



State Senator

Karla MAY



COVID-19 RESOURCES

During this troubling time of uncertainty, it's important to have reliable sources of information to turn to for guidance. My office has compiled contact information for relevant local, state and federal resources that offer updates and access to help in this time of need. If you need further assistance, please feel free to call my office at 573-751-3599 or email me at karla.may@senate.mo.gov.

General Information and Updates



Missouri Department of Health and Senior Services: DHSS offers up-to-date information about COVID-19 in Missouri at www.health.mo.gov.

COVID-19 Hotline: 877-435-8411.

Missouri Testing Sites: Please call the site you wish to visit before going to the hospital or testing location to determine testing eligibility. Many sites still require physician orders or evaluation before the testing is approved. Location information can be found at <https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/mobile-testing.php>.

St. Louis City: For updated case counts of COVID-19 in the City of St. Louis, testing information, additional guidance and emergency notification sign-up, visit www.stlouis-mo.gov/covid-19/.

St. Louis City COVID-19 Hotline: 314-657-1499

St. Louis County: To locate COVID-19 testing facilities, find statistics and information about COVID-19 in St. Louis County, learn about local response efforts or read public orders in effect within the county, visit www.stlcorona.com.

St. Louis County COVID-19 Hotline: 314-615-2660

St. Louis County COVID-19 Text Alerts: Text "STLOUISCOALERT" to 67283

U.S. Centers for Disease Control and Prevention: The CDC website at www.cdc.gov provides a comprehensive overview of the coronavirus outbreak.

Federal Response: You can find an overview of actions the federal government is taking to combat COVID-19 at www.usa.gov/coronavirus.

Additional State Resources



Office of the Governor: To see the latest actions by Missouri's governor, visit www.governor.mo.gov.

Department of Labor – Division of Employment Security: If you've lost your job, visit www.labor.mo.gov/coronavirus to learn about unemployment benefits, including supplemental unemployment insurance payments provided through the federal Coronavirus Aid, Relief and Economic Security (CARES) Act. The site includes videos, tutorials and a FAQ section to address the most common concerns of applicants. Apply online at www.uinteract.labor.mo.gov.

Economic Development: To learn how stay at home orders may impact local businesses, visit www.ded.mo.gov/content/stay-home-order-business-guidance.

Social Services: Information about eligibility waivers and other accommodations to child care and food assistance programs, as well as updates on expanded health care options through MO HealthNet can be found at www.dss.mo.gov/covid-19.

Department of Revenue: The deadline for filing Missouri state income taxes has been extended until July 15. Motor vehicle registrations and driver's licenses expiring in March or April of 2020 qualify for an automatic 60-day extension. For more information, including a list of hours and locations for Department of Revenue facilities, or to conduct business online, visit www.dor.mo.gov.

Agriculture: The Missouri Department of Agriculture has information about the impact of COVID-19 on farmers and our food supply. For more information, visit www.agriculture.mo.gov/emergency/covid-19.

Attorney General: To report price gouging or learn about efforts to fight consumer scams during the COVID-19 crisis, visit www.ago.mo.gov.

Natural Resources: For information about park closures and other impacts of COVID-19 on Missouri's Department of Natural Resources, visit www.dnr.mo.gov. A number of state and federal environmental regulations have been eased or waived due to the coronavirus. For a listing of affected regulations, visit www.dnr.mo.gov/regulatory-relief.htm.

Conservation: As of April 30, conservation areas, trails and boat ramps are operating as normal, but individuals should take precautions to ensure their visit is safe and enjoyable. For more information, visit www.mdc.mo.gov/about-us/mdc-covid-19-response.

Secretary of State: Visit www.sos.mo.gov to register to vote, file required business documents or access resources from the State Library and Archives. Effective April 6, Missouri will temporarily allow notaries to conduct business through video conferencing in order to maintain social distancing. For more information, visit www.sos.mo.gov/ElectronicNotary.

Elementary and Secondary Education: All K-12 public and charter schools in Missouri are closed through the end of the 2019-2020 academic year. For more information about the impact of COVID-19 on Missouri's schools, visit www.dese.mo.gov. To find pickup locations for free meals for students, call your local school district or check the online [map](#) at the department's website.

Mental Health and Crisis Resources

Missouri Department of Mental Health: For guidance on coping with the COVID-19 pandemic or to find information about mental health services available statewide, visit www.dmh.mo.gov/disaster-services/covid-19-information.

Disaster Distress Helpline: 800-985-5990 or text: "TalkWithUs" to 66746

Suicide Prevention Hotline: 800-273-TALK (8255)

Provident Behavioral Health: 314-647-4357

Behavioral Health Response: 800-811-4760

Child Abuse & Neglect: 800-392-3738

Adult Abuse & Neglect: 800-392-0210

VA Crisis: 800-273-8255

Domestic Violence: 800-799-7233

Sexual Assault: 800-656-4673

Women's Safe House: 314-772-4535

Care for Your Virus Anxiety: Partnership between Mental Health America and Shine to provide resources for those affected by the COVID-19 outbreak and its impacts. Call 314-628-2929 for telehealth counseling options.

Federal Assistance



Economic Impact Payments: The CARES Act provides for a one-time direct \$1,200 payment to nearly every American who earns less than \$75,000 per year. Tax filers and Social Security recipients will receive the payment automatically. Low-income workers, certain veterans and individuals with disabilities who aren't required to file a tax return will need to register. You can find more information, or register for payments online at www.irs.gov.

Federal Pandemic Unemployment Compensation: The CARES Act passed by Congress includes the Federal Pandemic Unemployment Compensation Program (FPUC), which provides a \$600 federal supplement to unemployment insurance payments offered by states. These payments are effective the week beginning March 29 and will continue through the week ending July 25. For more information, read the online FAQ documents posted at www.labor.mo.gov/coronavirus.

Federal Pandemic Unemployment Assistance Program: Self-employed individuals, “gig” workers and independent contractors who do not usually qualify for unemployment insurance also qualify for assistance through the CARES Act. For more information, read the online FAQ documents posted at www.labor.mo.gov/coronavirus.

Paycheck Protection Program: The CARES ACT authorized forgivable loans to employers that are backed by the U.S. Small Business Administration (SBA). The loans are available to nearly any business or nonprofit with fewer than 500 employees, and the money will not need to be repaid if the borrower maintains its workforce and uses the loan to pay wages. Businesses may apply through any existing SBA 7(a) lender, including participating credit unions or Farm Credit System institutions. For more information, visit www.sba.gov.

SBA Economic Injury Disaster Loan Program: Businesses may borrow up to \$2 million through this SBA loan program. For more information or to apply online, visit www.sba.gov.

Food and Basic Needs



Missouri Department of Social Services: Information about food assistance, child care and other essential services can be found at www.mydss.mo.gov/food-assistance.

Ageing Ahead: For information on the Meals on Wheels Program, visit www.agingahead.org or call 636-207-0847.

All Our Kids: Families can receive free “grab and go” meals for children through local school districts. Check [COVID-19 Child Meals Map](#) for the most up-to-date information about meals.

St. Louis Area Food Bank: Search the online pantry [search tool](#) by ZIP code to find food resources.

The United Way: A one-stop source of resources in times of need can be found at www.211helps.org/covid-19-where-to-turn.

Operation Food Search: For information about available food resources, or ways you can help, visit www.operationfoodsearch.org.

Utilities

AT&T: www.about.att.com/pages/COVID-19.html

Charter Communications (Spectrum): www.spectrum.net/page/covid-19-update

Ameren: www.ameren.com/account/customer-service/covid-19

Spire Energy: www.spireenergy.com

Missouri American Water: www.amwater.com/moaw

Heat Up St. Louis: Energy bill assistance at Urban League: 314-615-3640

Salvation Army: 314-646-3000

Community Action Agency: 314-863-0015

United Way: 211, or 800-427-4626

Veterans

U.S. Department of Veterans Affairs: www.publichealth.va.gov/n-coronavirus

Missouri Veterans Commission: www.mvc.dps.mo.gov

Veterans Crisis Hotline: 800-273-8255

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