

**COVID-19 Local Resource List**

**Las Vegas and Henderson Areas**

***As of Monday, June 1st, 2020***

***Food***

**UNLV Food Pantry**

[The UNLV Food Pantry](https://www.unlv.edu/integratedhealth/food-pantry) is currently operational for students, faculty, and staff who are in need of access to non-perishable items. Hours are posted on their website and may be subject to change.

***Current Food Pantry Hours:***

6/2- 10:00 AM-12:00 PM

6/3- 10:00 AM-12:00 PM

6/4- 2:00 PM-4:00 PM

Upcoming Pantry Hours will be posted weekly until all prepackaged bags have been distributed. For more information contact food.pantry@unlv.edu. The pantry is located on the UNLV Paradise Campus (851 E. Tropicana Avenue) in Building 600, near the Bock Street and Radkovich Avenue intersection.

**YMCA of Southern Nevada**

[The YMCA of Southern Nevada](https://www.lasvegasymca.org/free-meal-sites/) will continue to operate as Three Square Open Meal site at the following locations beginning today 3/17/2020:

Site addresses:

* Bill & Lillie Heinrich YMCA | 4141 Meadows Lane, Las Vegas, NV 89107
* Durango Hills YMCA | 3521 N Durango Drive, Las Vegas, NV 89129
* SkyView YMCA | 3050 E Centennial Parkway, North Las Vegas, NV 89081

**These sites will be open Monday through Saturday, from approximately 4 p.m. to 6 p.m.** Ages 18 and under are welcome to a free meal. Individuals do not have to be YMCA members to participate.This will be a “grab-and-go” method where staff will meet participants at each facility’s front door.

**Three Square Meal and Pantry Sites**

[Three Square has expanded locations](https://docs.google.com/spreadsheets/u/1/d/e/2PACX-1vS01doR2gqv-zPHMp8ZVmB-3iDunPJSCpmPcrD4nLWAKGBH3lmNXQZVw7RegMZUFjOjumKYJebLrjuv/pubhtml?gid=0&single=true) of their meal sites, pantry sites, and Golden Groceries for Seniors sites during the pandemic. Follow the embedded hyperlink to be routed to their google doc containing a list of sites, hours, and programs currently being operated for the most up-to-date information

**Clark County United School District (CCSD)**

[Clark County Unified School District](https://sites.google.com/nv.ccsd.net/covid-19updates/food-distribution-information#h.609qrppo89og) (CCSD) will be providing free breakfast and lunch to students during school closures. School food distribution pods will be set up at 22 school locations across Southern Nevada from **8 a.m. to 11 a.m**. The locations are listed below:

* Basic High School
* Boulder City High School (Boulder City)
* Canyon Springs High School
* Centennial High School
* Chaparral High School
* Cheyenne High School
* Cimarron-Memorial High School
* Clark High School
* Desert Pines High School
* Hughes Middle School (Mesquite)
* Indian Springs High School (Indian Springs)
* Las Vegas High School
* Laughlin High School (Laughlin)
* Lyon Middle School (Overton)
* Mojave High School
* Sandy Valley High School (Sandy Valley)
* Shadow Ridge High School
* Sierra Vista High School
* Silverado High School
* Spring Valley High School
* Ute Perkins Elementary School (Moapa)
* Veterans Tribute Career and Technical Academy

A school-aged child must be present for food to be distributed. The pickup location will be set up outside each of the schools.

**The Just One Project:**

[The Just One Project](https://thejustoneproject.org/) is a Local Nonprofit mobile food pantry serving Las Vegas. They are currently offering groceries through their emergency food assistance program. **If you know someone in need of groceries, they can simply call 702-462-2253 Monday through Friday to arrange for grocery assistance.** Visit their website for information regarding upcoming pop-up mobile food pantry days: [Upcoming Dates and Locations](https://thejustoneproject.org/pop-up-%26-give-locations#7f5ace0c-7e97-4e1f-947a-0c99dab0fc65)

***Health Insurance***

[Nevada Health Link](https://www.nevadahealthlink.com/) has now announced a special enrollment period corresponding to the Governor’s declared state of emergency from now through May 15th. Visit the following link for more information regarding enrolling: [Nevada's Response to the Coronavirus (COVID-19) - Nevada Health Link - Official Website Nevada Health Link](https://www.nevadahealthlink.com/coronavirus/)

***Mental Health Care***

**United Citizens Foundation**

[United Citizens Foundation](https://11afaa0a-ab75-4c63-86f0-6c91aa043c11.filesusr.com/ugd/400195_66d84f531d174ada8384aec455655314.pdf) (UCF), is offering therapy sessions at no out of pocket cost to Nevadans during this global coronavirus pandemic. The nonprofit specializes in healthy emotional and behavioral skills for children and their families with onsite mental and behavioral wellness centers in the community.

The services are available through Telehealth or at the nonprofit’s two community locations:

* 4485 South Buffalo Dr., Las Vegas, NV 89147 and
* 2048 N. Las Vegas Blvd., North Las Vegas, NV 89030.

Please call the hotline at (702) 888-6300 for scheduling.

**TAO Online Mental Health and Wellness Resource**

In recognition of COVID-19 and the related disruptions it may have on the emotional wellbeing of the campus community, [Student Counseling & Psychological Services](https://www.unlv.edu/studentwellness/caps) (CAPS) is pleased to announce that a free self-help library is now available to UNLV students, faculty, and staff.

[TAO](https://thepath.taoconnect.org/local/login/index.php) is an online library of engaging, interactive resources to help manage anxiety, depression and other common concerns. In TAO self-help, you can watch short videos and complete skill building exercises. TAO can help you quickly learn new skills that have a lasting impact.

*Here are the steps to get you started in TAO:*

1. Visit [taoconnect.org](http://thepath.taoconnect.org/) and click on the ‘Sign Up in Self-Help with an Institution’ button.
2. You will be routed to the TAO Self-Help Welcome page. Click on the ‘Sign me up’ button.
3. Enter your name and email address on the enrollment form (use your university email address).
4. Leave the ‘Enrollment Key’ field blank. Fill out the demographics and Informed Consent form, and click ‘Sign Me Up!’
5. Check your email. You will receive an email with a temporary password. Click the link in the email to login, and change your password to set up your account.
6. You’re ready to go! You can participate and utilize TAO’s library of mental health resources for free on your own time and at your own pace.

**Active Minds**

[Active Minds](https://www.activeminds.org/about-mental-health/be-there/coronavirus/) is offering online resources for students, young adults, parents, community members, and those working remotely due to COVID-19. Their dedicated COVID-19 resource page includes info on staying mentally well, webinars, and blog posts to help foster connection. Their webpage can be accessed here: [Mental Health Amid Coronavirus](https://www.activeminds.org/about-mental-health/be-there/coronavirus/)

**Rebel Support Team**

[The UNLV Rebel Support Team](https://www.unlv.edu/campuslife/rebelsupportteam) is available to assist students who are experiencing distressing circumstances related to the COVID-19 pandemic and other situations.

All members of the UNLV community, family, and friends can play an invaluable role in helping students who are in distress. Your expression of interest, concern, and compassion is an important factor toward a student seeking the assistance they need. The [Office of Student Conduct](https://www.unlv.edu/studentconduct) (OSC), [Counseling and Psychological Services](https://www.unlv.edu/srwc/caps) (CAPS), [Student Health Center](https://www.unlv.edu/srwc/health-center) (SHC), [Disability Resource Center](https://www.unlv.edu/drc) (DRC), [UNLV Police Services](https://www.unlv.edu/police) and administrators stand ready to assist you. We hope these services will help you to identify a potentially difficult situation and provide you with specific ideas and resources when you encounter a student in distress.

Please visit [UNLV Rebel Support Team](https://www.unlv.edu/campuslife/rebelsupportteam) to fill out a Student of Concern referral or to contact a member of the Rebel Support Team.

**Rebel Wellness Zone**

The RWZ will be hosting Weekly Wellness Hours via WebEx once a week through the remainder of term. Each week the RWZ Wellness Educators will provide a live virtual health education workshop focusing on caring for a specific dimension of wellness during the COVID-19 Pandemic. Announcements will be sent out every Saturday via RAVE mail and updates will be posted to RWZ social media accounts. Follow the RWZ on Facebook, Instagram, and Twitter @UNLVRWZ for the most up-to-date information.

***Domestic Violence Housing***

SafeNest: <https://safenest.org/>

The SafeNest Shelter and 24/7 Crisis Hotline will remain fully operational. If someone is in need of support or emergency shelter, they can contact SafeNest at 702-646-4981.

The Shade Tree: <https://www.theshadetree.org/>

The Shade Tree administers low income, transitional housing. Veterans, domestic violence victims, and the evicted / homeless are some clients. Stability, case management, and eventually referrals to permanent housing and apartments are available.

***Unemployment***

Unemployment Insurance:

**You do not have to be unemployed to file a claim in Nevada; if your hours are reduced, you can file for lost income.** Individuals can file an unemployment claim 24/7 at [ui.nv.gov/css.html](http://ui.nv.gov/css.html)

Instructions for how to register as a new claimant (YOUTUBE TUTORIAL): <https://www.youtube.com/watch?v=h-zC62OsMlw>

***Employment***

Many members of our student body who work in the service industry are likely being negatively financially impacted at the present time due to cut hours and temporary closures. Employers who may be hiring are listed below:

* Smith’s Food and Drug: <https://www.smithsfoodanddrug.com/>
* Barclay Cards; hiring for apprenticeship position online only; <https://search.jobs.barclays/> and search Henderson, NV
* Costco; <https://www.costco.com/jobs.html>
* Whole Foods; <https://careers.wholefoodsmarket.com/global/en>
* Sam's Club; <https://careers.walmart.com/?xid=ftr:careers>
* Pepsi; <https://www.pepsicojobs.com/main>
* Target; <https://corporate.target.com/careers/>
* Albertsons; <https://www.albertsonscompanies.com/careers/albertsons-careers.html>
* Lowe's; [https://jobs.lowes.com/?\_gl=1\*51vdlq\*\_gcl\_dc\*R0NMLjE1ODQ1NTY5OTEuQ0xPejVlUFdwT2dDRlYtWHhRSWRkNTRFWGc](https://jobs.lowes.com/?_gl=1%2a51vdlq%2a_gcl_dc%2aR0NMLjE1ODQ1NTY5OTEuQ0xPejVlUFdwT2dDRlYtWHhRSWRkNTRFWGc).
* Vons; <https://www.albertsonscompanies.com/careers/vons-careers.html>
* Clark County School District; <https://docs.google.com/forms/d/e/1FAIpQLSer4kbDh2Tb3JJosYyhZBDXi1nZvJJc7ucG6pTHWTDT1V9vLQ/viewform>
* Wal-Mart Neighborhood Markets; [www.walmart.com/careers](http://www.walmart.com/careers) (all locations hiring, apply on-line first, then go to local store)
* Dollar General; <https://www.careerarc.com/job-map/dollar-general-corporation/campaign/45977>
* Instacart; <https://instacart.careers/>
* CVS; [https://jobs.cvshealth.com/?CloudSearchValue=none%3Fftag%3DMSFd61514f&prefilters=none&CloudSearchLocation=none](https://jobs.cvshealth.com/?CloudSearchValue=none?ftag%3DMSFd61514f&prefilters=none&CloudSearchLocation=none)
* Papa John's; <https://jobs.papajohns.com/creative/restaurant>
* 7-Eleven; <https://careers-7-eleven.icims.com/jobs/search?ss=1&searchLocation=12781-12812-LAS+VEGAS>
* Walgreen's; <https://jobs.walgreens.com/>
* Williams-Sonoma; <http://tinyurl.com/uzh8wot>
* Travel Centers of America; <https://ta-petro.jobs.net/>
* Amazon; <https://bit.ly/2vuXhsj>; <https://www.amazon.jobs/en/>
* United States Postal Service; <https://about.usps.com/careers/welcome.htm>
* Small Business Administration: <https://www.sba.gov/page/disaster-response-jobs-sba?utm_medium=email&utm_source=govdelivery>

***Travel and Transportation***

Enterprise Rent-A-Car is offering College Student Travel Assistance in response to the closing of colleges and universities due to coronavirus (COVID-19) concerns.It is reducing the minimum age and waiving young renter fees for rentals through May 31, 2020, to help students get home safely and ease the burden on families during this time. Details:

* Available to college students 18–24 years of age
* Official student ID must be presented at the time of rental
* Valid on Economy through Fullsize cars, Minivans, Small Pickup Trucks and Cargo Vans
* Valid at U.S. locations only for rentals reserved in advance
* Standard driver and credit requirements apply (excluding minimum age)
* Expires May 31, 2020

***Financial/Rental/Housing Assistance***

[Federal Economic Impact Payments](https://www.irs.gov/coronavirus/economic-impact-payment-information-center)

U.S. residents will receive the Economic Impact Payment of $1,200 for individual or head of household filers, and $2,400 for married filing jointly if they are not a dependent of another taxpayer and have a work eligible Social Security number with adjusted gross income up to:

* $75,000 for individuals
* $112,500 for head of household filers and
* $150,000 for married couples filing joint returns

No additional action is needed by taxpayers who:

* have already filed their tax returns this year for 2019. The IRS will use this information to calculate the payment amount.
* haven’t filed yet for 2019 but filed a 2018 federal tax return. For these taxpayers the IRS will use their information from 2018 tax filings to make the Economic Impact Payment calculations.

For more information visit: [Economic Impact Payments](https://www.irs.gov/coronavirus/economic-impact-payments)

[**Statewide Eviction Moratorium**](https://www.fox5vegas.com/coronavirus/nevada-gov-sisolak-announces-statewide-eviction-moratorium/article_24ec69ee-7201-11ea-a9a6-eb5bcf072ace.html)

**As of Sunday, March 29th, Governor Sisolack announced that the state is prohibiting lock-outs, notices to quit or pay and eviction filings for as long as Nevada is in a state of emergency. This applies to both residential and commercial tenants.**

Landlords must also keep to the contract regarding maintenance and other services. All late fees must be waived in this period, Sisolak said. Tenants and landlords are asked to work together to figure out a repayment plan within 30 days of March 29. The directive also applies to evictions already filed in the court, with the exception of dangerous tenants.

**Scholly COVID-19 Student Relief Fund:** <http://myscholly.com/relief/?utm_source=drip&utm_medium=email&utm_campaign=covid&utm_content=announcement>

Scholly is offering $200 in cash assistance to students financially impacted by COVID-19. The link pasted above will take you to their online application form for assistance, which takes less than 2 minutes to complete. Students and parents of high school and college students are encouraged to apply.

**Help of Southern Nevada:** <https://www.helpsonv.org/>

In addition to rental programs, this agency offers a wide variety of programs, such as security deposit assistance, food, electric bill, counseling, and much more. They also have several locations across Clark County.

**Lutheran Social Services:** <https://www.lssnv.org/lssn-services/>

Services include information on low income as well as transitional housing. Families facing a crisis may qualify for a loan from LSS of Nevada.

**Clark County Catholic Charities:** <https://www.catholiccharities.com/services/>

Regardless of religion, they may be able to offer assistance. If you have an eviction notice then you may qualify for emergency rental assistance. Possibly money for deposit, first month’s rent, or moving costs is also available at the charity. They also have a food pantry and meal assistance.

**The United Way of Southern Nevada:**  <https://www.uwsn.org/COVID19>

The United Way of Southern Nevada is currently providing emergency assistance to those impacted by coronavirus through their community needs fund. Follow the above link to their specific COVID-19 assistance page

## ***Emergency Hotlines***

For urgent medical, mental health, or police emergencies, dial 9-1-1 immediately. Other hotlines are listed below:

* **National Suicide Prevention Lifeline: Call 800-273-TALK (8255)**. If you or someone you know is in crisis—whether they are considering suicide or not—please call the toll-free Lifeline at 800-273-TALK (8255) to speak with a trained crisis counselor 24/7.
* **Disaster Distress Helpline:** **Call 1-800-985-5990** or text **TalkWithUs to 66746** to connect with a trained crisis counselor.
* **Crisis Support Services of Nevada:** (can assist those outside of Nevada): Call 1-800-273-8255, or text **CARE (2273) to 839863**.
* **Crisis Text Line**: This helpline offers free 24/7 support for individuals struggling with emotional crises. **Text COPE (2673) to 741-741** to speak with someone now.

## ***DMV Services***

**Department of Motor Vehicle offices are currently closed.**

### **Extension on Expired Documents**

Any driver's license, vehicle registration or other DMV-issued document that expired on March 16, 2020, or later has been extended. If your expiration date falls between March 16 and the date of the DMV’s eventual reopening, you have until 90 days after reopening to renew. If your expiration date falls within 30 days after reopening, you have 60 days after reopening to renew.

Download DMV Extension Notice Here: [Nevada DMV 90-Day Extension Letter - April 2020](https://dmvnv.com/pdfforms/90-day-extension.pdf)

For more information visit: [DMV COVID-19 Information](https://dmvnv.com/covid.htm)

## ***Utilities***

## **Gas/Water/Power/Communications**

The following have suspended or put a moratorium on the following utilities disconnections for non-payment, consult with the individual utility provider for in-depth and company specific information for customers. [more information here](http://puc.nv.gov/About/Media_Outreach/Announcements/Announcements/EmergencyShutOffInfo/):

**Electric**

* NVEnergy - [also offering payment support](http://puc.nv.gov/uploadedFiles/pucnvgov/Content/About/Media_Outreach/Announcements/Announcements/2020%20-%20No%20Disconnects%20COVID%20FINAL.pdf)
* Valley Electric
* Wells Rural Electric Company
* Mt. Wheeler Power
* Raft River Electric
* Boulder City
* Overton Power District
* Lincoln County Power District
* Plumas-Sierra Rural Electric Co-op

**Gas**

* Southwest Gas
* Amerigas

**Water**

* Great Basin Water Co.
* Southern Nevada Water Authority
* Truckee Meadows Water Authority
* Las Vegas Valley Water District
* City of Henderson
* City of Fallon
* Gardnerville Water Company
* Pahrump Utility Company Inc.
* Glenbrook Water Cooperative

### **Communications**

* AT&T
* Cox
* Century Link
* Frontier
* Moapa Valley Telephone
* Filer Mutual Telephone Company
* Rio Virgin Telephone

***Legal Assistance***

**Legal Aid Center of Southern Nevada**: <https://www.lacsn.org/>

Assists with housing issues, including eviction prevention, foreclosures, security deposit disputes and more. They are a pro-bono, or free legal firm in Clark County. They have also created a legal and financial toolkit for individuals financially impacted by COVID-19: <https://www.lacsn.org/images/PowerPoints/COVID0-19_Toolkit.pdf>

***Nevada Social Services***

**COVID-19 Nevada Resources for Social Services:** [**bit.ly/nvcorona**](https://drive.google.com/a/battlebornprogress.org/open?id=1XIQXXB5i9KMagZiTC1OinJLtkXaunIGoYPaUrP6sbks)

This link will take you to a separate and much longer document Created by staff at [Battle Born Progress](https://battlebornprogress.org/) containing specific social service information and resources in the state of Nevada (not just Las Vegas). **Please keep in mind that we have not vetted all of the information contained in this list.**

***Welfare and Other Support Services (SNAP, TANF, etc.)***

Eligible individuals can apply for welfare benefits and other support services like SNAP/EBT and TANf online by visiting the following link: [**Access Nevada**](https://accessnevada.dwss.nv.gov/public/landing-page)

***Homelessness Services***

**Nevada Partnership for Homeless Youth’s (NPHY):** [**https://nphy.org/**](https://nphy.org/)

**NPHY** Will have limited NPHY's Drop-In Center access to focus on urgent basic needs. Youth who come to the Drop-In Center will be provided with **case management from a licensed social worker, food, water, hygiene supplies, showers, and other immediate needs**; the flow of the Drop-In Center has changed to ensure adequate social distancing in the provision of these services. These limited Drop-In Center procedures will run through April 11th, when we will reevaluate how best to move forward.

* The Nevada Health Center (NHC) medical van will still be parked outside NPHY’s Drop-In Center **every Friday to serve as many youth as possible with their current health needs**. The NHC mobile clinic will be taking precautionary measures to increase the safety of their staff and visitors at this time. More information can be found at [https://www.nevadahealthcenters.org](http://r20.rs6.net/tn.jsp?f=001KNOLz5JSE-v_0o20IbSN0fBJa5BNWHZR8MkkdbDBUsQe8BCB0q3AfBW29zE4b3jz3HUzS6S4JlvY7_DujPhIblxwkIxjjOjD80nxwX2h1ILhLr5NMswfYmiC9S6wDH7jc2FJKfEZv5nNkhEd34wekIgSqHFO9Iif&c=bksdeIlGAY30H6O5gJaVKJuj03U_WGk2B9UI9AZYufS7Kw17O6q_Vw==&ch=05odSkO8ej4JYW9OpDI6SkyExpYnr-mbO7-rfwO5Y3V0Qhvl6waJfg==).

***Internet Access***

**Clark County Libraries**

Libraries throughout Clark County will have free wifi access available in their parking lots for customers to use remotely. For more information visit this link: [Clark County Library WiFi Access](http://www.libraryaware.com/2630/Posts/View/ebe878f3-85a2-47d1-9ba4-73f06989bc16?SID=70cc67f9-66d0-469e-9fb3-e72e11d19469)

**Comcast**

Comcast is offering 2 free months of internet beginning 3/16/20 to new Internet Essentials customers.

* They are also increasing their internet speed to 25 Mbps downloads and 3 Mbps uploads.
* Apply online at <https://apply.internetessentials.com/>
* For more info, visit <https://www.internetessentials.com/>

**AT&T**

AT&T is offering $5-$10/month internet access for those in low-income households or on SNAP. The program is called “Access”. Eligibility determined based on address and income.

* Apply at [Access from AT&T - Discount Internet Access](https://m.att.com/shopmobile/internet/access/)
* To apply via phone, call 855-220-5211
* \*Application process takes 3 business days and 5-7 days to schedule installation.

 ***GRE Testing***

The Educational Testing Service now offers an online GRE and a TOEFL that can be taken at home. The tests were designed to be taken on a computer with live human proctoring. Students can register online starting Monday, March 23rd. For more information visit [ETS Introduces At-Home Solution for TOEFL iBT ® Test and GRE ® General Test Amid Coronavirus Pandemic](https://news.ets.org/press-releases/ets-introduces-at-home-solution-for-toefl-ibt-test-and-gre-general-test-amid-coronavirus-pandemic/)

***City of Las Vegas Services***

The City of Las Vegas has a call center for those with questions about city services during the coronavirus pandemic. Phone Number: (702) 229-2273

***Federal Student Loans***

The U.S. Department of Education has announced several actions that will provide relief to Nevada student loan borrowers experiencing financial difficulties resulting from COVID-19.

* To provide relief to student loan borrowers during the COVID-19 national emergency, federal student loan borrowers are automatically being placed in an administrative forbearance, which allows you to temporarily stop making your monthly loan payment. This suspension of payments will last until Sept. 30, 2020, but you can still make payments if you choose.
* Visit [Coronavirus and Forbearance Info for Students, Borrowers, and Parents](https://studentaid.gov/announcements-events/coronavirus) for more information

For more information or to contact the Student Loan Ombudsman, email SLO@nevadatreasurer.gov.

***UNLV Pharmacy***

[The pharmacy](https://www.unlv.edu/studentwellness/pharmacy) is currently open for in-person services Tuesday and Friday, 8 a.m.-5 p.m. (closed for lunch 1-2 p.m.) and for telephone services Monday, Wednesday, and Thursday, 8 a.m.-5 p.m., by calling 702-895-0278 until further notice.

***UNLV Cashiering Office***

[The Cashiering and Student Accounts](https://www.unlv.edu/cashiering) physical office is closed; however, the ‘virtual office’ is OPEN and the team is working remotely during this time. Please contact via e-mail at cashiering@unlv.edu or by calling at 702-895-3683, Monday – Friday 8-5 PST. In light of the COVID-19 pandemic, the office has instituted the following updates to payments and student account balances:

* Effective March 13, 2020, all remaining payment plan balances are now due on the last day of the semester, May 16, 2020. Please note that although remaining balances are now due on the last day of the semester, the due date showing on the installments will not be updated as this would require cancelling and re-enrolling payment plans. However, rest assured that late fees will not be assessed on remaining spring installments and balances will not result in past-due consequences unless still unpaid following the end of the term.
* For more information, visit <https://www.unlv.edu/cashiering/coronavirus>

***Cloth Face Coverings***

[The CDC recommends](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html) wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

[The CDC also advises the use of simple cloth face coverings to slow the spread of the virus](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html) and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

We now know from [recent studies](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html#studies) that a significant portion of individuals with coronavirus lack symptoms (“asymptomatic”) and that even those who eventually develop symptoms (“pre-symptomatic”) can transmit the virus to others before showing symptoms. This means that the virus can spread between people interacting in close proximity—for example, speaking, coughing, or sneezing—even if those people are not exhibiting symptoms. In light of this new evidence, CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain.

Cloth face coverings should:

* fit snugly but comfortably against the side of the face
* be secured with ties or ear loops
* include multiple layers of fabric
* allow for breathing without restriction
* be able to be laundered and machine dried without damage or change to shape

Frequently asked questions about cloth face coverings: [Cloth Face Coverings: Questions and Answers](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-faq.html)

Instructions for No-Sew Face Coverings: [How to Make Your own Face Covering](https://www.youtube.com/watch?v=tPx1yqvJgf4)

***CDC Coronavirus Self-Checker***

The CDC has introduced a coronavirus self-checker to help people make decisions about what to do if they have potential symptoms of COVID-19. The self-checker is not intended to be used for diagnosis or treatment purposes. The questions walk users through symptoms and then give recommendations if they need medical care.

To access the self-check system visit [Coronavirus Disease 2019 (COVID-19) | CDC](https://www.cdc.gov/coronavirus/2019-ncov/index.html) and select “Self-Checker”.

***CARES Act Funding Phase 2***

The first phase of federal CARES (Coronavirus Aid, Relief, and Economic Security) Act funds are now fully awarded, and we are now moving to the second round of awards. Students who were awarded grants during the first phase received notification last week.

The funds are limited and will not reach everyone nor fulfill the full need for those who do receive them. Awards will range from $500 to $1,000. Students in the second phase will have until May 15, 2020, to file their request for CARES Act funds, and the deadline to accept these funds is July 15, 2020.

UNLV’s Student Support staff continue to assist students remotely. Visit the FAQ page regarding CARES Act funds for more information. Questions may be submitted to Financial Aid and Scholarships or the Office of the Registrar at unlv.today/service.

For more information visit: [Important information: Phase two of CARES Act funding for students | Novel Coronavirus – COVID-19](https://www.unlv.edu/news-story/important-information-phase-two-cares-act-funding-students)

CARES Act FAQ Page: <https://www.unlv.edu/coronavirus/students#CARES>

***Nevada Roadmap To Recovery Phases and Guidance: Phase 2***

Governor Sisolack has announced that Nevada is officially in **PHASE 2** of the Nevada Road to Recovery Reopening Plan as of May 26th. Specific guidance and Phase 2 Plan details can be accessed here: [Governor Sisolak Releases Prepared Remarks, Guidance for Phase 2 Reopening, Plans Press Call](https://nvhealthresponse.nv.gov/wp-content/uploads/2020/05/5.26-post-presser-release.pdf)

More information, including FAQ’s can be accessed here: [Nevada Health Response: Coronavirus (COVID-19) in Nevada](https://nvhealthresponse.nv.gov/)