

# Community Resources during COVID-19

## If I have symptoms of COVID-19, when should I see a doctor?

If you have symptoms and can manage those symptoms at home, you don't have to seek health care or be tested for COVID-19. Just stay home while you are sick. If you are older or have underlying medical conditions, it may be helpful to let your health care provider know you are sick. They may have some specific advice for you. Some people with COVID-19 have worsened during the second week of illness. If your symptoms worsen at any point, and you do need to go see a doctor, call ahead before going in.



## Key Resources

Minnesota Department of Health: [health.mn.gov](http://health.mn.gov) and 651-201-3920

Centers for Disease Control & Prevention: [cdc.gov/COVID19](http://cdc.gov/COVID19)

Sherburne County Public Health Division:



## Kids and Families

Schools and Child Care questions:

**651-297-1304 or 1-800-657-3504**

**7 a.m. to 7 p.m.**

- **Health questions:**  
651-201-3920 or 1-800-657-3903  
7 a.m. to 7 p.m.



## Food

- **Catholic Charities:** call 320-229-4584 for delivered frozen meals
- **CAER Food Shelf:** call 763-441-1020
- **Clearwater/Clear Lake Emergency Food Shelf:** 320-558-2954
- **Becker Food Shelf:** 763-261-4612
- **Big Lake food Shelf:** call 763-263-2432
- **Princeton Pantry Food Shelf:** call 763-631-3578
- **Salvation Army St. Cloud:** call 320-252-4552
- **MN Food Helpline:** 1-888-711-1151, Monday-Friday, 8:30 a.m. to 4:30 p.m. Multilingual assistance. They assess your situation and provide solutions to help meet your family's food needs.



## Mental Health Services

- **National Alliance on Mental Health - Minnesota:** For in-the-moment phone counseling, call: 651-288-0400 or text “Support” to 85511.
- **Disaster Distress Helpline:** Connect with a multilingual and trained crisis counselor 24/7 for confidential services at: 1-800-985-5990 or text TalkWithUs to 66746.



## Communications Services

- **Comcast:** Offering two months of free internet to applicants with low incomes; low rate after that. [internetessentials.com/covid19](http://internetessentials.com/covid19)
- **Lifeline:** Lifeline is the FCC’s program to help make communications services more affordable for low-income consumers. Lifeline provides subscribers a discount on monthly telephone service, broadband Internet access service, or voice-broadband bundled service purchased from participating providers. You may also qualify for a free phone and wireless service. [lifelinesupport.org/how-to-get-lifeline](http://lifelinesupport.org/how-to-get-lifeline)



## Finance

- **Minnesota Energy Assistance:** [mn.gov/commerce/consumers/consumer-assistance/energy-assistance/](http://mn.gov/commerce/consumers/consumer-assistance/energy-assistance/)
- **Rent Assistance:**  
<http://www.mnhousing.gov/sites/Satellite?c=Page&cid=1358904931809&d=Touch&pagename=External%2FPAGE%2FEXTStandardLayout> Follow the link to apply for short-term emergency assistance through your county.



## Health Care

- **Portico Healthnet:** [porticohealthnet.org](http://porticohealthnet.org). All appointments will take place by phone. To schedule a phone appointment, or for any other questions, call: 651-489-2273.
- **Virtuwell:** [virtuwell.com/coronavirus-assessment/](http://virtuwell.com/coronavirus-assessment/) (no charge assessment)
- **Medical Assistance:** [mn.gov/dhs/people-we-serve/adults/health-care/health-care-programs/](http://mn.gov/dhs/people-we-serve/adults/health-care/health-care-programs/)
- **Medicaid:** Medicaid provides health coverage to millions of Americans, including eligible low-income adults, children, pregnant women, elderly adults and people with disabilities. Visit: [Medicaid.gov](http://Medicaid.gov).
- **NeedyMeds:** Assistance with medication costs. Visit: [needymeds.org/questions-faqs](http://needymeds.org/questions-faqs)



## General

- **Dial 211:** (<http://211.org/>): 211 is a free and confidential service that helps people find local resources

## Sherburne County Public Health

763-765-4000 • <https://www.co.sherburne.mn.us/> Sherburne County Government

Center 13880 Business Center Drive NW, Elk River, MN 55330-4668