

# Local Resources at a Glance



## LEARN ABOUT HELP DURING COVID-19

During this unprecedented time, it can be even harder to sort through piles of information to find the help you need. Take a quick glance at some local resources.

### Local & State Resources:

- Dial 211 or [visit the Helpline Center website](#) or text your zip code to 898-211
- [Visit the Department of Health data and information website](#)
- South Dakota COVID-19 Information Line: 1-800-997-2880
- [Donate to the Brookings COVID-19 Relief Fund](#)
- Experiencing Symptoms or have other COVID-19 Questions? Call (605) 692 - 2811

### How to protect yourself and others:

Educate yourself about COVID-19. Make sure you know the potential risks and basic prevention measures, such as:

- Wash hands often with soap and water for 20 seconds or use alcohol-based hand sanitizer.
- Avoid touching your face with unwashed hands, especially your eyes, nose, or mouth.
- Cough and sneeze into elbow or into a tissue. Throw away the tissue immediately after use and wash hands.
- Maintain a minimum of 6 feet of distance between yourself and others when feasible.
- Wear a mask when in public or around people where social distancing is difficult or not possible.
- Frequently clean and disinfect high contact surfaces like doorknobs, tables, furniture, shared bathrooms, and countertops.
- Ensure adequate supplies of soap, hand sanitizers, and tissues are readily available.

[For more information visit the CDC website.](#)

### Additional COVID-19 Resources for Vulnerable Populations:

- [Interim US Guidance for Risk Assessment and Public Health Management of Persons with Potential Coronavirus Disease 2019 \(COVID-19\) Exposures website](#)

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### **Mental Illness:**

- National Alliance on Mental Illness (NAMI)—guide to answer frequently asked questions regarding the intersection between Coronavirus, or COVID-19, and people affected by mental illness, their caregivers, and loved ones.
- Suicide Prevention: If you or someone you know is having suicidal thoughts, please call the Helpline Center: 1-800-273-8255 anytime, day or night.
- Helpline Center's Text4Hope program provides crisis texting support for all high school students. Text 'icare' to 898211.

### **Addiction:**

- [Yale Program in Addiction Medicine Coronavirus Guidance: Patients Engaged in Substance Use Treatment website](#)
- [American Society of Addiction Medicine website](#)

### **Older Adults and People with Disabilities:**

- [Administration for Community Living website](#)

### **Domestic Violence:**

- [National Network to End Domestic Violence: Resources on the response to COVID-19 website](#)
- National Domestic Violence Hotline: 1-800-799-SAFE (7233)

### **Other Resources:**

- [For program cancellations, postponements, and other updates](#)
- [For those needing assistance in food security, supplies, and other resources](#)
- [For those who want to volunteer in any capacity](#)
- [For nonprofit needs, responses, and other updates](#)
- [For virtual programing, boredom busters, and other online activities](#)