



COVID-19 RESOURCE GUIDE: TENNESSEE

FINANCIAL

- [Unemployment](#)
- [2-1-1 Tennessee](#)
- [Resources for Tennesseans](#)
- [Tennessee Department of Human Services](#)
- [Job Opportunities for Retail Workers](#)
- [Energy Relief - Home Utilities](#)
- [Need Help Paying Bills](#)
- [Keep Americans Connected](#)
- [SBA Disaster Loans for Small Businesses](#)
- [Home Loans or Sole Proprietor Loans](#)

MULTIFAMILY RESOURCES

- [NMHC Emergency Preparedness Listserve Sign Up](#)
- [NMHC Advocacy During Coronavirus Pandemic](#)
- [Apartment Industry Committed to Supporting Residents Impacted by COVID-19](#)
- [Rental Housing Industry Statement on the CARES Act](#)

CORONAVIRUS TESTING

- [COVID-19 Assessment Sites](#)
- [TN Department of Health](#)
- [MD Live](#)
- [Teladoc](#)

WAYS TO HELP

- [Volunteer Tennessee](#)
- [Feeding America](#)
- [First Responders Children's Foundation](#)

FOOD SERVICES

- [Find Meals for Kids](#)
- [Local Food Banks](#)
- [Meals on Wheels](#)
- [Every Grocery Store's Hours Right Now](#)
- [Amazon Fresh](#)
- [Instacart](#)
- [Target](#)
- [Walmart](#)
- [Walgreens](#)
- [CVS](#)
- [Shipt](#)
- [Food Delivery Services](#)

GENERAL HEALTH & WELLNESS

- [Planet Fitness](#)
- [Gold's Gym](#)
- [Do Yoga with Me](#)
- [Coping with Stress, Fear and Uncertainty](#)
- [COVID-19 and TN State Parks](#)

TEACHING & LEARNING

- [Free Learning Resources During School Closures](#)
- [The Virtual House Online Tutoring](#)
- [Tutor.com](#)
- [Free Online Tutoring - Homework Help](#)
- [OverDrive Digital Library - Access to Free Digital and Audio Books](#)
- [Museum Computer Network - Digital Exhibits](#)
- [Travel & Leisure Guide to Virtual MuseumTours](#)