

## Resource Guide for Residents – New Hampshire

POAH Communities understands that you and your family may have concerns and questions during this time of uncertainty regarding the COVID-19 pandemic. We are sharing the below resource guide with you in order to provide you with information and resources that will to keep you safe and comfortable in your home.

This Resource Guide lists contact information and links to local food distribution “grab and go” centers, school-based breakfast and lunch programs for children, senior services, emergency childcare, state unemployment applications, emergency funds, and more. POAH Communities will be updating this document on a regular basis as the situation changes, posting it on the POAH Communities website under our COVID-19 Response to Residents page.

If you or any member of your household need individual referral assistance, we encourage you to reach out to your on-site Management Office and/or Community Impact Coordinator. As a reminder, please contact your Primary Healthcare Provider or 911 immediately for any medical needs, as POAH Communities is not a healthcare provider.

Resource	Website	Region(s) Served	Phone Number	Assistance Type	Notes
<b>New Hampshire Updates – COVID19</b>	<a href="https://www.nh.gov/covid19/">https://www.nh.gov/covid19/</a>	Statewide	2-1-1 OR 1-866-444-4211	Information & Updates	State of NH’s main website for state-specific up-to-date information regarding the COVID-19 pandemic.
<b>Centers for Disease Control and Prevention (CDC)</b>	<a href="https://www.cdc.gov/coronavirus/2019-nCoV/">https://www.cdc.gov/coronavirus/2019-nCoV/</a>	Statewide	800-232-4636	Information & Updates	The CDC is a reliable source of accurate information regarding the COVID-19 pandemic.
<b>Manage Anxiety &amp; Stress</b>	<a href="https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html">https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html</a>	Statewide		Health / Medical	The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.
<b>New Hampshire Employment Security</b>	<a href="https://www.nhes.nh.gov/">https://www.nhes.nh.gov/</a>	Statewide	603-224-3311	Unemployment Insurance	The Federal CARES Act was enacted Friday, March 27th. This includes an additional \$600 per week for all individuals filing in New Hampshire until July 31st. It also provides an additional 13 weeks of eligibility on top of the existing 26 weeks. We expect these new benefits to be available very soon and have been working around the

					<p>clock to implement as quickly as possible. Please continue to file your claims and check this website for updated information. There is nothing you need to do to access these new benefits other than continue to file your weekly claims.</p> <p>Click this link to file online: <a href="https://www.nhes.nh.gov/notice.htm">https://www.nhes.nh.gov/notice.htm</a></p>
<b>New Hampshire Fuel Assistance Program (FAP)</b>	<a href="https://www.nh.gov/osi/energy/programs/fuel-assistance/index.htm">https://www.nh.gov/osi/energy/programs/fuel-assistance/index.htm</a>	Statewide	603-271-8317	Utility Assistance	<p>For Fuel Assistance Application Information, contact Eileen Smiglowksi Fuel Assistance Associate Telephone: (603) 271-8317 Email: <a href="mailto:eileen.smiglowksi@osi.nh.gov">eileen.smiglowksi@osi.nh.gov</a></p>
<b>New Hampshire Insurance Department</b>	<a href="https://www.nh.gov/insurance/consumers/faq-finding-coverage-recently-lost-health-insurance-coronavirus.htm">https://www.nh.gov/insurance/consumers/faq-finding-coverage-recently-lost-health-insurance-coronavirus.htm</a>	Statewide	Medicaid helpline: 800-852-3345 ext 4344	Health / Medical / Insurance	Health coverage options are available for people who have recently been laid off or lost their employer sponsored health insurance benefits – see link at left for more information.
<b>NH Department of Justice – Fraud/Scam Alert</b>	<a href="https://www.doj.nh.gov/charitable-trusts/documents/covid-fraud-flyer.pdf">https://www.doj.nh.gov/charitable-trusts/documents/covid-fraud-flyer.pdf</a>	Statewide		Information & Updates	<p>Beware of false claims on the internet or social media regarding products for sale that treat COVID-19, be careful when making donations to charities (you can check to see if the organization is registered with the Attorney General’s Charitable Trusts Unit by clicking this link: <a href="http://www.doj.nh.gov/charitable-trusts/">www.doj.nh.gov/charitable-trusts/</a> and be on the lookout for phony CDC emails. Click link on left for flyer information.</p>
<b>NH Dept of Health &amp; Human Services</b>	<a href="https://www.nh.gov/covid19/resources-guidance/documents/bh-covid19-resources.pdf">https://www.nh.gov/covid19/resources-guidance/documents/bh-covid19-resources.pdf</a>	Statewide		Behavioral Health/Support	See link at left for list of tips and resources (page 2).

<b>City of Claremont COVID-19 Updates</b>	<a href="http://www.claremontnh.com/residents/COVID-19.aspx">http://www.claremontnh.com/residents/COVID-19.aspx</a>	Claremont	603-542-7026	Information & Updates	City of Claremont's main website for state-specific up-to-date information regarding the COVID-19 pandemic.
<b>Claremont Soup Kitchen</b>	<a href="https://claremontsoupkitchen.com/about/">https://claremontsoupkitchen.com/about/</a>	Claremont	603-543-3290	Food / Meals	53 Central Street - Monday, March 16 through April 3. Take out only. Breakfast 9:30 am -10:30 am Lunch 12:00 pm - 1:00 pm Dinner 4:00 pm - 5:00 pm
<b>NH Food Bank</b>	<a href="https://www.nhfoodbank.org/sullivan/">https://www.nhfoodbank.org/sullivan/</a>	Sullivan County	603-669-9725	Food / Meals	Website features local food pantries and soup kitchens, call for more information
<b>Claremont School District</b>	<a href="http://sau6.org/">http://sau6.org/</a>	Sullivan County	603-543-4200	Information & Updates	See website for updates on school closures and information about meal sites for students. Busses located at the schools (Maple Ave, Bluff, Disnard, Claremont Middle School, and Stevens) are a distribution center for children 2-18 years old. Any Claremont family with children in this age group can pick up meals at any school distribution site. Times are: Breakfast (8 – 9:30 AM), Lunch (12 – 1:30 PM). Please call Misty Hodgdon at 603-543-4200 x60000 for questions and dietary restrictions
<b>Talking to Children About COVID-19</b>	<a href="https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource">https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource</a>	National		Youth Support	Resource from the National Association of School Psychologists regarding how to talk to children about the COVID-19 pandemic in a safe, healthy way.
<b>St. Vincent de Paul – Claremont</b>		Claremont	603-542-5950	Support Services	Please call 603-542-5950 on Mondays. They are providing assistance to Claremont residents in need on Mondays at 2 PM.

<b>City of Dover COVID-19 Updates</b>	<a href="http://www.dover.nh.gov/services/covid19.html">http://www.dover.nh.gov/services/covid19.html</a>	Dover	2-1-1	Information & Updates	City of Dover’s main website for state-specific up-to-date information regarding the COVID-19 pandemic including school meal sites and more.
<b>Community Action Partnership of Strafford County</b>	<a href="https://straftordcap.org/our-services/food-nutrition/">https://straftordcap.org/our-services/food-nutrition/</a>	Dover	603-435-2500	Food / Meals	See list of local food pantries and meal sites here: <a href="https://straftordcap.org/wp-content/uploads/2020/01/Public-Version-of-Food-Pantry-List.pdf">https://straftordcap.org/wp-content/uploads/2020/01/Public-Version-of-Food-Pantry-List.pdf</a>  TEFAP is a federal program they administer to help supplement the diets of low-income residents, including the elderly and the homeless. For more information, please call (603) 435-2500
<b>Dollar General</b>	<a href="https://www.dollargeneral.com/">https://www.dollargeneral.com/</a>	Statewide		Other	Dollar General’s first hour of business daily is dedicated to seniors, before opening to the public.
<b>Comcast</b>	<a href="https://www.xfinity.com/wifi">https://www.xfinity.com/wifi</a>	Statewide	1-855-846-8376	Other	Comcast will be pausing their data plans. There will be no disconnects or late fees. They also offer addition cost savings programs for low income households and students.
<b>CVS – Rx Delivery</b>	<a href="https://www.cvs.com/content/delivery?icid=cvs-home-covid19-banner-Rx-delivery">https://www.cvs.com/content/delivery?icid=cvs-home-covid19-banner-Rx-delivery</a>	Statewide	888-300-4419	Health / Medical; Food / Meals	Please call your local store or visit the website for more info regarding Rx delivery.  CVS COVID-19 information hotline: 1-888-300-4419
<b>Walgreens – Rx Delivery</b>	<a href="https://www.walgreens.com/topic/pharmacy/prescription-delivery.jsp">https://www.walgreens.com/topic/pharmacy/prescription-delivery.jsp</a>	Statewide		Health / Medical; Food / Meals	Please call your local store or visit the website to learn more.
<b>Target</b>	<a href="https://www.target.com/">https://www.target.com/</a>	Statewide		Health / Medical; Food / Meals	Target is dedicating an hour each week for the elderly and those with underlying health concerns – who are the most vulnerable to COVID-19 – to shop. Please call your local store to learn more or visit the website.
<b>Walmart</b>	<a href="https://www.walmart.com/">https://www.walmart.com/</a>	Statewide		Health / Medical; Food / Meals	Please visit the website or call your local store to learn more about delivery services.