The Office of Human Resources has created the following resource guide to assist the UT Health San Antonio community during the COVID-19 pandemic. This guide contains information about accessing a variety of resources available at the local, state, and federal level.

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General COVID-19 Resources

Centers for Disease Control (CDC)
Website: COVID-19
Comprehensive COVID-19 information from the national public health institute in the United States.

World Health Organization (WHO):
COVID-19
Comprehensive COVID-19 information from a specialized agency of the United Nations responsible for international public health.
https://www.who.int/emergencies/diseases/novel-coronavirus-2019

Johns Hopkins: Coronavirus Resource Center
Frequently updated information and statistics from Johns Hopkins experts in global public health, infectious disease, and emergency preparedness.
https://coronavirus.jhu.edu/

The New York Times: Latest Map and Case Count (United States)
Frequently updated map and case count for COVID-19 in the United States.

Texas Health and Human Services: COVID-19
Texas-specific website containing information for the public, to include travelers, healthcare professionals, and first responders.
https://www.dshs.state.tx.us/coronavirus/

The New York Times: See Which States and Cities Have Told Residents to Stay Home
Frequently updated list of US cities that have enacted Shelter in Place or Stay at Home orders.

City of San Antonio: COVID-19
City website containing numbers of cases in San Antonio and information on testing.
https://www.sanantonio.gov/Health/News/Alerts/CoronaVirus#281783804-public-info-

NPR: Coronavirus Daily Podcast
A daily news podcast about the coronavirus pandemic, covering all dimensions of the story from science to economics and politics as well as society and culture.
https://www.npr.org/podcasts/510355/coronavirusdaily
UT Health San Antonio Resources

UT Health San Antonio: Coronavirus Updates
Frequently updated website containing COVID-19 updates relevant to the UT Health San Antonio Community.
https://wp.uthscsa.edu/coronavirus/

UT Health San Antonio: COVID-19 Leader Guidance and Tools
Guidance and tools created by the Office of Human Resources to help managers transition their workforce to Work from Home.
https://uthealthsa.sharepoint.com/HR/Pages/Webinars.aspx

UT Health San Antonio: Wellness 360
Wellness 360 provides primary care for adult and pediatric patients, as well as other specialized care for employees, students and local families.
https://wellness360.uthealthsa.org/

UT Health San Antonio: GME Wellness Program
Confidential services provided to Physician Residents and Fellows to ensure they are emotionally and academically successful.
http://uthscsa.edu/gme/resident_wellness.asp

UT Health San Antonio: Technology Toolkit for Working from Home
Toolkit to support employees transitioning to a work from home status.
https://uthealthsa.sharepoint.com/IMS/Pages/InfoSec/telecommuting.aspx

UT Health San Antonio: Environmental Health & Safety
Institutional unit tasked with the education and implementation of COVID-19 safety measures and processes.
https://uthealthsa.sharepoint.com/Facilities/Pages/EHS.aspx

UT Health San Antonio: UT Employee Assistance Program (EAP)
The EAP offers a variety of services including counseling consultation services with a licensed mental health professional, legal and financial resources, and work life referrals.
https://www.mylifevalues.com/login
Username: uteap
Password: uteap

UT Health San Antonio: General Questions
Contact information for general questions related to the COVID-19 pandemic.
covid-19@uthscsa.edu
UT Health San Antonio Resources

**UT Health San Antonio: Briscoe Library**
The Briscoe Library continues to provide online services to support our faculty, residents, students, and staff. [https://library.uthscsa.edu](https://library.uthscsa.edu)

**UT Health San Antonio: Office of the Bursar**
Institutional unit that manages student accounting (tuition and fees) and other cash management and investment functions. [https://uthscsa.edu/business/bursar/](https://uthscsa.edu/business/bursar/)

**UT Health San Antonio: Financial Aid and Veterans Services**
The Veteran Services and Financial Aid (VSFA) office at UT Health San Antonio, guides students in obtaining financial resources enabling them to pursue their educational goals while maintaining compliance with institutional, state, and federal regulations. [https://students.uthscsa.edu/financialaid/](https://students.uthscsa.edu/financialaid/)
Financial Resources

Food

**Texas Health and Human Services: Food Information**
Whether it's SNAP food benefits on the Lone Star Card, TANF cash assistance or the Summer Lunch Program for kids, HHS is there for people who need help buying food. [https://hhs.texas.gov/services/food](https://hhs.texas.gov/services/food)

**San Antonio Food Bank**
The San Antonio Food Bank is in full operations as the city and county enter a period of “shelter from home.” The Food Bank’s network of food pantries and mobile food distributions remains fully operational and open to the public for help. [https://safoodbank.org/cvresponse/](https://safoodbank.org/cvresponse/)

**West Avenue Compassion**
Drive-thru food pantry that distributes food to those who have difficulty purchasing enough food to avoid hunger. [https://westavenuecompassion.org/](https://westavenuecompassion.org/)

**Emergency Assistance**
Guadalupe Community Center and St. Stephen’s CARE Center provide emergency assistance to address food insecurity, reduce poverty, and prevent homelessness. [https://ccaosa.org/emergency-assistance/](https://ccaosa.org/emergency-assistance/)

**Madonna Center Emergency Assistance**
The food pantry is available to those in the area of Madonna Center Inc, however those living outside the 78237 zip code within San Antonio may receive emergency assistance from Madonna Center once a year. [https://www.madonnacentersa.org/programs/emergency-assistance/](https://www.madonnacentersa.org/programs/emergency-assistance/)

**San Antonio Area Schools Providing Free Curbside Meals for Students**
San Antonio-area school districts are ensuring students still have access to food during school closures next week by providing curbside meal services. [https://www.ksat.com/news/local/2020/03/14/san-antonio-school-districts-providing-free-curbside-meal-service-for-students-during-closure/](https://www.ksat.com/news/local/2020/03/14/san-antonio-school-districts-providing-free-curbside-meal-service-for-students-during-closure/)
Financial Resources

Housing/Utilities

2-1-1 Help Line
Dialing 2-1-1 is a starting point for making a connection to community services such as: Shelter, food, and clothing.
https://www.unitedwaysatx.org/2-1-1/

City of San Antonio: Fair Housing Program
Effective March 18, 2020, the City’s Fair Housing Division is accepting emergency rent and mortgage assistance referrals.
https://www.sanantonio.gov/NHSD/Programs/FairHousing

CPS Energy: Residential Energy Assistance Program (REAP)
REAP provides help to pay energy bills for customers who qualify for assistance. CPS has temporarily suspended electricity disconnects.

SAWS: Uplift Program
The Uplift Program provides assistance to pay water bills for qualifying customers. SAWS has temporarily suspended water disconnects.
https://uplift.saws.org/

Salvation Army: Housing
Organization providing Emergency housing, Transitional Housing, and Permanent Supportive Housing for families and children.
http://www.salvationarmysanantonio.org/housing/

Charter-Spectrum: Free Internet for 60 Days (New K-12 and College Student Households)
Charter will offer free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription and at any service level up to 100 Mbps.
1-844-488-8395

Additional Information

Many cellular phone providers are offering financial assistance or expanded services during the COVID-19 pandemic. Contact your provider for more information.
Financial Resources

Transportation

VIA Transit Suspends Fares
VIA has implemented a systemwide fare relief period for all VIA fixed-route bus service, VIATrans trips, and VIA Link on-demand services, effective Saturday, March 21, 2020 through April 1, 2020.
https://www.viainfo.net/2020/03/20/suspended-fares/

Healthcare Ground Transportation
Mercy Medical Angels’ non-emergency ground transportation program provides financially qualifying patients with non-local medical-related treatment traveling more than 50 miles from your home. The typical trip does not exceed 300 miles.
https://request.angelwheels.org/trip-request

Other Financial Resources

Federal Student Aid: Coronavirus and Forbearance Info for Students, Borrowers, and Parents
To provide relief to student loan borrowers during the COVID-19 national emergency, federal student loan borrowers can be placed in an administrative forbearance, which allows you to temporarily stop making your monthly loan payment.
https://studentaid.gov/announcements-events/coronavirus

Federal Housing Finance Agency: Mortgage Help For Homeowners Impacted By The Coronavirus
Many homeowners are affected by the devastating impact of coronavirus, or COVID-19. Fannie Mae, Freddie Mac, and the Federal Home Loan Banks provide mortgage relief options can help borrowers feel safe at home if their employment or income are affected.
https://www.fhfa.gov/Homeownersbuyer/MortgageAssistance/Pages/Coronavirus-Assistance-Information.aspx

Additional Information

Many of the top credit card issuers have released statements and created webpages outlining how they plan to assist customers during this challenging time. Contact your card issuer for more information.
Resources for Families

Childcare

City of San Antonio: Emergency Child Services
“Our City Cares” funding is allocated by City Council to assist San Antonio residents with short term child care during an emergency or extenuating circumstance. https://www.sanantonio.gov/humanresources/EarlyEducationChildCare/childcareassistance/emergencychildservice

Texas Child Care Solutions
Developed by the Texas Workforce Commission, the purpose of Texas Child Care Solutions is to provide parents and child care providers access to resources and information to assist them in making informed choices to meet their child care and program needs. https://texaschildcaresolutions.org/

Workforce Solutions Alamo-Child Care Services
Workforce Solutions Alamo administers Child Care Services (CCS) funding. CCS helps parents pay for child care while they work, go to school, or participate in job training to become self-sufficient. https://www.workforcesolutionsalamo.org/childcare

YMCA Emergency Childcare
The YMCA is committed to serving the community needs during this time. The YMCA will be offering emergency child care for school-age children and some locations have limited spots for infants to 4 yrs old. These camps are geared to help those essential staff that must continue to work during this COVID 19 crisis. https://ymcasatx.org/empchildcare

Texas Health and Human Services: COVID-19 Guidance to Child Care Providers
This document provides updated requirements and urges all current providers to immediately implement the new safety measures. https://hhs.texas.gov/about-hhs/communications-events/news/2020/03/covid-19-guidance-child-care-providers
Resources for Families

Education at Home

Texas Education Agency: Coronavirus (COVID-19) Support and Guidance
This website contains comprehensive information related to school closings, instructional continuity planning, and guidance for SPED and special populations.

Facebook Group: Parent Support for Online Learning
Parent Support for Online Learning offers mentorship and resources from experienced online educators.
https://www.facebook.com/groups/SupportforOnlineLearning/?ref=share

Family Education: At-Home Learning Resources for the COVID-19 Outbreak
This website contains helpful and practical strategies to ensure children maintain a focus on learning during COVID-19 school closures.
https://www.familyeducation.com/at-home-learning-resources-for-the-covid-19-outbreak

Free Online Resources for Families
As families evaluate how to keep their children safe and healthy while still learning, this site contains some educational resources to navigate these unique times, including a list of free online resources and answers to commonly asked questions about homeschooling and online schooling.
https://schoolchoiceweek.com/parent-resources-during-coronavirus/

Teacher’s advice on homeschooling during COVID 19 crisis
In this article, a teacher shares what teachers wish parents knew about home learning during COVID-19-related school closures.

This article contains information to help parents educate their children at home, including links to high quality educational materials and sample schedules.
COVID-19 Pandemic Resource Guide

Resources for Families

Education at Home

**Free Access to Time Magazine for Kids**
Free access to a library of four grade-specific digital editions of TIME for Kids and Your $ financial literacy magazine. Turnkey teaching tools, with worksheets and quizzes for families or teachers, available at timeforkids.com.
https://time.com/tfk-free/

**Khan Academy**
Khan Academy offers practice exercises, instructional videos, and a personalized learning dashboard that empower learners to study at their own pace in and outside of the classroom.
https://www.khanacademy.org

**Duolingo: Language Learning**
A popular language learning platform that uses gamification to motivate learners. Learning a language on Duolingo is completely free, but users can remove ads and support free education with Plus.
https://www.duolingo.com/?fbclid=IwAR2WpKG8c389RUV-cu63h2NkBo8LwKrZZBxoEDpgTi_Du4Dj5DJSI0DsRyl

**YouTube: Complete Schoolhouse Rock Series**
Schoolhouse Rock! was a series of animated musical educational short films that aired during the Saturday morning children’s programming. The topics covered included grammar, science, economics, history, mathematics, and civics.
https://www.youtube.com/channel/UC0KiZzoWB0Wdq3xiTQzmFlw

**Scholastic Learn at Home**
Scholastic has created resources and day-to-day projects to keep kids reaching, thinking, and growing. Material is designed for students pre-k through 9th grade.
https://classroommagazines.scholastic.com/support/learnathome.html

**Online Story Resources**
Many authors are using this time to record themselves reading their books and posting the videos online. This site contains videos or links to sites with collections of these videos. More are being added so check back often.
Resources for Families

Families and COVID-19

Centers for Disease Control (CDC): How to Prepare Your Family
The CDC advises on what you can do to prepare your family in case COVID-19 spreads in your community.

Centers for Disease Control (CDC): Children and Coronavirus Disease 2019 (COVID-19)
The CDC provides steps to take to keep your family healthy while children are not in school.

PBS Kids for Parents: How to Talk to Your Kids About Coronavirus
PBS Kids for Parents provides guidance and advice for talking to your children about COVID-19
https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus

National Autism Association: COVID-19 Resources for Families
Resource containing teaching tools for kids, tips for caregivers, and guidance for practicing social distancing.
https://nationalautismassociation.org/covid-19-resources-for-families/

Talking to Children About COVID-19 (Coronavirus): A Parent Resource
The National Association for School Psychologists provides guidance and advice for talking to your children about COVID-19

Vimeo: COVID-19 and Protecting Your Family
Dr. David Price of Weill Cornell Medical Center in New York City shares information in a Mar. 22 Zoom call with family and friends on empowering and protecting families during the COVID-19 pandemic.
https://vimeo.com/399733860
Resources for Families

Family-Friendly Activities

At Home Activities
Many organizations and groups have made various activities available on their websites, for both educational and entertainment purposes. Links to these sites or to sites with collections of these links can be found on this page. More are being added as they’re found, so check back often.
https://robertspubliclibrary.org/covid-19-at-home-activities/

YouTube: Bob Ross – The Joy of Painting
The official YouTube for Bob Ross containing all of the episodes from his show.
https://www.youtube.com/user/BobRossInc/videos

Chef Massimo Bottura: Kitchen Quarantine
Massimo Bottura and his family have given people direct access to their family home with a new Instagram show, Kitchen Quarantine. The nightly cooking series is on at 8-o-clock CET on the chef’s Instagram page:
https://www.instagram.com/massimobottura/

Family TV Shows to Watch Together
A list of TV shows to watch with your family. Shows are on a variety of platforms including Netflix, Disney, network cable, and more.
https://www.commonsensemedia.org/lists/family-tv-shows-to-watch-together

100 Activities To Do At Home During School Closures
A comprehensive list of activities to do with your family at home. Some activities do require supplies.
https://entertainkidsonadime.com/2020/03/13/100-activities-to-do-at-home-during-school-closures/
https://nationalautismassociation.org/covid-19-resources-for-families/

The Best Kid Yoga Videos
A list of yoga videos for children to help encourage mindfulness.
https://preschoolinspirations.com/kid-yoga-videos/

Audible Stories
Children everywhere can instantly stream an incredible collection of stories, including titles across six different languages.
https://stories.audible.com/start-listen
Resources for Families

Pets

Centers for Disease Control (CDC): Animals and Coronavirus Disease 2019 (COVID-19)
CDC guidance on animals and COVID-19, including information on protecting your pets if you are sick.

Coronavirus And Pets: FAQs For Owners
The university of Illinois College of Veterinary Medicine provides answers to frequently asked questions from pet owners.
https://vetmed.illinois.edu/pet_column/coronavirus-pets/

Human Society of the United States: Coronavirus (COVID-19) FAQ
The Humane Society provides answers to frequently asked questions from pet owners.
https://vetmed.illinois.edu/pet_column/coronavirus-pets/

Frankie’s Friends Fund
Frankie’s Friends Fund provides financial assistance grants to family owned pets in need of lifesaving emergency or specialty veterinary care whose caregivers cannot afford the full cost of treatment.
https://www.frankiesfriends.org/national-frankies-friends-fund

DaisyCares Pet Food Pantry
DaisyCares is ready to help those affected by the coronavirus pandemic. As many families are facing possible loss of income, DaisyCares is dedicated to help with pet food and veterinary care funding as long as donations are available.
http://daisycares.com/

Bow Wow Buddies Foundation
The Bow Wow Buddies Foundation is Camp Bow Wow’s 501(c)(3) nonprofit organization that supports the health and happiness of our furry loved ones. The Bow Wow Buddies Foundation offers a second chance to sick and injured dogs in need by providing medical care funds to dogs who are either homeless or whose parents cannot afford to pay their veterinary bills.
https://www.bowwowbuddies.com/about/
Resources for Individuals

For Educators

Inside Higher Ed: Transforming Your Online Teaching From Crisis to Community

Stanford: Creating an Online Classroom
https://ohs.stanford.edu/how

Chronicle of Higher Education: How to Quickly (and Safely) Move a Lab Course Online

Chronicle of Higher Education: Article Collection for Moving Online Now

Teaching Tolerance: A Trauma-Informed Approach to Teaching Through Coronavirus
https://www.tolerance.org/magazine/a-trauma-informed-approach-to-teaching-through-coronavirus

For Students

8 Strategies For Getting The Most Out Of An Online Class
https://www.northeastern.edu/graduate/blog/tips-for-taking-online-classes/

What Makes a Successful Online Student?
https://www.uis.edu/ion/resources/tutorials/pedagogy/successful-online-student/

Edtech companies offer free tools to colleges affected by COVID-19

Beyond The Food Pantry: Supporting #RealCollege Students During COVID19
For Managers & Leaders

Interim Guidance for Businesses and Employers to Plan and Respond to Coronavirus Disease 2019 (COVID-19)

Leadership in an Outbreak
https://www.kornferry.com/insights/articles/perspective-leadership-in-an-outbreak

Leading Remote Workers: The Coronavirus’ Impact On Effective Management
https://www.forbes.com/sites/jasonward/2020/03/13/team-working-at-home-because-of-coronavirus-heres-how-to-lead-them-effectively/#2e144ed31628

Managing Employee Stress and Anxiety During the Coronavirus

A Guide to Managing Your (Newly) Remote Workers
https://hbr.org/2020/03/a-guide-to-managing-your-newly-remote-workers

Are You Leading Through the Crisis … or Managing the Response?
https://hbr.org/2020/03/are-you-leading-through-the-crisis-or-managing-the-response

8 Ways to Manage Your Team While Social Distancing
https://hbr.org/2020/03/8-ways-to-manage-your-team-while-social-distancing

Why Leaders Need Meditation Now More Than Ever
https://hbr.org/2020/03/why-leaders-need-meditation-now-more-than-ever

A Time to Lead with Purpose and Humanity
https://hbr.org/2020/03/a-time-to-lead-with-purpose-and-humanity
For Employees

Podcast: Adjusting to Remote Work During the Coronavirus Crisis

Virtual happy hours, team yoga sessions: How coworkers are staying connected while they work from home

How to Work From Home Alongside Your Partner Without Losing It

Working from home 101: Every remote worker's guide to the essential tools for telecommuting

A Guide for Working (From Home) Parents
https://hbr.org/2020/03/a-guide-for-working-from-home-parents

Avoid These Traps When Negotiating in a Crisis
https://hbr.org/2020/03/avoid-these-traps-when-negotiating-in-a-crisis

How to Avoid Shaking Hands
https://hbr.org/2020/03/how-to-avoid-shaking-hands

What It Takes to Run a Great Virtual Meeting
https://hbr.org/2020/03/what-it-takes-to-run-a-great-virtual-meeting

Working from home 101: Every remote worker's guide to the essential tools for telecommuting

How Working Parents Can Prepare for Coronavirus Closures
https://hbr.org/2020/03/how-working-parents-can-prepare-for-coronavirus-closures
Health and Wellbeing

Safety and Prevention

Centers for Disease Control (CDC): Get Your Home Ready

How to Protect Yourself and Prepare for the Coronavirus

Be careful where you get your news about coronavirus
https://www.health.harvard.edu/blog/be-careful-where-you-get-your-news-about-coronavirus-2020020118801

COVID-19: Eating, moving and meditating are keys to staying healthy

Centers for Disease Control (CDC): Coronavirus Disease 2019 Checklist: Older Persons

Making Health and Nutrition a Priority During the Coronavirus (COVID-19) Pandemic

Working from home during coronavirus? Here's how to stay healthy

Coronavirus: Safety Tips for You
Managing Stress and Anxiety

Coping with Fatigue, Fear, and Panic During a Crisis

Seven Ways to Cope With Anxiety During the Coronavirus Outbreak

That Discomfort You’re Feeling Is Grief
https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief

10 Ways to Ease Your Coronavirus Anxiety

23 Streaming Services Offering Free Access Right Now
https://thekrazycouponlady.com/tips/money/free-streaming-services

The Best Feel-Good Movies on Netflix Right Now (March 2020)
https://collider.com/best-happy-feel-good-movies-on-netflix/#kate-and-leopold

The Contagion We Can Control
https://hbr.org/2020/03/the-contagion-we-can-control

Coronavirus Podcast Playlists: Manage Stress And Stay Informed

TED Talk: How To Make Stress Your Friend
https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend/

25+ Fitness Studios and Gyms Offering Live-Stream Workouts During the Coronavirus Outbreak

The 13 Best Happiness TED Talks on YouTube
https://positivepsychology.com/happiness-ted-talks/

15 podcasts you should listen to while in quarantine