This list provides a summary of economic resources with a direct relationship to the coronavirus (COVID-19) pandemic in the United States. Note the date the document was last updated. [https://ncdp.columbia.edu.microsite-page/covid-19-global-pandemic/home/](https://ncdp.columbia.edu.microsite-page/covid-19-global-pandemic/home/)

**INDIVIDUAL ASSISTANCE**

**IRS Coronavirus Economic Impact Payment Information**

*Eligibility:* Tax filers with adjusted gross income (AGI) for 2019 up to $75,000 for individuals, up to $112,500 if filing as head of household, and up to $150,000 for married couples filing joint returns will receive the full payment. For filers with income above those amounts, the payment amount is reduced up to a certain threshold. Tax filers are not eligible if they make more than $160,000 if married and filing a joint return or if filing as a qualifying widow or widower, $120,000 if filing as head of household, or $80,000 for eligible individuals using other filing statuses, such as single filers and married people filing separate returns. [https://www.irs.gov/coronavirus/economic-impact-payments](https://www.irs.gov/coronavirus/economic-impact-payments)

Social Security recipients and railroad retirees who are otherwise not required to file a tax return are also eligible and will not be required to file a return.

- Eligible taxpayers who filed tax returns for 2019 will automatically receive an economic impact payment of $600 for individuals or $1,200 for married couples and up to $600 for each qualifying child. These benefits are in addition to payments sent in spring 2020. [https://www.irs.gov/coronavirus/economic-impact-payments](https://www.irs.gov/coronavirus/economic-impact-payments)

If you earned less in 2020 than 2019, and your 2019 tax returns deemed you ineligible, you may be able to claim the stimulus payments in the form of a refundable tax credit when you file your 2020 income tax returns.
Individual Grants
Candid has compiled a list of organizations that are offering assistance to individuals. They also provide grant opportunities for various sectors listed below. [https://grantspace.org/resources/knowledge-base/covid-19-emergency-financial-resources/](https://grantspace.org/resources/knowledge-base/covid-19-emergency-financial-resources/)

- Grants for Nonprofits
- Grants for Individuals
- Grants for Artists (all disciplines)
- Grants for Small Businesses
- International Aid

EMPLOYMENT

Update: Under the American Rescue Plan Act, Congress has authorized increased unemployment benefits through September 6, 2021. The benefit amount has been maintained at $300 weekly.

Additionally, under the American Rescue Plan, up to $10,200 of unemployment benefits (if AGI is less than $150,000) is exempted from taxation.


Unemployment Benefits Finder
The federal government is allowing new options for states to amend their laws to provide unemployment insurance benefits related to COVID-19. For example, federal law allows states to pay benefits where:

- An employer temporarily ceases operations due to COVID-19, preventing employees from coming to work;
- An individual is quarantined with the expectation of returning to work after the quarantine is over; and
- An individual leaves employment due to a risk of exposure or infection or to care for a family member.

Learn more: [https://www.careeronestop.org/LocalHelp/UnemploymentBenefits/find-unemployment-benefits.aspx](https://www.careeronestop.org/LocalHelp/UnemploymentBenefits/find-unemployment-benefits.aspx)

MEDICARE/MEDICAID & CHIP HOLDERS

Coverage for Medicare and Medicaid During COVID-19

States are required to cover COVID-19 Testing with no cost-sharing for Medicaid and CHIP Recipients.

Federal Health Care
Enrolling in Coverage
Uninsured individuals and families may be eligible for the Special Enrollment Period from Healthcare.gov Marketplace. Special enrollment information: https://www.healthcare.gov/coverage-outside-open-enrollment/special-enrollment-period

Special Enrollment Period Screener: https://www.healthcare.gov/screener/

As a reminder, federal law and regulations provide protections against pre-existing condition exclusions in health insurance coverage. Health plans must permit you to enroll regardless of health status, age, gender, or other factors that might predict the use of health services. Marketplace plans cannot terminate coverage due to a change in health status, including diagnosis or treatment of COVID-19.

Learn more: https://www.healthcare.gov/blog/coronavirus-marketplace-coverage; https://www.healthcare.gov/coverage/pre-existing-conditions

March 2021 Update: The American Rescue Plan Act provides federal funding to cover the entire cost of people’s premiums for “COBRA” coverage from April through September 30, 2021. The eligibility and amount of subsidies for premiums on the marketplace has also increased. Individuals making between 100% and 150% of the federal poverty level (FPL) will not pay for premiums in the marketplace and more households above 400% FPL are eligible for subsidies. In addition, it incentivizes states to expand Medicaid by increasing the state’s Federal Medical Assistance Percentage (FMAP) for their base program by 5% for two years. It also gives states the option to extend Medicaid and Children’s Health Insurance Program (CHIP) eligibility to pregnant individuals for 12 months postpartum.

Learn more: https://www.aha.org/advisory/2021-03-17-summary-american-rescue-plan-act-2021-and-provisions-affecting-hospitals-and
Learn more: https://www.cbpp.org/research/health/health-provisions-in-american-rescue-plan-act-improve-access-to-health-coverage

STUDENT LOAN HOLDERS

Student Debt Relief in the Pandemic
To provide relief to student loan borrowers during the COVID-19 national emergency, federal student loan payments have been suspended and interest rates are set to 0% from March 20, 2020 through September 30, 2021 (As of January 20, 2021) Learn more at: https://studentaid.gov/announcements-events/coronavirus

The following are loan servicers for loans that the U.S Department of Education (ED) owns. Borrowers can call the Federal Student Aid Information Center (FSAIC) at 1-800-433-3243 to find out who their loan servicer is. https://studentaid.gov/manage-loans/repayment/servicers

HOUSEHOLDS & FAMILIES

State and Local Government Agency Information
There are many local accommodations and services not provided by the Federal government. Stay up-to date in your locally connecting with your Local and State Public Health and Emergency
Management officials. Note: Local emergency management agencies, such as cities and counties can typically be found on state websites.

- List of State Public Health Agencies: [https://www.cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html](https://www.cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html)
- List of Local Public Health Agencies: [https://www.naccho.org/membership/lhd-directory](https://www.naccho.org/membership/lhd-directory)

**Paid Family Leave and Family Tax Credits**

- The 2021 American Rescue Plan Act has expanded Child Tax Credit the credit’s maximum amount to $3,000 per child and $3,600 for children under the age of 6, as well as extends the credit to 17 year olds. Eligibility includes heads of households making under $112,500 and married couples making less than $150,000. [https://www.cbpp.org/research/federal-tax/american-rescue-plan-act-includes-critical-expansions-of-child-tax-credit-and](https://www.cbpp.org/research/federal-tax/american-rescue-plan-act-includes-critical-expansions-of-child-tax-credit-and)
- The maximum EITC for workers without children has been raised to roughly $1500 for adults making between $16,000 to at least $21,000. This tax credit has also been expanded to include young adults aged 19-24, as well as people over 65 years. [https://www.cbpp.org/research/federal-tax/american-rescue-plan-act-includes-critical-expansions-of-child-tax-credit-and](https://www.cbpp.org/research/federal-tax/american-rescue-plan-act-includes-critical-expansions-of-child-tax-credit-and)

**FOOD ASSISTANCE**

**Food Access**

Food security is an issue for millions of Americans with limited economic resources as well as reduced access to groceries and prepared food. Many local food banks are working to meet the needs in their communities and can be a valuable option for many households.

- Local food pantries: [https://www.foodpantries.org/](https://www.foodpantries.org/)
- Local food banks: [https://www.feedingamerica.org/find-your-local-foodbank](https://www.feedingamerica.org/find-your-local-foodbank)

Federal programs like SNAP (Supplemental Nutrition Assistance Program, also known as food stamps), WIC (Women and Infant Children), Child Nutrition Programs (including through their school) now have more flexibility at the state and local level.

- Further information can be found at the State level and the relevant State Agencies can be found here: [https://www.fns.usda.gov/contacts](https://www.fns.usda.gov/contacts)
- SNAP Specific: [https://www.fns.usda.gov/snap/state-directory](https://www.fns.usda.gov/snap/state-directory). March, 2021 update: The Pandemic-Electronic Benefit Transfer (a program that provides food benefits to children who are unable to receive school meals due to COVID-19 related school closures, used similarly to the SNAP program) has had its benefits increased by approximately 15%. This has been extended until September 2021. More information can be found here: [https://www.cbpp.org/research/food-assistance/food-assistance-in-american-rescue-plan-act-will-reduce-hardship-provide](https://www.cbpp.org/research/food-assistance/food-assistance-in-american-rescue-plan-act-will-reduce-hardship-provide)
MENTAL HEALTH

Managing Stress
There are various national resources and services to help people manage the continued stress and anxiety with COVID-19 that may be centered around financial issues. These resources are helpful for both mental and physical stress. There are a number of resources available to guide you through a challenging time.


Hotlines for Immediate Assistance

- Disaster Distress Helpline (SAMHSA)  
  https://www.samhsa.gov/find-help/disaster-distress-helpline  
  Call 1-800-985-5990 or text TalkWithUs to 66746

- National Suicide Prevention Lifeline  
  https://suicidepreventionlifeline.org  
  Call 800-273-8255 or chat on-line (use link above)

- Crisis Textline  
  https://www.crisistextline.org/  
  Text TALK to 741741

- Veterans Crisis Line (VA)  
  https://www.veteranscrisisline.net  
  Call 800-273-8255 or text 838255

HOMEOWNERS AND RENTERS

CDC Moratorium On Evictions
The U.S. Centers for Disease Control and Prevention (CDC) has issued a moratorium on all evictions through June 30, 2021 (The moratorium was extended on March 29, 2021). More information on the moratorium can be found here: More information here: https://nlihc.org/coronavirus-and-housing-homelessness/national-eviction-moratorium


Emergency Rental Assistance
As a part of the American Rescue Plan legislation passed on March 2021, $21.6 billion has been appropriated for emergency rental assistance. In most cases, funds will be paid to the landlord or utility service provider directly. If a landlord does not wish to participate, the money may go to the household directly. Eligible expenses will include rent, utilities, and other expenses related to housing. Emergency rental assistance will be administered by States (including D.C.), U.S. Territories, Indian tribes, and local governments with more than 100,000 residents. The Department of Treasury will be overseeing these funds with the various government agencies.

In addition, $5 billion for Housing Choice vouchers for renters at risk of homelessness, and $5 billion for homelessness assistance through the HOME Investment Partnerships Program
have been allocated through this legislation. $750 million has been allocated for housing assistance to tribal nations and Native Hawaiians. [https://www.cbpp.org/research/housing/housing-assistance-in-american-rescue-plan-act-will-prevent-millions-of-evictions](https://www.cbpp.org/research/housing/housing-assistance-in-american-rescue-plan-act-will-prevent-millions-of-evictions)

To find the state or local agency that can help provide a household with rental assistance see this rental assistance directory from the National Low Income Housing Coalition: [https://public.tableau.com/profile/dan5628#!/vizhome/FINALStateandLocalCOVID-19EmergencyRentalAssistanceProgramsTable/FINALTABLE](https://public.tableau.com/profile/dan5628#!/vizhome/FINALStateandLocalCOVID-19EmergencyRentalAssistanceProgramsTable/FINALTABLE)

For more information at the household level, see the Consumer Finance Protection Bureau (CFPB): [https://www.consumerfinance.gov/coronavirus/mortgage-and-housing-assistance/renter-protections/#rental-assistance-programs](https://www.consumerfinance.gov/coronavirus/mortgage-and-housing-assistance/renter-protections/#rental-assistance-programs)

For more information on the program, see the Department of Treasury’s page on this: [https://home.treasury.gov/policy-issues/cares/emergency-rental-assistance-program](https://home.treasury.gov/policy-issues/cares/emergency-rental-assistance-program)

**Mortgage Information**

Federal Housing Administration (FHA)-Approved Mortgagees’ Loss Mitigation: For FHA approved mortgagees and landlords, important resources can be found on this site for home retention and other assistance: [https://www.hud.gov/program_offices/housing/sfh/nsc/lossmit](https://www.hud.gov/program_offices/housing/sfh/nsc/lossmit)


FHFA (Federal Housing Finance Agency) is not able to offer direct assistance or field individual inquiries from renters, landlords, or borrowers. FHFA encourages anyone facing economic hardship as a result of COVID-19 to immediately contact their landlord or mortgage servicer (the company they send their mortgage payments to), to see if they qualify for payment relief.

For more information visit: [https://www.fhfa.gov/Homeownersbuyer/MortgageAssistance/Pages/Coronavirus-Assistance-Information.aspx](https://www.fhfa.gov/Homeownersbuyer/MortgageAssistance/Pages/Coronavirus-Assistance-Information.aspx)

**SMALL BUSINESS OWNERS**

There are many Small Business Administration (SBA) resources that are available through the Disaster Declaration throughout the U.S. with other programs through the CARES Act.

**Economic Injury Disaster Loans (EIDL)**

March 2021 Update: Starting the week of April 6, the loan limit for COVID-19 EIDL loans will increase from six months of economic injury with a maximum loan amount of $150,000 to up to 24 months of economic injury with a maximum loan amount of $500,000. For loans approved prior to the week of April 6, 2021 may be eligible for an increase based on the new loan maximums announced. Requests to increase the loan amount may be submitted to SBA. More info: [https://www.sba.gov/funding-programs/loans/covid-19-relief-options/covid-19-economic-injury-disaster-loan#section-header-5](https://www.sba.gov/funding-programs/loans/covid-19-relief-options/covid-19-economic-injury-disaster-loan#section-header-5)

Small business owners, including agricultural businesses, and nonprofit organizations in all U.S. states, Washington D.C., and territories can apply for an EIDL. EIDL can be used for normal operating expenses such as fixed debts, rent, payroll, and utilities that otherwise could have been paid had the disaster not occurred.
The loan amount has interest rates below market rate (small business: 3.75% and most private, Non-profits 2.75%) and terms up to 30 years. Eligibility is based on size, type of business and financial resources. Collateral and a personal guarantee may be required depending on the size of the loan.

The COVID-19 Targeted EIDL Advance was signed into law on December 27th alongside the Coronavirus relief legislation. This program allows businesses located in low-income communities who previously received an EIDL advance for less than $10,000 or who applied and did not receive funding due to SBA funds being unavailable.


**Paycheck Protection Program**

Beginning the week of January 11, 2021, the SBA reopened the Paycheck Protection Program for First Draw Loans. Certain eligible borrowers that previously received a PPP loan may also apply for a Second Draw PPP Loan. The Paycheck Protection Program is a loan designed to provide a direct incentive for small businesses to keep their workers on the payroll. SBA will forgive loans if all employees are kept on the payroll for the eight to 24 week period after loan distribution, and the money is used for payroll, rent, mortgage interest, or utilities. Update:

**First Draw Loans**

**Second Draw Loans**
- Second Draw Loans will expire on May 31, 2021. If you have previously received a PPP loan, certain businesses are eligible for a Second Draw PPP Loan. [https://www.sba.gov/funding-programs/loans/coronavirus-relief-options/paycheck-protection-program/second-draw-ppp-loans](https://www.sba.gov/funding-programs/loans/coronavirus-relief-options/paycheck-protection-program/second-draw-ppp-loans)

**SBA Express Bridge Loans**
The program allows small businesses who currently have a business relationship with an SBA Express Lender to access up to $25,000 quickly.

- Lists of SBA Express Lenders in a community can be found in the SBA District Offices: [https://www.sba.gov/local-assistance/find/?type=SBA%20District%20Office](https://www.sba.gov/local-assistance/find/?type=SBA%20District%20Office)

**SBA Loan Debt Relief**
- The SBA will automatically pay the principal, interest, and fees of current 7(a), 504, and microloans for a period of six months.
- The SBA will also automatically pay the principal, interest, and fees of new 7(a), 504, and microloans issued after March 27, 2020 and prior to September 27, 2020.
FEMA FACT SHEET (COVID-19 ECONOMIC RESOURCES)

More information on the SBA Loan debt relief can be found here: https://www.sba.gov/funding-programs/loans/coronavirus-relief-options/sba-debt-relief

For more information on all the SBA programs in the CARES Act: https://www.sbc.senate.gov/public/index.cfm?a=Files.Serve&File_id=29FC1AE7-879A-4DE0-97D5-AB0A0CB558C8

For information about Small Business Administration COVID-19 disaster assistance: https://www.sba.gov/disaster-assistance/coronavirus-covid-19#section-header-1

Additional Small Business Resources
Candid has compiled a list of organizations that are offering assistance to small businesses (Note: This list is not comprehensive and will be updated as resources are submitted): https://grantspace.org/resources/knowledge-base/covid-19-emergency-financial-resources/?_ga=2.112502852.1502775576.1587420282-2117641185.1587420282#anchor4

VOLUNTEERING, DONATIONS & MUTUAL AID

Volunteering
There are many opportunities for volunteering both in-person and remotely during COVID-19. Volunteering is a great opportunity to give back to the community and also provide a creative or service outlet during this time.

For healthcare workers:
- HHS Medical Reserve Corps: https://mrc.hhs.gov/HomePage
- HHS Emergency System for Advance Registration of Volunteer Health Professionals (ESAR-VHP): https://www.phe.gov/esarvhp/Pages/registration.aspx

For the general public:
- https://www.volunteermatch.org/covid19
- https://www.idealist.org/en/volunteer

Donations
There are many non-profits supporting individuals and households affected by COVID-19 in the form of donations.

For those looking to provide donations, both in-kind and monetary, NCDP offers two guiding principles when donating to non-profits to maximize impact. The first is to donate to non-profits with a local focus. These organizations will be better engaged with the community they’re working in and will hopefully continue to serve through the recovery phase. The second is to donate to charities that are full vetted and highly rated for transparency and financial stability.

- More about transparency and financial stability and some suggested non-profits through Charity Navigator: https://www.charitynavigator.org/index.cfm?bay=content.view&cpid=7779
- Under the CARES Act, up to $300 can now be deducted from a standard deduction filing in 2020 taxes for donations to qualified charities: https://www.growyourgiving.org/giving-blog/cares-act-charitable-deduction-summary
Mutual Aid
Mutual aid is the concept of sharing resources, time, and helping each other out in a more informal and community driven approach.

Lists of various mutual aid networks can be found here:
- https://mutualaiddisasterrelief.org/collective-care/
- https://www.mutualaidhub.org/

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All trainings require participants to register for a FEMA Student Identification (SID) Number prior to attending. Register for an SID: https://cdp.dhs.gov/femasid/register