



As everyone knows, the COVID-19 pandemic has had a significant impact on the overall economy, rates of unemployment, the fiscal well-being of UF/UF health, and the personal finances of so many. As we continue to go through this unprecedented situation together, there are a number of resources and offerings currently available to help you and your family during this difficult time:

This year, UF/GatorCare Wellness is sponsoring a **free financial well-being program called “Money 2020” for UF/UF Health employees**. You can access the newsletter, including updates and challenges for January-April, at this link to get started working on your financial wellness: <https://gatorcare.org/2019/12/19/money-2020/>

This article from the American Psychological Association describes **7 practical steps you can take to reduce financial stress during COVID-19**: <https://www.apa.org/members/content/coronavirus-related-financial-stress>.

You might also enjoy this **podcast**, [Coping with Financial Anxiety During COVID-19](#), by Brad Klontz, PhD, a financial psychologist and a certified financial planner, who offers advice to make you feel a little better in these uncertain times.

**Florida is offering a child care subsidy for families where at least one parent is a first responder or health care worker (regardless of income)**. Visit the Bridge to view the [Child Care Application & Authorization Form](#), [an Essential Services list](#), and [to complete the application if your family is eligible](#). Send the application to your local Early Learning Coalition in the county where you live. These are the eligibility requirements:

- Children must be under 13 years of age
- Children are United States citizens or legal residents
- At least one parent is a first responder or health care worker
- The Child Care Application & Authorization Form must be approved by the employer and the Early Learning Coalition
- Attendance at a participating Early Learning Coalition child care provider
- Florida resident

The Alachua County Public Schools continue to offer [Free Meals for Alachua County Children/Teens \(0-18\)](#). **Lunch (and breakfast for the next day) are offered for children from all families, regardless of income Monday through Friday from 11am-1pm** (on Friday, meals are distributed for the whole weekend). Your children do not have to be enrolled in Alachua County Public Schools to receive the meals. Click on the link for a list of “drive-thru” pick-up sites. Children do not need to be present to receive the food, and you can also have someone else pick up food for your kids (or pick up food for other families to distribute to them) if the distribution hours are not convenient.

Many Americans are currently receiving funding from the federal government as part of the Coronavirus Aid, Relief, and Economic Security (CARES) Act. Personal finance experts from UF/IFAS have offered tips on **how to be smart with your stimulus check**. You can find answers to frequently asked questions and tips [in this Q&A](#). You can also learn more about these stimulus payments on [the IRS website](#). UF would also like to remind everyone to **stay alert for CARES Act scams**: *As the Department of Treasury begins to deliver electronic payments as part of the CARES Act, some individuals have reported fraudulent emails and phone calls from people posing as Treasury or bank representatives who ask for updated account information so they can deposit federal checks. Please do not give out any personal information unless you contact the Treasury or your bank directly. Examples of scams include malicious websites, spam conspiracy-themed emails, phishing scams with representatives posing as the CDC or the WHO, fake charities and fake internal communications claiming to come from IT or HR departments.*

**If you or someone you know lost your job or had your hours seriously reduced due to the COVID-19 pandemic, you may be eligible for unemployment benefits, even if you were already denied.** According to the Florida Department of Economic Opportunity, anyone who applied on or before April 4 should reapply at [www.FloridaJobs.org](http://www.FloridaJobs.org). Read more about it here: <https://www.miamiherald.com/news/business/article242354711.html>

In addition, **if you maintain a dependent care flexible spending account through the State of Florida** and your circumstances have changed in recent weeks related to childcare or your or your spouse's employment, you may make changes to your elections for a limited time following these and other qualifying events. To learn more and to request a change, please contact the People First Service Center at 866-663-4735

Finally, the Living Wage Committee at the Alachua County Labor Commission has created this Google doc with **comprehensive information about a number of COVID-19-related financial issues, with links to a variety of resources and ways to provide assistance**: [https://docs.google.com/document/d/1lIHKlpeAoJfX83wPridvXzMEtr-rshBdBBaQC1Pyrrg/mobilebasic?fbclid=IwAR2gq\\_9yoQIKFOOq4Kh44i14sinMOJJSk2DMqDBCOWQMslS7LzPElSIYXM](https://docs.google.com/document/d/1lIHKlpeAoJfX83wPridvXzMEtr-rshBdBBaQC1Pyrrg/mobilebasic?fbclid=IwAR2gq_9yoQIKFOOq4Kh44i14sinMOJJSk2DMqDBCOWQMslS7LzPElSIYXM)

Stay well!

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