



NATIONAL KIDNEY FOUNDATION®

We are facing uncertain times, and many of us may need help with food, housing, healthcare or other resources. Below are resources to find help. You can also [contact us](#) to get personalized help.*

Where can I find local COVID-19 information?

In addition to the [CDC website](#) and our growing list of resources on [kidney.org/coronavirus](#), here are some local resources:



- Your [State Health Department](#)
- Your City or County Public Health Department- you can find that information on your city website.
- City, State or Federal Representative - You can [find your elected officials here](#). You can contact them if with questions or concerns, and you should subscribe to email or mailing lists or follow them on social media to get up to date information on the things they are doing to help you and your community.
 - [The National Governors Association](#) has a comprehensive page that includes, among other items, a listing of all relevant actions that states have taken.

What if I have concerns about my dialysis treatment?

- Social workers, nurses, dietitians, and technicians at your clinic are there to help you! Don't hesitate to ask for help!
- Your [Local ESRD Network](#): Report issues or complaints with your dialysis care.
- [Kidney Community Emergency Response Coalition](#) Find resources and updates on COVID-19

What are local medical transportation options?

- If you're a dialysis patient, your social worker is your best resource to help you find the right transportation to your treatments.
- Some churches or community organizations may offer ride services
 - [Ride United \(https://www.unitedway.org/our-impact/featured-programs/2-1-1/ride-united#Get-Support\)](https://www.unitedway.org/our-impact/featured-programs/2-1-1/ride-united#Get-Support) (through United Way) connects people locally to transportation. For more info, visit www.211.org or call 211 and find additional local resources.

Who else can help?

- 211 is a national resource for finding local help. You can either call 211 or visit 211.org, to browse a variety of resources in your area.
- [Area Agencies on Aging](#) are public or private non-profit agencies, designated by the state to address the needs and concerns of all older persons at the regional and local levels. These organizations can assist people over age 60 with finding many resources.

I'm feeling lonely, anxious, depressed right now, where can I go for help?

- You're not alone! Read [this article](#) on coping during coronavirus.
- Some additional resources:

- [National Suicide Prevention Lifeline](#): 800-273-TALK (8255)
- SAMHSA Disaster Distress Hotline 1-800-985-5990
- [National Alliance on Mental Illness Helpline](#) - Helpline is currently suspended but you can leave voicemail or text NAMI TO 741741
 - [COVID-19 Mental Health Resource Guide](#)

I'm worried about getting exposed to coronavirus at the pharmacy. How can I refill my medications?

- If you are concerned about getting to the pharmacy for refills
 - Contact your healthcare provider to ask about obtaining extra necessary medications to have on hand - you may be able to get a several month supply at once.
 - Some pharmacies are offering delivery, including:
 - [CVS](#)
 - [RiteAid](#)
 - [Walgreens](#)
 - Consider using a mail-order pharmacy. Check with your insurance provider about which pharmacies you can use.

I'm worried about getting exposed to coronavirus at the grocery store. How do I get food?

- Grocery delivery services – Many grocery stores now offer shopping service where you can order groceries online and either have them delivered or pick them up at the store (without going inside), with some fees as low as \$1 for pick up. Below are some national options that may be available in your area, but you should also check with your local grocer as well:
 - Instacart.com
 - [Walmart](#) (accepts SNAP/EBT online)
 - [Aldi](#)
 - Shipt.com
 - [Amazon Fresh](#)
- Some community service organizations are also organizing free grocery pickup for seniors and immunocompromised individuals. Your local city or county representative may be able to assist you with finding those groups. You can also check social media sites like Nextdoor.com or Facebook.com to find groups in your area.
- Many grocery stores are making adjustments to their hours and services, such as offering certain times for those with compromised immune systems/elderly to shop. Check with your local store for special hours.
- [Meals on Wheels](#) is a meal delivery service available in most areas of the country. Eligibility criteria and costs may vary depending on your location and age.
 - There may be other meal delivery services available in your area as well, a good place to start is by contacting [211](#).
 - The [Food is Medicine Coalition](#) has a listing of partners that offer meals for people with chronic illnesses.

What if I can't afford food right now?

- If you have not already, you should sign up for the Supplemental Nutrition Assistance (SNAP) program. You can find more [information about who is eligible and how to apply here](#).
- Find a local food shelf or food pantry [here](#).
 - Remember our [coronavirus resources for a kidney friendly pantry](#) can help you determine which food options are best for you.

- Many organizations and school districts are offering free meals for students even while schools are closed. Contact your local school district to figure out what resources may be available for your children.

I'm worried about paying my rent/mortgage during this economic crisis. Is there any help available?

- Your state or county may offer emergency assistance resources for housing costs. Check with your [state's housing agency](#) for assistance programs or low-cost housing resources.
- Contact the [local United Way](#).
- Many cities and states are halting evictions and foreclosures due to the coronavirus. Check with your local officials to find out the policies in your area.
 - If you are having trouble paying your rent/mortgage during this time the best action to take is to reach out to your landlord or mortgage lender.
 - Reach out to your state Attorney General office for help with tenants' rights, especially if you feel you are being wrongly evicted. You can find your state Attorney General office [here](#).
 - Call your city council member or state representative to find out what is being done in your community.

I'm worried about my power, water, internet getting shut off if I can't pay bills. Is there any help available?

- Many local utilities, cities, and states are [passing policies to prevent shut offs](#).
 - If you're concerned about paying your bill, contact your provider in advance as they may have financial assistance programs available at this time.
- [Low Income Energy Assistance Program \(LIHEAP\)](#), is a federal program that helps with utilities, but you must apply through your state agency.
 - Check United Way, Children's Defense Fund, and other social service organizations for additional resources in your community.
- **Internet:** Many companies have pledged to help [Keep American Connected](#) by offering free internet to families with students or low-income households during this time.

I've lost my job because of coronavirus related closures or cuts, what do I do now?

- You can apply for unemployment benefits – visit <https://www.usa.gov/unemployment#item-214601> or <https://www.careeronestop.org/> to find out how to apply in your state.
- You can keep your employer sponsored health coverage through [The Consolidated Omnibus Budget Reconciliation Act \(COBRA\)](#) which gives workers and their families the right to choose to continue group health coverage provided by their group health plan for limited periods of time.
- If you are a dialysis patient, talk to your social worker about applying for [the American Kidney Fund's financial assistance programs](#).

**Please note the National Kidney Foundation (NKF) is not affiliated with any of these organizations, and inclusion on this list does not constitute an endorsement by NKF. This is not a comprehensive list and resource availability and enrollment criteria may change.*