

If you and/or your family are in need of food or financial assistance, you may be eligible for the Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance to Needy Families (TANF), and/or General Assistance (GA): <https://www.njhelps.org/>

## [If you need help paying home energy bills](#)

The Home Energy Assistance Program helps very low-income residents with their heating and cooling bills, and makes provisions for emergency heating system services and emergency fuel assistance within the Home Energy Assistance Program:

<https://www.nj.gov/dca/divisions/dhcr/offices/hea.html>

## [If you need help paying the rent](#)

The State Rental Assistance Program provides rental assistance grants. To get more information and determine your eligibility, visit: <https://www.nj.gov/dca/divisions/dhcr/offices/srap.html>

## [If you are caring for family members with special needs](#)

**The New Jersey Department of Human Services has guidance for individuals and families caring for people with developmental disabilities:**

<https://nj.gov/humanservices/coronavirus.html>

**[The Centers for Disease Control \(CDC\) has the most up-to-date information on protecting yourself from COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html)**

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

**[The Centers for Disease Control \(CDC\) has the most up-to-date information as to what to do if you think you are sick](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html)**

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**[If you need your local health department visit](http://www.localhealth.nj.gov)**

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**[If you need health insurance](#)**

NJ FamilyCare is New Jersey's publicly funded health insurance program. It includes CHIP, Medicaid and Medicaid expansion populations. That means qualified NJ residents of any age may be eligible for free or low cost health insurance that covers doctor visits, prescriptions, vision, dental care, mental health and substance use services and even hospitalization.

<https://www.njhelps.org/>

**[If you are anxious or stressed](#)**

Coping with stress during infectious disease outbreaks can cause anxiety and stress. These guidelines can help: <https://store.samhsa.gov/system/files/sma14-4885.pdf>

**[If you need access to mental health professionals](#)**

NJMentalHealthCares is New Jersey's behavioral health information and referral service. To get help now, call 866-202-HELP (4357) or visit:

<https://www.njmentalhealthcares.org/>

**[If you want updates on COVID-19 from the State of New Jersey](#)**

For updates on COVID-19 in New Jersey, text NJCOVID to 898-211. For live text assistance, text your zip code to 898-211. You can also visit:

<https://www.nj.gov/health/cd/topics/ncov.shtml>

**[To see the New Jersey Department of Health's COVID-19 Online Dashboard, visit:](https://www.nj.gov/health/cd/topics/covid2019_dashboard.shtml)**

[https://www.nj.gov/health/cd/topics/covid2019\\_dashboard.shtml](https://www.nj.gov/health/cd/topics/covid2019_dashboard.shtml)

**[More information on the Coronavirus can be found at](https://www.njccc.org/coronavirus)**

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**Connectivity**

FCC agreement 2 stating that providers will waive late fees, not cutoff service for lack of payment, and open hot-spots.

- Comcast COVID-19 response: offers free WiFi for 2 months to low income families plus all Xfinity hot-spots are free to the public during this time

**Charter Free Internet offer for 2 months**

- AT&T COVID-19 response: offers open hot-spots, unlimited data to existing customers, and \$10/month plans to low income families
- Verizon COVID-19 response: no special offers, but following the FCC agreement.
- Sprint COVID-19 response: follows FCC agreement, provides unlimited data to existing customers, and, starting Tuesday, 3/17/2020, will allow all handsets to enable hot-spots for 60 days at no extra charge.
- T-Mobile COVID-19 response 1: follows FCC agreement, plus unlimited data to existing customers, and, coming soon, will allow all handsets to enable hot-spots for 60 days at no extra charge.



**WELCOME TO  
GOGETTERS OF  
NEW JERSEY**

**During this time of the coronavirus crisis, volunteers are on standby to pick up essentials for people at high risk: seniors, people with compromised immune systems, and ill people and their caregivers.**

**Contact us at 732-773-6342  
or at [Gogettersnj.com](http://Gogettersnj.com)  
to schedule your pick-up.**

**Started by a Bayville-based businessman  
giving back to the community**



## SNAP ASSISTANCE DURING CORONAVIRUS

### *Do you receive SNAP Benefits?*

Many SNAP households will receive additional benefits in March and April to help them buy more food during this public health crisis. Extra March benefits will come this **Sunday, March 29**.



You will receive the difference between your regular SNAP and the maximum benefit for your family size.



For example, if you are a family of one, the maximum benefit is \$194 per month so you will receive the difference between your regular monthly amount and \$194.

For a family of three the maximum amount is \$509, so you will receive the difference between your regular monthly amount and \$509.



The extra benefit will be added directly to your families EBT card. You will receive your April SNAP benefits during your regular time at the new maximum level.



You can check your balance at [www.NJFamiliesFirst.com](http://www.NJFamiliesFirst.com) or go some ATMs.



