



CORONAVIRUS (COVID-19)

RESOURCES TO GET OR GIVE HELP

FINDING OFFICIAL HEALTH INFORMATION

Colorado Department of Public Health and Environment is the official resource for information about COVID-19 in Colorado. On their website, <https://www.colorado.gov/cdphe>, Coloradans can find information about:

- COVID-19
- Accessing telehealth and nurselines (for any medical/mental health need)
- Testing information
- Isolation and quarantine
- Recommendations for schools, workplaces, and the community
- Frequently asked questions
- Explanations of public health and executive orders
- Resources for local public health agencies and health care providers

Multilingual information about COVID-19 can be found at:

<https://cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>.

FINDING GENERAL, UP-TO-DATE INFORMATION

On Giving and Volunteering in Your Community

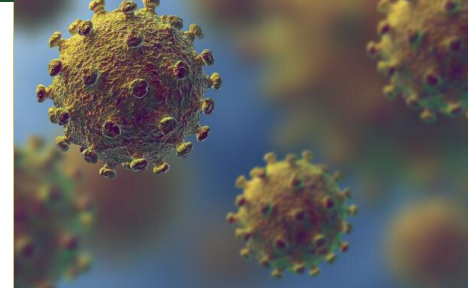
Health care professional volunteers and blood donations are needed across the state. Additionally, many local food banks and pantries need volunteers to meet the high demand for food resources right now.

- [Help Colorado Now - https://covrn.com/](https://covrn.com/) is a place to go to find information about volunteering or making donations to help at-risk individuals across the state. Additionally, donations to support efforts to help families in need are being taken. This effort was launched by Governor Jared Polis and partnering Colorado foundations.
- Check with your local food pantry or food bank to see how you could volunteer. To find your local food pantries, go to: <https://www.211colorado.org>

Safeguard Your Donations

There are a lot of places soliciting donations. The U.S. Federal Trade Commission recommends donors do the following before donating:

- Research the charity
- Look at how much of donations actually go to the charity
- Look up the ratings report for the charity (star system)
- Never pay by gift card or wire transfer
- To read more, go to: <https://www.consumer.ftc.gov/features/how-donate-wisely-and-avoid-charity-scams>



WHERE TO GO IF YOU NEED TO GET HELP:

211 Colorado is our state's central information provider regarding resources people can access to get help or to give help. Coloradans can access this information by:

Calling: 2-1-1 (landlines) or (866)-760-6489 (mobile)

Texting: your ZIP CODE to 898-211

Text message/data rates may apply

Visiting their website:
<https://www.211colorado.org/>

*211 Colorado is maintaining an up-to-date listing of resources for people to access during this pandemic.

