



## COVID-19 RESOURCE GUIDE: NORTH CAROLINA

### FINANCIAL

- [Unemployment](#)
- [NC 2-1-1](#)
- [Job Opportunities for Retail Workers](#)
- [NC Dept of Health and Human Services](#)
- [North Carolina Services and Information](#)
- [Energy Relief for 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 Listserv 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

- [NCDHHS Testing and Treatment Response](#)
- [Health Departments by County](#)
- [MD Live](#)
- [Teladoc](#)

### WAYS TO HELP

- [Volunteering & Donations in NC](#)
- [Feeding America](#)
- [First Responders Children's Foundation](#)

### FOOD SERVICES

- [School Meal Finder](#)
- [Local Food Banks](#)
- [Meals on Wheels](#)
- [Every Grocery Store's Hours Right Now](#)
- [Amazon Fresh](#)
- [Instacart](#)
- [Harris Teeter](#)
- [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](#)
- [North Carolina State Park Guidelines and Alerts](#)

### 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](#)