

COVID-19 ACTION RESOURCE SHEET - FOR INDIVIDUALS



- If you cannot make your mortgage payment, call your bank or mortgage company.
- Tell them your situation.
- Ask if they would offer an interest payment only until you find a job or have other income. Most banks or mortgage companies will be willing to work with you.

(800) 332-0419
www.iowalegalaid.org/



- Call the utility company
 - Gas - Mid American
 - Electric - Alliant Energy
- Let them know you cannot pay your bill.
- Ask if can make small payments for now.
- For resources to help pay utilities, call 211.

Gas (888) 427-5632
 Electric (800) 255-4268
www.midamericanenergy.com
www.alliantenergy.com



- Call your landlord if you cannot pay your rent.
- Tell them you want to make a small payment towards your rent.
- Ask if you can pay small amounts until you can pay more. This will help you in the future.

If you think you will be evicted, reach out to Legal Aid COVID Advice Hotline.

(800) 332-0419
www.iowalegalaid.org/



There are many organizations offering food to those in need. For example, you can call HACAP for food pantry times or Horizons to learn about older adult delivery options. For a list of meal sites and other organizations offering assistance, visit the LAP-AID website.

HACAP (319)393-7811
 Horizons (319) 398-3943
www.linndisasterinfo.com/food-assistance



Everyone is experiencing the challenges of staying at home. If you are feeling anxious, depressed or concerned about your family interactions, call:

- Foundation 2 - General
- Tanager Place - Kids & Teens
- Waypoint - Domestic Violence

Foundation 2 (319)362-2174
 Tanager PI (319) 286-4545
 Waypoint (319) 365-1458
www.foundation2.org
www.tanagerplace.org
www.waypointservices.org



- If you need unemployment assistance, call or go online at IOWAWORKS.
- Be prepared with your:
 - drivers license (if you have one)
 - name of most recent employer
 - reason for unemployment (COVID response is OK)
 - most recent paystub
 - social security #

(319) 365-9474
www.iowaworks.gov



Call your bank or car loan company and ask to pay interest only or small amounts.

Your bank
 Your bank
www.iowalegalaid.org/



- Call the city that provides your water service.
- Ask how you can manage your payments.
- Ask if small payments will help keep your water on.

Your city water utility
 Your city water utility
www.iowalegalaid.org/



Neighborhood Transportation Service may be able to assist you in finding transportation to and from work and other required destinations.

(319)363-1321
www.horizonsfamily.org



If you are a senior citizen and need help with emergency home repair access to groceries, start by calling Heritage Agency on Aging.

(319) 398-5559
www.heritageaaa.org



- Call your cell phone provider
- Ask if you can set up an extended payment plan
- Some providers are
 - answering their local phone numbers
 - others are sending you to their call center

Your cell provider
 Your cell provider
www.iowalegalaid.org/



If you need assistance getting diapers, contact Eastern Iowa Diaper Bank.

(319) 364-8909
www.eidiaperbank.org

Use the Iowa 211 resource and referral helpline for other community resources available to you. Visit 211iowa.org, text your ZIP code to 898211, or dial 211 or 800-244-7431 from any phone. An interpretation service supports more than 150 languages. Other community resources available on The Cedar Rapids Gazette website: thegazette.com