

COVID-19 Resources for Youth and Students

This is a working document, created by Advocates for Youth's [Youth Activist Network--](#) by young people and for young people -- where we invite the community to compile COVID-19 related resources (be it local, national, or digital) that support youth, students, and their families/communities.

If you would like to submit resources/links, please use [this Google form](#) to do so.

These resources can range from mutual aid funds, social service agencies, online support groups, guides to self-quarantines, university housing support, and other helpful information.

If you are the first to suggest resources specific to your region, please indicate a subheader best suited for your community.

If you notice that a resource is outdated/incorrect, please use the Google Form linked above to add a helpful edit with an asterisk and a time-stamp so that we can ensure the most accurate and up-to-date information.

eg: University of Ohio Mutual Aid Fund*

*This fund is no longer operating as of 3/20/2020. You can find the new fund here: [insert link]

General Resources

[General List of Potential Community Demands from Grassroots Organizers Concerning COVID-19](#)

[General Coronavirus Resource Kit](#)

[COVID-19 Mutual Aid and Advocacy Resource](#)

[So Coronavirus is Happening - What Now? Toolkit for Teens](#)

[COVID-19 Resources for Students](#) (ECAASU)

[Online Meeting/Gathering/Education/Event Resources](#)

[COVID-19 resources for US local groups](#) (350.org teams)

COVID-19 Info & Updates

[CDC nationwide updates](#) (slow to update)

[State-by-state counts](#)

[Our World in Data COVID-19](#)

[The COVID-19 Tracking Project](#)

[Thread re: COVID-19 response/fallout in Italy](#)

Disclaimer: The resources and information herein are compiled by the community and have not been vetted by [Advocates for Youth](#). The resources and information listed herein are not intended nor should be construed as medical, financial, or legal advice.

Table of Contents

[University Students](#)

[University Specific Resources](#)

[Organizing and Community Building Resources](#)

[Pregnant or Parenting Youth/Students](#)

[Immunosuppressed and/or Vulnerable Communities](#)

[What can I do to support older adults?](#)

[Undocumented Communities](#)

[LGBTQ Communities](#)

[Disability Justice](#)

[Healthcare, Access and Services](#)

[Housing](#)

[Employment and Financial Aid](#)

[Prevention](#)

[What to do if I feel sick?](#)

[What can I be doing to prepare with my family, housemates, etc.?](#)

[Harm Reduction](#)

[Mutual Aid](#)

[Regional Mutual Aid](#)

[Mental Health](#)

[Holistic Health](#)

[Movement lens on Coronavirus](#)



From Big Door Brigade

University Students

- [International Students in the US Guidance](#)
- [Supporting Students During COVID-19](#)
- [Some U-Haul locations offering 30 days free self-storage to college students affected](#)

University Specific Resources

- [Harvard University Emergency Housing Spreadsheet](#)
- [Columbia University Emergency Housing Facebook Group](#)
- [University of California Irvine Resources and Status Updates](#)
- [UChicago Resources Spreadsheet](#) (housing, storage, travel aid, food, etc)
- [University of Amherst Housing Spreadsheet*](#)
 - *March 12th - empty as of now
- [UPenn General Resources](#)
- [UPenn Mutual Aid Spreadsheet](#)
- [Tufts University Mutual Aid Spreadsheet](#)
- [CMU Pittsburgh Mutual Aid Spreadsheet](#)
- [University of Pittsburgh Mutual Aid Spreadsheet](#)
- [Seacoast University of New Hampshire](#)
- [Brown University Housing/Transportation/Storage Share](#)
- [Brown University General Mutual Aid](#)
- [Duke University Mutual Aid](#)
- [University of Vermont Mutual Aid](#)
- [Wesleyan University Mutual Aid](#)
- [UMiss/Oxford Mutual Aid](#)
- [Skidmore Mutual Aid](#)
- [MIT Mutual Aid](#)
- [USC Mutual Aid](#)
- [UT Austin Mutual Aid](#)
- [Cross-University Boston Area Mutual Aid](#)
- [Williams College Mutual Aid](#)
- [Northwestern Mutual Aid](#)
- [Trinity College Mutual Aid](#)
- [Brandeis University Mutual Aid](#)
- [Wellesley College Mutual Aid](#)
- [UVA Mutual Aid Form](#) and [FB Group](#)
- [GWU Mutual Aid Spreadsheet](#), [Resource Guide](#), and [Student Assistance Fund Form](#)
- [Washington University in St Louis Mutual Aid](#)
- [Virginia Student Power Network COVID-19 Rapid Response Group](#)

Organizing and Community Building Resources

- [A Comprehensive List of Tips, Tools, and Examples for Event Organizers During the Coronavirus Outbreak](#)
- [Harvard Grad Union: COVID-19: Letter to Harvard Administration](#) - list of demands
- [University of Minnesota, Critical Disability Studies Collective - Coronavirus Campus Climate Statement](#)
- [COVID-19 Disability Rights National Call to Action](#)
- [Caring Across Distance: Some Things to Consider Before Movement Gatherings During COVID-19](#)
- [Organizers Looks to Adapt to Online Environment](#)
- [Tips for hosting hybrid virtual/IRL meetings](#) via Mary Alice Crim
- [COVID-19 Freelance Artist Resource](#)
- [Resources for freelance artists and the independent artist community](#)
- [How is COVID-19 and school closures impacting Title IX cases - Know Your IX](#) (Google form)
- [198 Methods of Nonviolent Action](#) (get ideas for new tactics to try)
- [The Tenants Will Win: TANC Pandemic Organizing Guide](#)
- [Youth Activist/Organizing Toolkit](#)

Pregnant or Parenting Youth/Students

- [Coronavirus Resources for Parents and Caregivers](#)
- [GIANT LIST OF IDEAS FOR BEING HOME WITH KIDS](#)
- [Coronavirus Comic for Kids](#) from CultureStrike
- [Novel Coronavirus "COVID-19": Special Considerations for Pregnant Women](#)
- [Coloring Pages](#)

Immunosuppressed and/or Vulnerable Communities

- [Aid for immune compromised folks](#) (resource doc)
- [Webinar - COVID-19 \(Coronavirus\) Preparation for People Living with Chronic Illnesses in the U.S \[The Cranky Queer\]](#)
- [COVID-19 Information for People Living with HIV](#)
- [HIV/AIDS and Safety During COVID-19](#)
- [Interim Guidance for COVID-19 and Persons with HIV](#)
- [Half Assed Disabled Prepper Tips for Preparing for a Coronavirus Quarantine](#)
 - March 9, 2020, edited March 10, 2020 by Leah Piepzna-Samarasinha

- [Walela Nehanda](#) - Thread where “ppl who are in areas with disinfectant supplies say they are willing to send a couple items out to immune suppressed ppl who don’t have any in their city? Or immunosuppressed ppl say what they need??”
 - Google Doc: [WILLING TO HELP IMMUNE COMPROMISED PPL IN NEED](#)
- [Disability Community Preparedness Resource List/Guide](#)

What can I do to support older adults?

- Know what medications your older loved one is taking and contact them to ask if they need refills or an extended supply of medication
- Check in with any older friends or family members regularly by email or phone to see if they need assistance, food, water or other supplies
- If a loved one is living in a care facility, monitor the situation — ask the facility about its protocol if there is an outbreak and about the health of other residents
- More on COVID-19 from MD Department of Health [here](#)

Undocumented/Immigrant Communities

- [COVID-19 Resources for Undocumented Communities](#)
- [COVID-19 Resources for Undocumented Californians](#)
- [New York - Undocumented and coronavirus: ‘No one will record your information or ask about immigration status’](#)
- [Boston Immigration Justice Accompaniment Network Housing for Those Leaving Immigration Detention Aid](#)
- [NYC Emergency Fund for Undocumented Communities](#)
- [Healthcare access for Undocumented Folks in the Time of COVID19](#)

LGBTQ Communities

- Are you a queer/trans worker in the gig economy who needs some cash? [Twitter thread](#)
- [COVID-19 and chest binding - infographic](#) by @queerhealthcollabs (FB)
- [COVID-19 Relief Fund for LGBTQI+ BIPOC Folks](#)
- [Syllabus](#) - by FB queer PhD network
- [COVID-19 Trans/Queer Relief Form](#)

Disability Justice

- [Moving at the Speed of Trust: Disability Justice and Transformative Justice](#)
- [Half Assed Disabled Prepper Tips for Preparing for a Coronavirus Quarantine](#) by Leah Piepzna-Samarasinha
- [Undoing Ableist Capitalist Assumptions](#) by the comrade closet

- [Coronavirus: Wisdom from a Social Justice Lens](#) from Healing Justice Podcast
- [Disability Community Preparedness Resource List/Guide](#)

Healthcare, Access and Services

- [Hopelink in E. King County WA](#) offering pre-sorted food boxes and over-the-phone services
- [Petition to Request Broadband and Network Providers to Waive All Fees for Low-Income Users](#) by Free Press Action
- [Comcast new customers free 60 days of Internet](#)
- [What if you can't stay home? Recommendations to support the health of people experiencing homelessness during the Coronavirus State of Emergency](#) (Coalition on Homelessness)
- [A Guide for Accessing Reproductive Healthcare in Virginia in the Wake of COVID-19](#)

Housing

- [National Runaway Safeline Home Free program](#)
 - If students have a safe place to go but don't have a way to get back, they work with Greyhound* to help homeless youth ages 12-21 with transportation to safe living arrangements
 - A flag that border patrol searches have increased on Greyhound buslines
 - Also have database of local resources
- [Twitter thread of local/national food and housing resources](#)

Employment and Financial Aid

- Twitter user, [@awkward_duck](#), offering support with filing unemployment insurance claims if employer cuts hours b/c of COVID-19
 - Email at cherrellbrown13@gmail.com
- Why Hunger [database of food pantries](#)
- [COVID-19 Financial Solidarity Spreadsheet](#)

Prevention

What to do if I feel sick?

- Stay home. The most common symptoms so far are fever and dry cough, followed by fatigue and shortness of breath. Don't go to work, the store, or take public transportation.
- If you begin to have a high fever, shortness of breath or any other more serious symptom, call your doctor and find out next steps. Check the [C.D.C. website](#) and your local health department for advice about how and where to be tested.
 - Is your testing covered?

What can I be doing to prepare with my family, housemates, etc.?

Summarized from [this longer document](#).

- Wash your hands, wash your hands, wash your hands! You can also use hand sanitizer with >70% alcohol.
- Avoid touching your face, especially eyes, nose, and mouth. That's how you pass COVID-19 from a surface that has it to your body.
- "Social distancing." If you can telecommute, do that a little more. If you influence someone else's work schedule and they can do their job from home, encourage them to do so. Avoid large gatherings and places a lot of people go.
- Start stocking up on supplies. There is a good chance schools will start to close and non-essential travel will be limited. If someone in your house gets sick, your whole house will likely be isolated for 2-3 weeks. Stock up on the essentials (maybe 2-4 weeks?), such as:
 - Prescriptions (30 day supply)
 - Thermometer
 - Alcohol-based hand sanitizer
 - Non-perishable food
 - Pain relievers, fever reducers, decongestants, and cough drops (zinc tablets are also good to take to reduce any symptoms)
 - Toilet paper, paper towels, paper products
 - Extended supplies of prescription medications
 - Diapers or pet supplies (if needed)

Harm Reduction

- [Maine Access Points resources on safe drug use and provider operations*](#)
 - *not web-reader accessible
- [COVID-19 Response for People Who Use Drugs](#)

Mutual Aid

- [Template letter to neighbors](#)
- [Pod Mapping for Mutual Aid](#)
- [Neighborhood Pods How-to](#)
- [COVID-19 Mutual Aid Instagram](#)
- [Four Thieves Vinegar Collective: An Anarchist's Guide To Surviving Coronavirus](#)
- [Big Door Brigade - Mutual Aid Toolbox](#) compiled by prison abolitionists
- [Community Care and Mutual Aid Signup TEMPLATE](#) - do not edit, make a personal copy
- [Decolonizing Community Care in Response to COVID-19](#) (ndn collective)

Regional Mutual Aid

- [General List of Mutual Aid Networks](#)
- [Mutual Aid Resource Toolkit](#) (DC)
- [Philly Mutual Aid for folks affected by COVID-19](#)
- [Ohio Mutual Aid](#)
- [Dayton/Miami FL Mutual Aid](#)
- [Portland Oregon Mutual Aid](#)
- [Massachusetts \(Jamaica Plain, Boston\) Mutual Aid](#)
- [Morris County NJ Mutual Aid](#)
- [Chicago Mutual Aid](#)
- [NYC Mutual Aid](#)
- [Los Angeles Mutual Aid Resources](#)
- [Huron Valley Michigan Mutual Aid](#)
- [Seattle Mutual Aid](#)
- [Providence Community Mutual Aid](#)
- [Medford and Somerville Mutual Aid](#)
- [Twin Cities Mutual Aid](#) (MN)

Mental Health

- [Mental health and coping during COVID-19](#) (CDC) - for you, your parents and responders

- [Taking Care of Your Mental Health in the Face of Uncertainty](#) (American Foundation for Suicide Prevention)
- [Managing COVID-19 Anxiety](#) by @blessingmanifesting on Instagram
- [Podcast: Healing Justice Coronavirus Wisdom from a Social Justice Lens](#)
- [SUPPORTING YOURSELF THROUGH THE COVID-19 FRENZY](#) by Leata Mae
- [MindRight](#) is a free text therapy resource for teens ages 13-24
- [Tea Time with Sandra Kim \(Everyday Feminism / Re-becoming Human\)](#) - FREE online healing circle, Tuesdays & Thursdays, 11am PT / 2pm ET (no end date set yet)
- [Coloring Pages](#)

Holistic Health

- [Third Root Community Health Center on how to holistically support your body through COVID-19](#) (Brooklyn, NY)
- [How to support your body's innate ability to protect & heal](#), including herbs to take to support immune system (recommended from Third Root)
- [DIY Hand Sanitizer](#) from @aguadejade
 - Another recipe [from WHO](#)
 - [The Verge - Hand Sanitizer Recipe](#)
- [Why and how to moisturize your hands too](#), including DIY Hand oil recipe from @hoodherbalism
- [SUPPORTING YOURSELF THROUGH THE COVID-19 FRENZY](#) by Leata Mae

Movement lens on Coronavirus

- [What To Do When the World Is on Fire](#) - podcast with Kelly Hayes and Vanamali Hermans
- [Undoing Ableist Capitalist Assumptions](#) by the comrade closet
- [Capitalist agriculture and Covid-19: A deadly combination](#) (Climate and Capitalism)
- [COVID-19 now a pandemic; capitalism exacerbates crisis](#) (Liberation News)
- [Taeyoon Choi - How to Deal w Racism](#)
- [Social Justice in a time of Social Distancing](#)
 - “We assert that now is a critical time to focus our collective attention on the global and local arrangements implicated in the management of the coronavirus. We want folks who care about social justice—from immigrant rights, to climate justice, voter registration, etc.—to seize this opportunity to explore and challenge what COVID19 shows us about the hidden (and not-so hidden) arrangements of our lives.”
- [What is Mutual Aid?](#) - difference between mutual aid vs. social services or charity, examples
- [How Coronavirus Is Affecting the LGBTQ+ Community, From Drag Queens to the HIV+](#)
- [How canceled events and self-quarantines save lives, in one chart](#)

- [Half Assed Disabled Prepper Tips for Preparing for a Coronavirus Quarantine](#) by Leah Piepzna-Samarasinha
- [Coronavirus: Wisdom from a Social Justice Lens](#) from Healing Justice Podcast features @thecrankyqueer @peopleshub @misselandria @drcrissaris @emergent_phoenix_consulting talking about Covid-19 prep for people living with chronic illnesses in the US ([transcript](#))
- [Baltimore People's Proposal for COVID-19](#) - March 7 community press conference
- [Demands from Grassroots Organizers Concerning COVID-19](#) - March 4
- [adrienne maree brown, author of emergent strategy and pleasure activism, on COVID-19](#)
 - “some resources that might help you think about where to be, how to be, and how to see the possibilities even in this moment, how to move towards life.”
- [Coronavirus: The Case for Canceling Everything](#)
- [How might a pandemic affect US society and politics in 2020?](#)
- [An Emerging Coronavirus Concern: Eviction](#)
- [Pandemic Policy Survival Kit](#) (twitter thread)