NEAR SOUTHSIDE

COVID-19 COMMUNITY RESOURCES
Friends –

We know the recent days have been a whirl of information, hard decisions, closures, cancellations and postponements as we all work to protect each other from the COVID-19 pandemic sweeping the nation. We also know that many of you are concerned about the effects that social distancing will have on your family, friends, neighbors, businesses, staff and the future of our city. No one was fully prepared for this moment and we are all doing our best to navigate tough territory.

Our Near Southside, Inc. team has been working to gather a list of COVID-19 resources for your use. Please know the list is in constant flux, and we will do our best to update it as frequently as possible. As you are seeing in the media and via your email, updates are fluid and advice is changing on practically a minute-by-minute basis. We are working to keep this document updated every 24-hours. Please make sure that the date of the document title is consistent to the date you are viewing it so that you have the most up-to-date information.

Please look for the “new today” corner icon for slides that have been updated within the last 24-hours.

If you know of resources that are not offered here, but would be helpful to others, please share them with Megan Henderson at megan@nearsouthsidefw.org.

Thank you.
COVID-19
CDC PUBLIC HEALTH

What to do if you are sick

Caring for yourself at home with COVID-19

Caring for someone else at home with COVID-19

Disinfecting your home

Tarrant County COVID-19 Hotline 817-248-6299
with support from UNT HSC Medical Staff


City of Fort Worth Consumer Health 817-392-7255
JPS Screening Procedures


Baylor Scott & White Health is encouraging all patients experiencing flu-like symptoms (cough, shortness of breath, feeling feverish) to first visit MyBSWHealth mobile app or on the web at https://www.bswhealth.com FREE COVID-19 screening questionnaire.

Texas Health Resources has established a 24-7 Coronavirus Hotline for consumers at 682.236.7601 or https://www.texashealth.org/Health-and-Wellness/Understanding-Coronavirus
COVID-19
NEAR SOUTHSIDE

Near Southside COVID-19 Resources
www.nearsouthsidefw.org/projects/covid-19-updates-and-resources-for-the-near-southside

Mike Brennan NSI President mike@nearsouthsidefw.org or 817-681-8213

Megan Henderson NSI Director of Events and Communications megan@nearsouthsidefw.org or 817-966-1880

Allison Docker NSI Director of Urban Design and Placemaking allison@nearsouthsidefw.org or 713-819-1655

Natalie Chapa NSI Events & Projects Manager natalie@nearsouthsidefw.org or 940-368-1695

Becky Bethel NSI Office Manager becky@nearsouthsidefw.org or at 817-690-9066
COVID-19
CITY OF FORT WORTH LEADERSHIP

Mayor Betsy Price

Brandon Bennett  Health Officer/Director Leading COVID-19 Response

Elmer DePaula  Assistant Director for Code Compliance and Public Health

Robert Sturns  Economic Development Director

Ann Zadeh  Councilmember District 9

MayorBetsy@fortworthtexas.gov

brandon.bennett@fortworthtexas.gov

elmer.depaula@fortworthtexas.gov

robert.sturns@fortworthtexas.gov

ann.zadeh@fortworthtexas.gov
Daily at 4:30pm Updates
from the Mayor Price and City Officials at:

www.facebook.com/CityOfFortWorth

www.facebook.com/FortWorthFireDepartment
Senator Beverly Powell
https://www.senatorpowell.com

Submit questions regarding COVID-19 to Senator Powell: https://docs.google.com/forms/d/e/1FAIpQLSeLOdR1hszJq5Qy-yacIu1wnhXOWjgrU4D1joWdYb8wEd2VYw/viewform
COVID-19
FEDERAL RESOURCE WEBSITE

United States Government Comprehensive COVID-19 Website
https://www.usa.gov/coronavirus
Fort Worth Amends Disaster Declaration for COVID-19
Mayor Betsy Price signed an amended order to the emergency declaration in place within the City of Fort Worth due to a local public health emergency and in a continued effort to further mitigate the spread of COVID-19.

The following goes into effect today, Saturday, March 21, 2020 at 6:00 p.m. –

• All in-person worship services are no longer permitted, with the exception of worship support staff to facilitate online services.

• All malls and non-essential retail establishments including barber shops, hair salons, nail salons, spas, massage parlors, estheticians and related personal care businesses are closed and no occupancy is permitted.

• Also closed: bars, lounges, taverns, commercial amusement and entertainment establishments, bingo halls, theaters, gyms, fitness classes, yoga and personal training facilities, similar facilities and classes, private clubs, tattoo and piercing parlors and tanning salons, residential meeting spaces, event centers, hotel meeting spaces and ballrooms, outdoor plazas and markets. Essential services such as grocery stores, pharmacies and other establishments that sell household goods will remain open but must enforce social separation. This includes:

• Convenience and package stores, pharmacies and drug stores, day care facilities, medical facilities, veterinary facilities, non-profit service providers of essential services, homeless and emergency shelters, office buildings, jails, essential government buildings, airports and transit facilities, transportation systems, residential buildings and hotels, manufacturing and distribution facilities. In-house dining at restaurants remains closed, but drive-in, drive-through, takeout and delivery are still permitted. There is no distinction between the types of gatherings in the amended declaration. There should be no gatherings of more than 10 people.

Additionally, temperature screenings at public-facing city facilities began Wednesday, March 18. Those entering city facilities during normal business hours will have their temperature checked using a forehead thermometer, and people with a temperature of 100 degrees or more will be asked to leave, and to contact their healthcare provider. This includes city employees.
### MOST UP TO DATE EMERGENCY DISASTER FOR MARCH 21, 2020

#### Disaster Restrictions

<table>
<thead>
<tr>
<th>Locations</th>
<th>Restrictions</th>
</tr>
</thead>
<tbody>
<tr>
<td>All gatherings without regard to purpose.</td>
<td>No more than 10 people. Practice social distancing - sufficient space for all people to be 6 feet apart at all times. Keep a tracking list of individuals and their contact information.</td>
</tr>
<tr>
<td>Bars, lounges, taverns</td>
<td>No occupancy permitted.</td>
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<tr>
<td>Commercial amusement establishments</td>
<td></td>
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<tr>
<td>Bingo halls</td>
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<tr>
<td>Theaters</td>
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<tr>
<td>Gyms</td>
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<tr>
<td>Private Clubs</td>
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<tr>
<td>Hair and nail salons and barber shops</td>
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<tr>
<td>Estheticians and related personal care businesses</td>
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<tr>
<td>Spas and massage parlors</td>
<td></td>
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<tr>
<td>Tattoo and piercing parlors and tanning salons</td>
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<tr>
<td>Residential meeting spaces</td>
<td></td>
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<tr>
<td>Event centers</td>
<td></td>
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<tr>
<td>Hotel meeting spaces and ballrooms</td>
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<tr>
<td>Outdoor plazas and markets</td>
<td></td>
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<tr>
<td>Malls</td>
<td></td>
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<tr>
<td>Retail stores that do not sell essential household goods</td>
<td></td>
</tr>
<tr>
<td>Food Establishments</td>
<td>In-house dining – closed. Drive-in, drive-through, take out, and delivery is permitted. Practice social distancing - sufficient space for all people to be 6 feet apart at all times.</td>
</tr>
<tr>
<td>Worship Services</td>
<td>Closed for in-person services, provided that staff can attend to produce audio/video services</td>
</tr>
<tr>
<td>Grocery stores</td>
<td>Stores selling essential household goods</td>
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<tr>
<td>Convenience and package stores</td>
<td></td>
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<tr>
<td>Pharmacies and drug stores</td>
<td></td>
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<tr>
<td>Day care facilities</td>
<td></td>
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<tr>
<td>Medical facilities</td>
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<tr>
<td>Non-profit service providers</td>
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<tr>
<td>Homeless and emergency shelters</td>
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<tr>
<td>Office buildings</td>
<td></td>
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<tr>
<td>Essential government buildings</td>
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<tr>
<td>Airports and transit facilities</td>
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<tr>
<td>Transportation systems</td>
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<tr>
<td>Residential buildings and hotels</td>
<td></td>
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<tr>
<td>Manufacturing and distribution facilities</td>
<td></td>
</tr>
<tr>
<td>Practice social distancing - sufficient space for all people to be 6 feet apart at all times.</td>
<td></td>
</tr>
</tbody>
</table>

Keep a tracking list of individuals and their contact information, wherever possible.
EXECUTIVE ORDERS FROM GOVERNOR

For Immediate Distribution | March 19, 2020 | (512) 463-1826

**Governor Abbott Issues Executive Orders In Accordance With Federal Guidelines To Mitigate Spread Of COVID-19 In Texas**

AUSTIN - Governor Greg Abbott today announced a series of Executive Orders relating to COVID-19 preparedness and mitigation. The four orders serve to limit public gatherings or help reduce exposure for people across the state. These orders are in accordance with federal guidelines issued by the President and the Centers for Disease Control and Prevention (CDC), and will aid in the state’s efforts to stop the spread of COVID-19.

Governor Abbott was joined for the announcement by Texas Department of State Health Services (DSHS) Commissioner John Hellerstedt, MD, Texas Division of Emergency Management (TDEM) Chief Nim Kidd, Lieutenant Governor Dan Patrick, and Speaker Denn Bonnen.

Commissioner Hellerstedt also announced that he has declared a Public Health Disaster which will give state and local officials additional tools to respond to COVID-19. The Governor’s Executive Orders, combined with the Public Health Disaster, provide Texas with enhanced tools and protocols to help state and local partners in their ongoing efforts to respond to, track the progress of, and limit the spread of COVID-19 in Texas.

“The State of Texas is at a pivotal moment in our response to COVID-19, and it is imperative that we act now on preemptive measures to slow the spread of this virus,” said Governor Abbott. “One of the most effective ways we can do this is by promoting more social distancing and ensuring Texans avoid large group settings such as bars, restaurants, gyms, and schools where the risk of spreading COVID-19 is high. We must also continue to protect our most vulnerable populations, which is why the State of Texas is barring all visitations at nursing homes and retirement or long-term care facilities except in the case of critical assistance. Today’s executive orders are precautionary measures that are in line with guidelines from the CDC and they will strengthen Texas’ ability to safeguard our communities and respond to COVID-19. As Texans, we must continue to work collaboratively to slow the spread of this virus and protect public health.”

The following orders have been issued by Governor Abbott:

- **Order No. 1:** In accordance with the Guidelines from the President and the CDC, every person in Texas shall avoid social gatherings in groups of more than 10 people.
- **Order No. 2:** In accordance with the Guidelines from the President and the CDC, people shall avoid eating or drinking at bars, restaurants, and food courts, or visiting gyms or massage parlors; provided, however, that the use of drive-thru, pickup, or delivery options is allowed and highly encouraged throughout the limited duration of this executive order.
- **Order No. 3:** In accordance with the Guidelines from the President and the CDC, people shall not visit nursing homes or retirement or long-term care facilities unless to provide critical assistance.
- **Order No. 4:** In accordance with the Guidelines from the President and the CDC, schools shall temporarily close.

These orders will be effective on a statewide basis starting at 11:59 PM on March 20, 2020 and will end at 11:59 PM on April 3, 2020, subject to extension thereafter based on the status of COVID-19 in Texas and the recommendations of the CDC.
Public notice for entering a City of Fort Worth Facility - COVID-19 Precautionary Measures

Temperature Check
• In order to protect city employees and residents, we are checking temperatures before anyone enters this city facility.
• Staff will use a forehead thermometer to check your temperature. Anyone with a temperature over 100 will not be allowed to enter.
• Anyone who refuses to have their temperature taken will not be allowed to enter.

Contact Information
• We are also asking visitors to provide contact information so that we can let you know if we learn of any health concerns after your visit.
• We will only use this information in the event of an emergency.
We apologize for any inconvenience but feel these measures are necessary in order to help stop the spread of the virus and keep our community safe.

City Services available online or by phone.
We are encouraging everyone to conduct business online or by phone whenever possible. Please visit fortworthtexas.gov. If you have difficulty finding the information online, use the search bar to find city services and information.
If you know the phone number of the department you need to reach, you can call them for more information.

Frequently called numbers:
• Development Services - 817-392-2222
• Water Department - 817-392-4477
• Municipal Court – 817-392-6700
• Other phone numbers are available on the city website or by calling the city’s call center at 817-392-1234.
• Use App or Text To report issues 24/7, use the MyFW app to report things like potholes, street lights and stray animals. Download MyFW on the Apple App Store or Google Play.
Mayor Betsy Price signed an amended order to the emergency declaration in place within the City of Fort Worth due to a local public health emergency and in a continued effort to further mitigate the spread of COVID-19.

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Summary of City of Fort Worth Public Health Emergency Declaration
Effective 6pm, March 21, 2020

UPDATED per Mayor’s Facebook Live at 6:00pm on March 19 extending these updates to May 15

Essential services such as grocery stores, pharmacies and other establishments that sell household goods will remain open but must enforce social separation. This includes:

• Convenience and package stores, pharmacies and drug stores, day care facilities, medical facilities, veterinary facilities, non-profit service providers of essential services, homeless and emergency shelters, office buildings, jails, essential government buildings, airports and transit facilities, transportation systems, residential buildings and hotels, manufacturing and distribution facilities.

• In-house dining at restaurants remains closed, but drive-in, drive-through, takeout and delivery are still permitted.

• There is no distinction between the types of gatherings in the amended declaration. There should be no gatherings of more than 10 people.

• For more information visit: https://fortworthtexas.gov/covid-19
State of Texas Economic Development for COVID-19
https://gov.texas.gov/business/page/coronavirus

Sign up for COVID-19 related updates for Texas businesses

FAQs Relating to COVID-19 for Texas Businesses & Community Economic Development Partners
<link is not currently working on state website>
COVID-19
STATE OF TEXAS
SBA DISASTER LOANS

Important: SBA Loan Application Now Available

Dear Fellow Texans and Economic Development Partners,

Please share this information with small businesses and non-profits in your area.

Today, Governor Abbott announced that the U.S. Small Business Administration (SBA) has now granted Texas’ Economic Injury Disaster Loan (EIDL) assistance declaration, making loans available statewide to small businesses and private, non-profit organizations to help alleviate economic injury caused by the Coronavirus (COVID-19).

Next Steps: Small businesses who believe they may be eligible for an SBA EIDL should visit the SBA’s website where they can directly apply for assistance. The online application is the fastest method to receive a decision about loan eligibility.

For additional information on Texas business-related COVID-19 resources, including a list of required documentation for the SBA Loan process, visit gov.texas.gov/business/cage/coronavirus.

We know this is a difficult time for all Texans. Please don’t hesitate to contact our office if we can provide any additional information.

Apply for loans:
https://disasterloan.sba.gov/ela/Information/Apply

Disaster Assistance Loan Handout

nearsouthsidefw.org
The SBA also recommends prospective applicants assemble their documents required for the loan application, thus getting a head start on “step two” in the loan review process. Below is the list of ten documents prospect applicants should assemble and scan to prepare for uploading them into the EIDL website, in addition to forms required by SBA.

- Corporate governance documents; e.g., Articles of Incorporation, Articles of Organization (for LLC), or Registration of Sole Proprietorship
- Written statement justifying the nature and scope of economic injury and how/why nature of business was adversely impacted by the Coronavirus (one page/no more than two), such as loss of revenues, cancelled contracts, interrupted supply chain, etc., that resulted in economic injury
- Current Accounts Payable and Accounts Receivable Aging as of date of filing for the loan
- Three (3) years’ 1040 Federal Income Tax Returns for the business & owners
- Three (3) years’ company FYE Income Statement and Balance Sheet and latest YTD Financial Statements (Company prepared is acceptable)
- Company and Owners’ Debt Schedule Tables [e.g., Lender, original loan amt., date, current balance, interest rate, collateral, purpose of loan, guarantors, status (e.g., current or past due with explanation) per row in table]
- Monthly two (2) years’ cash flow projections
- Three (3) years’ Monthly Sales History up to date of filing for loan
- Current copies of owners’ credit reports from the three (3) credit bureaus with explanations for any negative reports
- Required SBA Forms:
  - IRS Form 4506-T
  - Personal Financial Statement (SBA Form 413)
  - Schedule of Liabilities & Fixed Assets (SBA Form 2202)
  - Monthly Sales (SBA Form 1368)
  - Home Loan (SBA Form 5c), if applicable

All forms and further details are available on the SBA Disaster Loan website: [www.sba.gov/disaster](http://www.sba.gov/disaster). Click on the Coronavirus link at the top of the page.
SBA Disaster Assistance in Response to the Coronavirus

- The U.S. Small Business Administration is offering designated states and territories low-interest federal disaster loans for working capital to small businesses suffering substantial economic injury as a result of the Coronavirus (COVID-19). Upon a request received from a state’s or territory’s Governor, SBA will issue under its own authority, as provided by the Coronavirus Preparedness and Response Supplemental Appropriations Act that was recently signed by the President, an Economic Injury Disaster Loan declaration.
- Any such Economic Injury Disaster Loan assistance declaration issued by the SBA makes loans available to small businesses and private, non-profit organizations in designated areas of a state or territory to help alleviate economic injury caused by the Coronavirus (COVID-19).
- SBA’s Office of Disaster Assistance will coordinate with the state’s or territory’s Governor to submit the request for Economic Injury Disaster Loan assistance.
- Once a declaration is made for designated areas within a state, the information on the application process for Economic Injury Disaster Loan assistance will be made available to all affected communities as well as updated on our website: SBA.gov/disaster.
- SBA’s Economic Injury Disaster Loans offer up to $2 million in assistance and can provide vital economic support to small businesses to help overcome the temporary loss of revenue they are experiencing.
- These loans may be used to pay fixed debts, payroll, accounts payable and other bills that can’t be paid because of the disaster’s impact. The interest rate is 3.75% for small businesses without credit available elsewhere; businesses with credit available elsewhere are not eligible. The interest rate for non-profits is 2.75%.
- SBA offers loans with long-term repayments in order to keep payments affordable, up to a maximum of 30 years. Terms are determined on a case-by-case basis, based upon each borrower’s ability to repay.
- SBA’s Economic Injury Disaster Loans are just one piece of the expanded focus of the federal government’s coordinated response, and the SBA is strongly committed to providing the most effective and customer-focused response possible.
- For additional information, please contact the SBA disaster assistance customer service center. Call 1-800-659-2955 (TTY: 1-800-877-8339) or e-mail disastercustomerservice@sba.gov
- Visit SBA.gov/disaster for more information.
COVID-19
CITY OF FW BUSINESS RESOURCES

City of Fort Worth Covid-19 Business Support Page
http://fortworthtexas.gov/COVID-19-business

Additional information at:

• CFW Economic Development http://fortworthtexas.gov/ecodev
• CFW Small Business http://fortworthtexas.gov/smallbusiness
• CFW Economic Development Facebook facebook.com/FortWorthEconomicDevelopment
COVID-19

CFW Business Resources

Take the COVID-19 Business Survey

The city, Chambers of Commerce, and community leaders are all aware of the challenges facing local businesses during this time, and are working on different options to provide assistance.

To that end, all Fort Worth businesses are encouraged to complete the city’s COVID-19 Business Survey to help community leaders better understand the effects that current circumstances have had on business revenue, staffing, and other resources.

Take the survey

COVID-19

Issues Experienced by Businesses

**Capital access.** Incidents can strain a small business’s financial capacity to make payroll, maintain inventory and respond to market fluctuations (both sudden drops and surges in demand). Businesses should prepare by exploring and testing their capital access options so they have what they need when they need it. [View the SBA’s capital access resources.](nearsouthsidefw.org)

**Workforce capacity.** Incidents have just as much impact on your workers as they do your clientele. It’s critical to ensure that your workers have the ability to fulfill their duties while protected.

**Inventory and supply chain shortfalls.** While the possibility could be remote, it’s a good preparedness measure to ensure you have either adequate supplies of inventory for a sustained period and/or diversify your distributor sources in the event that one supplier cannot meet an order request.

**Facility remediation/clean-up costs.** Depending on the incident, there may be a need to improve the protection of customers and staff by increasing the frequency and intensity that your business cleans surfaces that are frequently touched by occupants and visitors. Check your maintenance contracts and supplies of cleaning materials to ensure they can meet increases in demand.
COVID-19

Issues Experienced by Businesses

**Insurance coverage issues.** Many businesses have business interruption insurance. Now is the time to contact your insurance agent to review your policy to understand precisely what you are and are not covered for in the event of an extended incident.

**Changing market demand.** Depending on the incident, there may be access controls or movement restrictions established which can impede your customers from reaching your business. Additionally, there may be concerns about public exposure to an incident, and customers may decide not to go to your business out of concern of exposing themselves to greater risk. SBA’s resources partners and district offices have trained experts who can help craft a plan specific to your situation to help navigate any rapid changes in demand.

**Marketing.** It’s critical to communicate openly with your customers about the status of your operations, what protective measures you’ve implemented, and how customers will be protected when they visit your business. Promotions may also help incentivize customers who may be reluctant to patronize your business.

**Plan.** As a business, bring your staff together and prepare a plan for what you will do if the incident worsens or improves. It’s also helpful to conduct a tabletop exercise to simulate potential scenarios and how your business management and staff might respond to the hypothetical scenario in the exercise. For examples of tabletop exercises, visit FEMA’s website.
The U.S. Small Business Association (SBA) can assist small businesses with accessing federal resources and navigating their own preparedness plans as described by the CDC’s Guidance for Businesses and Employers.

The SBA works with a number of local partners to counsel, mentor and train small businesses. The SBA has 68 District Offices, as well as support provided by its Resource Partners, such as SCORE offices, Women’s Business Centers, Small Business Development Centers and Veterans Business Outreach Centers. Resource partners such as SCORE and the Tarrant Small Business Development Center can be reached at the Fort Worth Business Assistance Center, located at 1150 S. Freeway, Fort Worth, TX 76104.

**Access to capital**
The U.S. Small Business Association provides a number of loan resources for small businesses to utilize when operating their business. More information on loans or how to connect with a lender is available on the SBA website.

**Access to lending partners**
The U.S. Small Business Association (SBA) has developed Lender Match, a free online referral tool that connects small businesses with participating SBA-approved lenders within 48 hours. Many of these programs can also be accessed at the Fort Worth Business Assistance Center.
COVID-19

SBA Products and Assistance

7(a) program offers loan amounts up to $5,000,000 and is an all-inclusive loan program deployed by lending partners for eligible small businesses within the U.S. States and its territories. The uses of proceeds include: working capital; expansion/renovation; new construction; purchase of land or buildings; purchase of equipment, fixtures; lease-hold improvements; refinancing debt for compelling reasons; seasonal line of credit; inventory; or starting a business.

Express loan program provides loans up to $350,000 for no more than 7 years with an option to revolve. There is a turnaround time of 36 hours for approval or denial of a completed application. The uses of proceeds are the same as the standard 7(a) loan.

Community Advantage loan pilot program allows mission-based lenders to assist small businesses in underserved markets with a maximum loan size of $250,000. The uses of proceeds are the same as the standard 7(a) loan.

504 loan program is designed to foster economic development and job creation and/or retention. The eligible use of proceeds is limited to the acquisition or eligible refinance of fixed assets.

Microloan program involves making loans through nonprofit lending organizations to underserved markets. Authorized use of loan proceeds includes working capital, supplies, machinery & equipment, and fixtures (does not include real estate). The maximum loan amount is $50,000 with the average loan size of $14,000.
SBA Disaster Assistance Loans
The SBA is also providing targeted, low-interest disaster recovery loans to small businesses that are severely impacted by the situation surrounding COVID-19. Small businesses, small agricultural cooperatives and some private nonprofit organizations may be eligible for an Economic Injury Disaster Loan (EILD) of up to $2 million, providing them with the necessary working capital to help businesses survive until normal operations resume.

These Economic Injury Disaster Loans offer up to $2 million in assistance, and can provide economic support to small businesses to help them overcome the temporary loss of revenue they might be experiencing. Visit the SBA website to learn more about accessing COVID-19 Disaster Relief Lending.

EILD assistance will only be available to these businesses when the SBA determines that they are unable to obtain credit elsewhere. The State of Texas is currently working with the SBA to qualify for this declaration and loan assistance. The SBA website contains additional information about Economic Injury Disaster Loans.
COVID-19
Business Continuity Plans

Business continuity plans
Every business should have an emergency plan to ensure that its resources aren't overwhelmed in times of need, and that their customers will continue to receive products or services on time. Additionally, costs can add up if the business is forced to close for an undetermined amount of time. Businesses who are prepared with a plan can resume service faster, and might be able to assist with community recovery. Learn more about creating a continuity plan by viewing FEMA's Business Continuity Guide.

Elements of a business continuity plan
Determine and document which staff, materials, procedures, and equipment are absolutely necessary to keep your business operating. Identify and document your suppliers, shippers, and other important resources. Define and document crisis management procedures and individual responsibilities in advance. Plan for your building or brick-and-mortar location to be inaccessible. Plan for payroll continuity. Include employees from all levels in your planning, to ensure that it makes sense from all perspectives, from front-line to management. Keep both digital and physical copies of important records—lease agreements, insurance policies, employee contract and identification information, bank account records, etc.—in multiple secure locations. If your business is a multi-tenant building or complex, consider working with neighboring businesses to share resources and create a continuity plan that covers all of your needs.
EMPLOYEE ENGAGED IN PROVIDING ESSENTIAL SERVICES TO CUSTOMERS

FOR LAW ENFORCEMENT & GOVERNMENT AUTHORITIES:

This letter serves to confirm that ________________________________ (clearly print employee name) is a [COMPANY NAME] employee at a restaurant in the area. [COMPANY NAME] is engaged in providing essential retail restaurant services to customers, including preparing, serving and delivering food for delivery or carry out. Even with the recent restrictions on work and travel outside of the home, our restaurants remain open during the COVID-19 outbreak to provide essential meals to our communities. This employee’s work at our restaurant is essential in supporting our community during a state of emergency or shelter in place order when restaurants are an essential service.

If you require additional confirmation of employment or information, please contact:

Name/ Position: ________________________________

Location: ________________________________

Phone Number: ________________________________

Date Issued: ________________________________

FOR OUR EMPLOYEE:

As an employee of [COMPANY NAME], you are providing critical and essential support to us that is required to maintain continuity of operations in an essential sector during this period of national emergency and response to the novel corona virus (COVID-19) outbreak. We are grateful to you for your role in providing customers with access to hot meals during this time. This letter may be presented to law enforcement personnel or other authorities as necessary to document your need to travel to and from work during this emergency, including during any government-imposed travel restrictions. YOU ARE PERMITTED TO USE THIS LETTER ONLY IN CONNECTION WITH YOUR WORK DUTIES.

Thank you for your understanding.

[COMPANY NAME]
COVID-19

HELPFUL ARTICLES FOR BUSINESSES

• FORBES Six Sources Of Crucial COVID-19 Support For Small Businesses
  HTTPS://WWW.FORBES.COM/SITES/DAVIDPROSSER/2020/03/17/SIX-SOURCES-OF-CRUCIAL-COVID-19-SUPPORT-FOR-SMALL-BUSINESSES/#5F0BD6DB7D01

• U.S. DEPARTMENT OF LABOR ANNOUNCES AVAILABILITY OF UP TO $100 MILLION IN NATIONAL HEALTH EMERGENCY DISLOCATED WORKER GRANTS IN RESPONSE TO COVID-19 OUTBREAK
  https://www.dol.gov/newsroom/releases/eta/eta20200318

• U.S. DEPARTMENT OF LABOR TAKES ACTIONS TO FACILITATE RESPONSE EFFORTS FOR COVID-19 OUTBREAK
  HTTPS://WWW.DOL.GOV/NEWSROOM/RELEASES/OFCCP/OFCCP20200318

• U.S. DEPARTMENT OF LABOR ANNOUNCES NEW GUIDANCE ON UNEMPLOYMENT INSURANCE FLEXIBILITIES DURING COVID-19 OUTBREAK
  HTTPS://WWW.DOL.GOV/NEWSROOM/RELEASES/ETA/ETA20200312-0

• MAIN STREET AMERICA BLOG W/ RESOURCES
COVID-19

HELPFUL ARTICLES FOR BUSINESSES

• MAIN STREET AMERICA BLOG W/ RESOURCES HTTPS://WWW.MAINSTREET.ORG/BLOGS/NATIONAL-MAIN-STREET-CENTER/2020/03/18/NEW-CORONAVIRUS-COVID-19-MAIN-STREET-RESOURCES

• DELIVERY & TAKEOUT BEST PRACTICES DURING CORONAVIRUS HTTPS://TXRESTAURANT.ORG/NEWS/STAND-STRONG-AND-DELIVER-AND-DO-GO?MC_CID=0E2CA44486&MC_EID=%5BUNIQID%5D
To go ordering

If you are currently offering curbside/to-go ordering on your restaurant’s website, continue to do so. If your restaurant does not currently have this capability, the time to act is now. There are platforms available to get you started:

Google’s The Ordering App. For an example of the platform in action, see TRA Member The Original Pancake House’s website.

Applova is offering their curbside/to-go ordering platform for a reduced fee of $100 (normally $500) with no commission afterward. For an example of the platform in action, see First Choice BBQ’s website.
Delivery platforms Most delivery services are offering some form of relief in this time of crisis. TRA continues to encourage delivery platforms to stand in solidarity with the restaurants that make their businesses possible. Here is the latest available information as of 3/18:

**Favor (TRA recommended platform)**
- 0% commission rates through the end of March
- Applies to restaurants with five or fewer locations
- No strings attached

**DoorDash**
- 0% commission rates for restaurants through mid-April
- Reduced commission rates for restaurants currently on their platform (call for details)
- 0% commission rates for pickup (not delivery) orders

**Uber Eats**
- Standard commission rates still apply
- Delivery fee for customers is waived
- Daily restaurant payouts on sales rather than weekly
- 0% commission rates for pickup (not delivery) orders

**Grubhub/Caviar**
- Deferred commissions system ([read the fine print here](#))
- Restaurants expected to pay back deferred commissions in the form of withheld payments at a later date
- Restaurants that defer commissions are also expected to sign a year-long agreement to remain on the Grubhub platform
Operations in an off-premise world
Jonathan Horowitz of Convive Hospitality Consulting offers some suggestions for successfully negotiating the change from on-premise to off-premise only dining operations.

Limit your menu to items that are capable of holding for longer periods of time. Examples of this include casseroles, braised proteins, and pasta.

Reduce food costs by:
- Focusing on higher margin menu items
- Ordering only what you will cook immediately rather than tying up your cash flow in food that will be frozen for later
- Ordering ingredients that are versatile and will find their way into many menu items
- Eliminating high-end proteins from your menu and focusing on affordable and easily available proteins instead

Further reduce overhead by
- Scheduling only essential kitchen staff
- Have essential kitchen staff cross trained to handle phone calls
- Combining multiple items (e.g. entree, vegetable, starch) for a meal into one container, as the costs of packaging can quickly eat into your profit margin
COVID-19

HELPFUL TOOLS FOR BUSINESSES

Tech Resources for Small Business E-Commerce

Given the emergency need to help business owners like you, Yorce has launched a Cart-to-Purchase platform. They’re giving it away for free so that you can streamline your business immediately and offer pick-up and delivery services to your customers online. They'll get you set up for online ordering and help you organize pick-up and delivery for free.

•  https://yorcue.com
COVID-19
Fort Worth Human Resources

FWHR is the greater Tarrant County and surrounding area's affiliate of the Society for Human Resource Management (SHRM). FWHR has partnered with the Fort Worth Chamber of Commerce to provide resources for employers and HR professionals in the area as they struggle to navigate the complexity of the Coronavirus pandemic. Please submit your questions in the box below and a panel of HR professionals will offer their advice as soon as they can.

Ask an HR question: https://www.fortworthhr.org/COVID-19-Questions/

• What Employers Need to Know Regarding the Coronavirus Impact on the Workplace - Dustin Paschal
  https://www.fortworthhr.org/resources/Documents/Meeting Resources/Texas SHRM Coronavirus in the Workplace Update.pdf

• U.S. Equal Employment Opportunity Commission
  What You Should Know About the ADA, the Rehabilitation Act, and COVID-19
  https://www1.eeoc.gov/eeoc/newsroom/wysk/wysk_ada_rehabilitation_act_coronavirus.cfm?renderforprint=1
Comprehensive information about TABC Policy during COVID-19

TABC COVID-19 website:
https://www.tabc.state.tx.us/coronavirus/index.asp

Texas Restaurant Association’s FAQs for new TABC regulations:
https://txrestaurant.org/news/mixed-beverage-confusion?mc_cid=0e2ca44486&mc_eid=%5bUNIQID%5d
Can my business sell alcohol to-go or allow curbside pickup by consumers?

**This chart** outlines who is allowed to make to-go sales and deliver alcohol to consumers.

**Businesses Allowed to Sell Alcohol to Consumers To-Go:**
TABC license/permit holders authorized to sell for off-premise consumption.
Retail Dealer's On-Premise License (BE) holders.
Restaurants that hold a Mixed Beverage Permit. *Only allowed for the duration of Gov. Abbott's March 13 disaster proclamation.*

**Restaurants Conducting Alcohol To-Go Sales:**
Restaurants that hold a Wine and Beer Retailer's Permit (BG) or a Retail Dealer's On-Premise License (BE) may sell alcoholic beverages to-go, including curbside service. Alcoholic beverages sold to go must be in sealed containers (the beverage may be mixed and sealed by the restaurant) and must be permitted for sale under that business' license or permit.
Restaurants that hold a Mixed Beverage Permit (MB) can sell alcohol to-go when accompanied by a food order and delivered in the manufacturer-sealed container. *Only allowed for the duration of Gov. Abbott's March 13 disaster proclamation.*

**Best Practices for Responsible Delivery, To-Go Sales and Curbside Pickup**
Get [complete guidance here](https://nearsouthsidefw.org) on how mixed beverage restaurants can sell alcohol to consumers to-go while Texas is under the current disaster proclamation related to the coronavirus pandemic.
Can my business deliver alcohol to consumers?

**March 19, 2020 Temporary Waiver — Restaurant Pickup and Delivery Options**

This chart outlines who is allowed to make to-go sales and deliver alcohol to consumers. More guidance is below.

**Businesses allowed to sell and deliver alcohol to consumers:**

Retailers authorized to sell for off-premise consumption.

Wineries using an entity that holds a Carrier's Permit (C).

Mixed Beverage Permit (MB) holders that also hold a Food and Beverage Certificate (FB). *The FB requirement has been waived by Gov. Abbott in the limited circumstances outlined below.*

Mixed Beverage Restaurant Permit (RM) holders.

Most of these deliveries require the use of a Local Cartage Permit (E or ET) or a Consumer Delivery Permit (CD). The deliveries must also be made off the licensed premises and cannot be delivered to a business' parking lot.

**Delivery using a Consumer Delivery Permit (CD):**

This permit allows qualified retailers and third-party delivery companies to deliver alcoholic beverages directly to consumers.

Third-party delivery services that hold a CD Permit can pick up alcoholic beverages from a retailer and deliver them to consumers.
See [TABC's marketing practices advisory](https://nearsouthsidefw.org) for specific information about delivering alcohol to consumers.

**Restaurants with the following permits can sell and deliver alcohol to consumers:**
Holders of a Mixed Beverage Permit (MB) that also hold a Food and Beverage Certificate (FB). *FB is not required during Gov. Abbott’s March 13 disaster proclamation.*
Holders of a Mixed Beverage Restaurant Permit (RM).

**Best Practices for Responsible Delivery, To-Go Sales and Curbside Pickup**

Get [complete guidance here](https://nearsouthsidefw.org) on how restaurants can deliver alcohol to consumers while Texas is under this disaster proclamation.
I am a distiller. Can I make hand sanitizer?

Production of Hand Sanitizer:

**TABC Licensing**: the Texas Alcoholic Beverage Code authorizes distillers to manufacture alcohol, convert it into a medicinal product such as hand sanitizer, and then sell it without additional TABC licenses or permits *(See TX Alc. Bev. Code Chapter 38)*.

**TABC Excise Taxes**: there is no Texas excise tax or TABC reporting required for hand sanitizer (but keep records because there may be federal tax implications).

**TABC Label Approval**: there are no TABC label approval requirements for hand sanitizer.

Distiller seeking to produce and sell hand sanitizer should make sure they consult with other state and federal entities:

- The Texas Department of State Health Services recommends that a distiller ensures that the resultant product remains at least 60% alcohol content.
- The U.S. Alcohol and Tobacco Tax and Trade Bureau (TTB) has issued [public guidance](#) that reduced federal permitting requirements for distillers seeking to produce hand sanitizer to address the coronavirus pandemic.
- The U.S. Food and Drug Administration has published a [temporary policy](#) for producing hand sanitizer during the public health emergency.
Can I get a refund for my temporary event permit?
Yes. See this Temporary Event Permits Industry Notice to learn more.

Repurchasing of Product From Retailers
Allowed to Repurchase Product *Only allowed for the duration of Gov. Abbott's March 13 disaster proclamation
General Distributor's License (BB), Branch Distributor's License (BC), Wholesaler's Permit (W)
Wholesaler's (General Class B) Permit (X), Local Distributor's Permit (LP)
What's Allowed Repurchase unused/unopened alcoholic beverage products from retailers.
Requirements
• Limited to relieving a retailer adversely affected by a major event cancellation due to the coronavirus.
  • Examples: Houston Livestock Show and Rodeo, SXSW, professional and college sporting events, concerts, theatrical productions, parades, etc.
• Only allowed for sales made to a retailer Feb. 16, 2020, or after.
• Must verify each repurchase using the original purchase invoice.
• Keep invoices in case of subsequent audits.
• Retailers are not guaranteed repurchase. The business repurchasing the alcohol has complete discretion over the decision to repurchase.
Read the industry notice outlining the temporary waiver allowing repurchase of alcoholic beverages.
To file a complaint with Office of Consumer Protection:
https://www.texasattorneygeneral.gov/consumer-protection or (800)621-0508
COVID-19
US Department of Labor

Workplace Safety
The Occupational Safety and Health Administration (OSHA) has resources to help employers and workers prepare for and respond to coronavirus in the workplace.

OSHA Guidance on Preparing Workplaces for COVID-19 – Developed in collaboration with the U.S. Department of Health and Human Services to help employers respond in the event of coronavirus in the workplace.

Temporary OSHA Guidance on Respiratory Protection Standard – This guidance provides suggestions and options to help increase the availability of N95 filtering facepiece respirators for healthcare providers.

COVID-19 Webpage – Provides infection prevention information specifically for employers and workers.

Wages, Hours and Leave
The Wage and Hour Division is providing information on common issues employers and workers face when responding to COVID-19, including the effects on wages and hours worked under the Fair Labor Standards Act and job-protected leave under the Family and Medical Leave Act.

The IRS has established a special section focused on steps to help taxpayers, businesses and others affected by the coronavirus. This page will be updated as new information is available. For other information about the COVID-19 virus, people should visit the Centers for Disease Control and Prevention (CDC) (https://www.coronavirus.gov) for health information. Other information about actions being taken by the U.S. government is available at https://www.usa.gov/coronavirus and in Spanish at https://gobierno.usa.gov/coronavirus. The Department of Treasury also has information available at Coronavirus: Resources, Updates, and What You Should Know.
COVID-19

IRS

News Releases
IR-2020-58, Tax Day now July 15: IRS extend filing deadline and federal tax payments regardless of amount
IR-2020-57, Treasury, IRS and Labor announce plan to implement Coronavirus-related paid leave for workers and tax credits for small and midsize businesses to swiftly recover the cost of providing Coronavirus-related leave
Treasury News Release: Treasury and IRS Issue Guidance on Deferring Tax Payments Due to COVID-19 Outbreak
IR-2020-54, IRS: High-deductible health plans can cover coronavirus costs

Statements
Taxpayer Assistance Center Closure Statement
Filing and Payment Deadline Extended to July 15, 2020 - Updated Statement

Guidance
Notice 2020-18 (PDF), Relief for Taxpayers Affected by Ongoing Coronavirus Disease 2019 Pandemic
Notice 2020-17 (PDF), Relief for Taxpayers Affected by Ongoing Coronavirus Disease 2019 Pandemic
Notice 2020-15 (PDF), High deductible health plans and expenses related to COVID-19
Unemployment Insurance Flexibilities

NOTE: Check with your state’s unemployment insurance program regarding the rules in your state. The Employment and Training Administration announced new guidance outlining state flexibilities in administering their unemployment insurance programs to assist Americans affected by the COVID-19 outbreak.

Under the guidance, federal law permits significant flexibility for states to amend their laws to provide unemployment insurance benefits in multiple scenarios related to COVID-19. For example, federal law allows states to pay benefits where:

• An employer temporarily ceases operations due to COVID-19, preventing employees from coming to work;
• An individual is quarantined with the expectation of returning to work after the quarantine is over; and
• An individual leaves employment due to a risk of exposure or infection or to care for a family member.

In addition, federal law does not require an employee to quit in order to receive benefits due to the impact of COVID-19.
COVID-19
FMLA RESOURCES

Articles of assistance:

Employee Leave Under the Families First Coronavirus Response Act: What Employers Need to Know

On March 18, 2020, the President signed the Families First Coronavirus Response Act (FFCRA) into law. Among its many features, the FFCRA creates three new components of federal leave for employees of employers with fewer than 500 employees and governmental employers[1] in response to the coronavirus:

- Up to 80 hours of additional paid sick leave for the coronavirus emergency (“Temporary Paid Sick Leave”);
- Additional Family and Medical Leave Act (FMLA) protections during the coronavirus emergency; and
- A reimbursement mechanism through a tax credit.

More information at the link above.
COVID-19
Families First Coronavirus Response Act

Articles of assistance:

Tax Credits under the Families First Coronavirus Response Act
https://www.michaelbest.com/Newsroom/232420/Tax-Credits-under-the-Families-First-Coronavirus-Response-Act

The President signed the Families First Coronavirus Response Act (the “Act”) on March 18, 2020. Among its many components, it provides for up to 14 days of additional Paid Sick Leave for the coronavirus emergency (“Temporary Paid Sick Leave”) and additional Family and Medical Leave protections including paid leave (“Temporary Extended FMLA Leave Protection”) during the coronavirus (COVID-19) emergency for employees of employers with fewer than 500 employees and governmental employers. Please see our more detailed description of the leave provisions here.

More information at the link above.
COVID-19
Texas Health & Human Service
211 Resources

211 Coronavirus Resources: https://hhs.texas.gov/services/health/coronavirus-covid-19

2-1-1 Texas
  • https://www.211texas.org/
  • (877) 541-7905

• HHS offers help with food, health care and cash assistance for Texans. Find out if you are eligible by applying through YourTexasBenefits.com


TWC Waived Certain Requirements for Unemployment Benefits Services during the COVID-19 pandemic. Read more and submit an application here.
COVID-19
Texas Eviction Moratorium

This Order is effective immediately and expires April 19, 2020, unless extended by the Chief Justice of the Supreme Court.

Fourth Emergency Order (Issued March 18)

Prohibits a trial, hearing, or other proceeding in an eviction to recover possession of residential property under Chapter 24 of the Property Code and Rule 510 of the Texas Rules of Civil Procedure until after April 19, 2020. Prohibits the posting of the written warning required by Sec. 24.0061(d)(1) of the Property Code and the execution of a writ of possession until after April 26, 2020.

Permits new filings of eviction cases, but prohibits issuance and service of citation until after April 19, 2020. Permits one of these proceedings to proceed only if the following three actions are met:

- the plaintiff files a "sworn complaint for forcible detainer for threat to person or for cause";
- the court determines the facts and grounds for eviction stated in the complaint, under oath with personal knowledge, taken as true, show that the actions of the tenant, or the tenant's household members or guests, pose an imminent threat of (i) physical harm to the plaintiff, the plaintiff's employees, or other tenants, or (ii) criminal activity; and
- the court signs an order stating procedure for the case to proceed.

See the order here: https://www.txcourts.gov/media/1446203/209045.pdf
All utility such as electric, water, gas, etc. will not be interrupted or disconnected for non-payment for residential customers. We are hearing that City of Fort Worth is considering the same for commercial customers but it is not confirmed at this time. This might really be good to tell your employees that may have been let go or are concerned about their finances. The city will also not allow any evictions for non-payment at this time.

*This information was shared by Jon Bonnell after attending the Tarrant County/CFW Joint Press Conference*

For City of Fort Worth assistance with utility bills (electric, gas and propane)

https://fortworthtexas.gov/cap/energy-assistance/

**Oncor COVID-19 Response** [https://www.oncor.com/SitePages/Covid-19.aspx?fbclid=IwAR0x6sEr9owgkORAP7-aAUzmxAaauHiVzEfIuCM6dmlcefVBuWsdVsAV0-s](https://www.oncor.com/SitePages/Covid-19.aspx?fbclid=IwAR0x6sEr9owgkORAP7-aAUzmxAaauHiVzEfIuCM6dmlcefVBuWsdVsAV0-s)

**Atmos COVID-19 Reponse** [https://www.atmosenergy.com/safety/covid-19?fbclid=IwAR1obdxiR3DUj-6EaJb9ra4fJ6bQr0bwjqiLKJUpCQ6TEQz4Rq4HRkGCm_Q](https://www.atmosenergy.com/safety/covid-19?fbclid=IwAR1obdxiR3DUj-6EaJb9ra4fJ6bQr0bwjqiLKJUpCQ6TEQz4Rq4HRkGCm_Q)
COVID-19

Tarrant Area Food Bank

Find food: https://tafb.org/find-food

What can I do to help?

DONATE. As food becomes scarce on the shelves of grocery stores, it puts more pressure on the food bank to get access to resources. To make sure we can continue to procure and deliver food to all who need it, your financial support is crucial. Please give today to make an impact.

VOLUNTEER. Tarrant Area Food Bank continues to distribute food to people in need despite the coronavirus pandemic, and volunteers remain essential to our food bank operations. We currently have volunteer shifts at our distribution center every day. You can sign up here. Out of an abundance of caution and per CDC guidelines, we are limiting volunteer shifts to fifty people or fewer and following sanitation measures as outlined in CDC guidance documents.
For questions regarding Trinity Metro’s precautionary measures in response to COVID-19 or Trinity Metro’s services, call customer care representatives at 817-215-8600.

Trinity Metro COVID-19 Website
https://ridetrinitymetro.org/customer-information-regarding-covid-19/?fbclid=IwAR1iRzsMr0MGurqK5SkQ12TYcA7_0GaaO6ckjGdhJRXZ5PcjHXU7uy6bo
Fort Worth ISD COVID-19 Updates and Resources:
https://www.fwisd.org/COVID-19

The District will remain closed through Friday, April 3, 2020. FWISD is also canceling all activities, including travel for both adults and children, through that time frame. All athletic events, UIL competitions, and athletic strength conditioning sessions have been canceled, as well.

Map of FWISD Meals-To-Go locations here:
https://www.google.com/maps/d/viewer?mid=1lauv9FC_0WkLYiRlRAC1iLFqKqJOhYAS&fbclid=IwAR25V-QwSPRogVLUHE5mqW093SN0yuwkFn1LAkb2T_VB8nNcYqGooQ_p9ZA&ll=32.73493222279893%2C-97.34689000000003&z=12
COVID-19
Events Updates

Visit Fort Worth - Event Updates
COVID-19

Restaurant & Retail Updates

Visit Fort Worth – Restaurant & Retail Curbside & Delivery

See the list here: https://www.fortworth.com/coronavirus/restaurant-updates
To add your business to this list, please contact: AustinJames@FortWorth.com
https://docs.google.com/spreadsheets/d/1ig_rS5juZQgimvWLCNbI76yh5n22LDZ3Rcwltkm6hHs/edit#gid=0

Fort Worth Map of Restaurants w/ Operation Updates

See the map here:
http://arcg.is/rfOaC?fbclid=IwAR0X6QFBXmcq1iVfPaWcfsiAk2VJjAZlxDavalw0tVhOEQNDb1a60ZxuykY
Add your business to the map here:
https://forms.gle/f8UJwWyQRU8scdDR6

nearsouthsidefw.org
COVID-19
ARTISTS & SERVICE WORKERS

Arts Council of Fort Worth [https://www.artsfortworth.org/resources](https://www.artsfortworth.org/resources)

Com •immunity: A Facebook Group for Artists & Entertainers.
Google Document with resources
[https://docs.google.com/document/d/14gf8G1o7Ux1zZ5RwkXGZZwht5hiQ-smXNPB2LqBhauM/edit?fbclid=IwAR3T7oLowD7tYJrzT2CVe7WX-LiGfOJ2usVhCJi4PXZAcwP3PTde5bBi4Xo](https://docs.google.com/document/d/14gf8G1o7Ux1zZ5RwkXGZZwht5hiQ-smXNPB2LqBhauM/edit?fbclid=IwAR3T7oLowD7tYJrzT2CVe7WX-LiGfOJ2usVhCJi4PXZAcwP3PTde5bBi4Xo)

Fort Worth Artists + Service Workers Relief Fund

Near Southside Service Workers Relief Fund
COVID-19

DEVELOPERS & CITY BUILDERS

The New Localist by Bruce Katz and Jeremy Nowak

*Rethinking Disaster Relief for Small Businesses*

[https://www.thenewlocalism.com/newsletter/rethinking-disaster-relief-for-small-businesses/](https://www.thenewlocalism.com/newsletter/rethinking-disaster-relief-for-small-businesses/)

Incremental Development Alliance by Jim Kumon

[https://www.incrementaldevelopment.org](https://www.incrementaldevelopment.org)

Starting in the next week: We’ll be hosting free, online fireside chats with faculty and alumni about their responses to this crisis. Conditions are changing every hour and this movement is full of local leaders who are adapting in admirable ways. If you’re curious about what our people have been doing or just want to be present with us, stay tuned and join live. Details and links to follow.

Starting in April:

*For small developers,* this means advanced training courses on pro formas, building design, deal structures, and more.

*For civic leaders,* this means courses on best practices for zoning and building policy, strengthening your tax base through small-scale development, and case studies from our on-the-ground partners.

*For everyone,* this means starter classes and niche courses on topics like slow market rehab, hot market development, building resiliency, and more.
COVID-19
ANXIETY & STRESS

CDC Resources & Recommendations for Anxiety & Stress

For Everyone Coping with a Disaster or Traumatic Event
For Communities
- Coping with stress during an infectious disease outbreakpdf iconexternal icon
- Taking Care of Your Behavioral Health during an Infectious Disease Outbreakexternal icon
For Families and Children
- Helping Children Cope with Emergencies
- Coping After a Disaster – A Ready Wrigley activity book for children age 3-10
For First Responders
- Emergency Responders: Tips for taking care of yourself
- Disaster Technical Assistance Centerexternal icon (SAMHSA)
COVID-19

ANXIETY & STRESS

CDC Resources & Recommendations for Anxiety & Stress

Stress and Coping  The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Everyone reacts differently to stressful situations.  How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in. People who may respond more strongly to the stress of a crisis include:

• Older people and people with chronic diseases who are at higher risk for COVID-19
• Children and teens
• People who are helping with the response to COVID-19, doctors and health care providers, or first responders
• People who have mental health conditions including problems with substance abuse
CDC Resources & Recommendations for Anxiety & Stress

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

**Things you can do to support yourself**

• Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.

• Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.

• Make time to unwind. Try to do some other activities you enjoy.

• Connect with others. Talk with people you trust about your concerns and how you are feeling.

**Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.**
Reduce stress in yourself and others
Sharing the facts about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful.
When you share accurate information about COVID-19 you can help make people feel less stressed and allow you to connect with them.

Learn more about taking care of your emotional health.
SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

**FACT 1** Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

**FACT 2** For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.
SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT 3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC’s coronavirus disease 2019 web page.
FACT 4: There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT 5: You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you develop symptoms AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

cdc.gov/COVID-19

earsouthsidefw.org