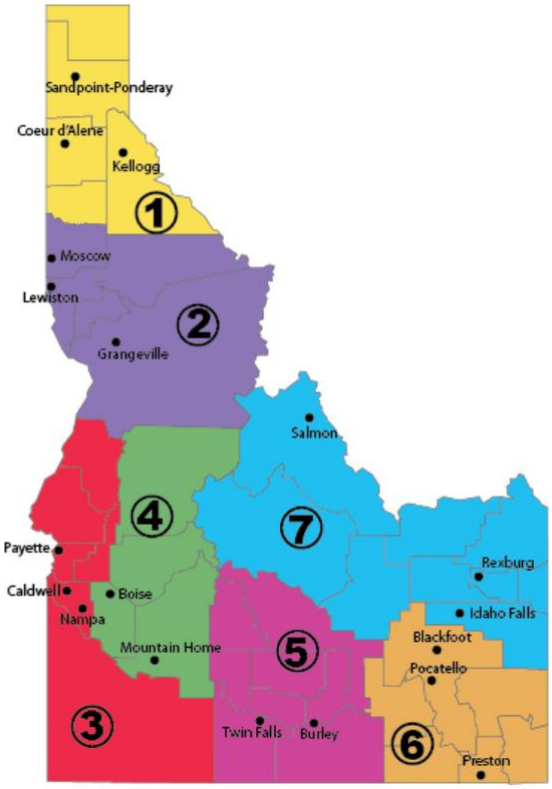
IDAHO DEPARTMENT OF HEALTH & WELFARE
DIVISION OF BEHAVIORAL HEALTH

# Covid-19 Resource Guide

## Consumer Version

This resource guide was created by the Division of Behavioral Health at the Idaho Department of Health and Welfare. The mission of the Division of Behavioral Health is to provide services of the highest quality by working together to inspire hope, recovery, and resilience in the lives of Idahoans living with behavioral health disorders and their families. The division is the second largest healthcare payer in Idaho and provides healthcare and services to promote an outcome-based, efficient health and human services delivery system.




## COVID-19 Resources

Click on the links below to find Idaho, national and region-specific resources.

Idaho and National Resources

Region 1 — Benewah, Bonner, Boundary, Kootenai, Shoshone

Region 2 — Clearwater, Idaho, Latah, Lew, Nez Perce

Region 3 — Adams, Canyon, Gem, Owyhee, Payette, Washington

Region 4 — Ada, Boise, Elmore, Valley

Region 5 — Blaine, Camas, Cassia, Gooding, Jerome, Lincoln, Minidoka, Twin Falls

Region 6 — Bannock, Bear Lake, Bingham, Caribou, Franklin, Oneida, Power

Region 7 — Bonneville, Butte, Clark, Custer, Fremont, Jefferson, Lemhi, Madison, Teton

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# Idaho and National Resources

Click a topic below to view resources.


Antibody Testing

Banking

Business Guidance

Centers for Disease Control

Census

Child /Family Resources

Cloth Face Coverings

COVID-19 Translations

Crisis Centers

Departments of Labor

Entertainment

Facebook Community Groups

Family Violence

First Responder and Healthcare Worker Childcare

First Responder and Healthcare Worker

Health and Human Services COVID 19 Behavioral Health (federal)

Hotels

Housing

Idaho COVID-19

Recovery Centers

Refugee Needs

Telehealth Services

Therapy Toolkit

Unemployment (see Department of Labor)

Veterans

Volunteer Opportunities

Voting

## Antibody Testing Return to section menu

Serological tests detect antibodies in the blood generated during the immune response to a specific infection, such as COVID-19. They are different from tests such as PCR that detect the virus that causes COVID-19. Many new serological tests for COVID-19 have been developed; however, to date only four have been authorized by the Food and Drug Administration (FDA). Some companies are falsely claiming their serological tests have been approved by the FDA or that they can diagnose COVID-19 infections. The Idaho Division of Public Health discourages the use of unauthorized serology-based assays for diagnosis of COVID-19 or determining someone's infectious or immune status.

## Banking / Financial Return to section menu

- Call your local bank to find out if there are option for services such as:
  - Skip a payment
  - Small or personal business loans
  - Phone payment fee waivers
  - Paycheck protection
- Non-filer economic impact payment: https://www.irs.gov/coronavirus/non-filers-enter-payment-info-here
- Direct deposit info for stimulus check: https://www.irs.gov/coronavirus/get-my-payment
- Immigrant Worker's Rights and COVID 19: https://s27147.pcdn.co/wp-content/uploads/FAQ-Immigrant-Workers-Rights-COVID-19-Resource-v-2020-04-10.pdf
- Idaho Housing and Finance has funds to aid in COVID-19 related housing and utility needs. Applicants must be Idaho residents, legally reside in the US, have an income that is 80% or less of the area's median income, owe past due rent/utilities or be unable to pay upcoming bill, and are not receiving a federal housing subsidy. Apply and learn more at: idahohousing.com/covid-19.

## Business Guidance (see also Banking) Return to section menu

Free webinars cover the Economic Injury Disaster Loans, Paycheck Protection Program Loans, Employee Leave Tax Credits, and Employee Retention Tax Credits. All these programs and capital options are currently available to Idaho Businesses.

Trainings and Webinars

Idaho Small Business Development Center - COVID 19 Help

Information for Small Businesses Navigating the COVID-19 Outbreak

SBA Guidance to COVID-19

SBA Disaster Loan Assistance

SBA Export Working Capital Program

RestoreYourEconomy.org

Idaho Department of Labor – Coronavirus and Unemployment Insurance

COVID-19-Related Tax Credits for Required Paid Leave Provided by Small and Midsize Businesses – FAQs

Small Business Paycheck Protection Program

Idaho Department of Commerce

**Idaho Rebound Cash Grants** – Application opens May 11, 2020: http://rebound.idaho.gov/idaho-rebound-cash-grants-for-small-businesses/ (all recipients will be displayed at Tranparent.Idaho.Gov)

**New emergency grants now available for childcare business owners** – The Emergency Grant is available to licensed and/or ICCP certified childcare providers who administer full time childcare, and who will be open and operating during the months for which funding is requested. Eligible expenses include staffing costs or hazard pay; cleaning and janitorial expenses; consumable supplies and materials; and general business operations such as rent or utilities. Applications for the emergency grants will be accepted May 1 through June 30. Interested childcare business owners can apply by downloading and completing the Idaho Child Care Emergency Fund application available at https://healthandwelfare.idaho.gov/Children/ChildCareAssistance/tabid/292/Default.aspx.

## Centers for Disease Control (CDC) Return to section menu

Find resources on the CDC Website.

## Central District Health (CDH) Return to section menu

Guidance for Behavioral health
https://cdhd.idaho.gov/pdfs/cd/Coronavirus/Resource%20Docs/Behavioral-Health-COVID.pdf

Guidance for Domestic Violence Victims
https://cdhd.idaho.gov/pdfs/cd/Coronavirus/Resource%20Docs/Domestic-Violence-Victims-COVID.pdf

Guidance for Law Enforcement
https://cdhd.idaho.gov/pdfs/cd/Coronavirus/Resource%20Docs/Law-Enforcement-COVID.pdf

Food and Cash Assistance
https://cdhd.idaho.gov/pdfs/cd/Coronavirus/Resource%20Docs/Food-Cash-Assistance.pdf

SNAP
https://cdhd.idaho.gov/pdfs/cd/Coronavirus/Resource%20Docs/Law-Enforcement-COVID.pdf

WIC
https://cdhd.idaho.gov/pdfs/cd/Coronavirus/Resource%20Docs/WIC-Program.pdf

## Census Return to section menu

https://2020census.gov/

## Child/Family Resources Return to section menu

Talking with Children About Pandemic
https://www.massgeneral.org/psychiatry/guide-to-mental-health-resources/families-and-children#tools

Family Preparedness
https://www.massgeneral.org/psychiatry/guide-to-mental-health-resources/families-and-children#tools

Tool and Ideas
https://www.massgeneral.org/psychiatry/guide-to-mental-health-resources/families-and-children#tools

https://www.scholastic.com/parents/school-success/learn-at-home.html

https://funcheaporfree.com/resources-for-kids/

https://stories.audible.com/start-listen (free stories for children)

https://www.loc.gov/ (lots of activities including free art classes for children)

https://www.lakeshorelearning.com/?utm_source=google&utm_medium=ppc&utm_campaign=branded&gclid=EAIaIQobChMI86yI-Nre6AIVNRh9Ch1qtwopEAAYASAAEgIrq_D_BwE

https://www.dancingwithoutlimits.com/ (free online dance classes for children with special needs)

https://resources.stem.idaho.gov/ (STEM resources)

https://www.kennedy-center.org/education/mo-willems/

**Videos and books for Kids**

Coping After A Disaster
https://www.cdc.gov/cpr/readywrigley/documents/RW_Coping_After_a_Disaster_508.pdf (English)
https://www.cdc.gov/cpr/readywrigley/documents/RW_Coping_After_a_Disaster_508_SP.pdf (Spanish)

Germ fighting superhero (Daniel the Tiger)

Coronavirus A book for children

Sticky A Germ's Story

The germ called Coronavirus; A short guide for children

## Cloth Face Coverings Return to section menu

Cloth face covering DIY and CDC proper wearing guidance:

**Videos**
How to Make Your own Face Covering CDC -
https://www.youtube.com/watch?v=tPx1yqvJgf4&feature=emb_title

Face Mask Kit – https://vimeo.com/399324367/13cd93f150

DIY: How to sew Face Mask | NO Sewing Machine! –
https://www.youtube.com/watch?v=xN0HH2Zb2hY

DIY Cloth Face Mask – https://www.instructables.com/id/DIY-Cloth-Face-Mask/

**Written Instructions: How to Wear a Cloth Face Covering CDC**
https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html

How To Make A Face Mask – https://www.allinahealth.org/-/media/allina-health/files/mask-sewing-how-to.pdf

Face Mask Directions – https://www.leadingagewa.org/wp-content/uploads/sites/296/2020/02/Instructions.pdf

## COVID-19 Translations

Endangered Language Project:
https://docs.google.com/document/d/1DyvjFYRsOkpH9UeEBEmgFd6ehSLfpMtw8j6ZFvV8JPA/edit

## Crisis Centers Return to section menu

Live Better Idaho provides contact information and resources for crisis centers in Idaho.
https://www.livebetteridaho.org/behavioral-health/crisis-centers-substance-use-disorder-and-mental-health-services

## Department of Labor Return to section menu

Employer Resources (scroll to middle of page)
https://labor.idaho.gov/dnn/COVID-19

Employee Resources, file an unemployment claim
https://www2.labor.idaho.gov/ClaimantPortal/Login

Search for job openings
https://idahoworks.gov/ada/r/search/jobs?is_subsequent_search=true&tags=COVID-19+Essential+Job

Nearest Labor office
https://www.labor.idaho.gov/dnn/Local-Office-Directory

## Entertainment Return to menu

National Emergency Library — *Services Offered:* 4 million digital books online for free, no waiting lists
https://archive.org/details/nationalemergencylibrary

Fender Play — 3 months free guitar lessons
https://try.fender.com/play/playthrough/

Gibson — free lessons during COVID 19
https://www.gibson.com/News/Gibson-Gives-And-Sweetwater-Offer-Memberships-To-Amped-Guitar

Collective Thriving Circle — shared storytelling about what you are choosing to let go of during this "forced stop" and how you will hold on to those choices once we are on the other side of this pandemic.
https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh0wu2f8eddb8e54&oseq=&c=&ch=

Georgia Aquarium's Live Cameras! — may not always have action)
https://www.georgiaaquarium.org/webcam/southern-sea-otter-webcam/

https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/

https://www.georgiaaquarium.org/webcam/ocean-voyager/

Houston Zoo Live Cameras! — Central time zone, between 7 AM-7 PM)
https://www.houstonzoo.org/explore/webcams/

San Diego Zoo Live Cameras — Pacific time zone, business hours
https://kids.sandiegozoo.org/videos

The Smithsonian — Top right corner, click first or second, then you can click on the dots on the map or the arrows on the floor to move through the Smithsonian!
https://naturalhistory2.si.edu/vt3/NMNH/

This is the Sistine Chapel in Vatican City, Rome! — you can use the +/- buttons to zoom into the arm and the arrows to move left, right, forward or back
http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/cappella-sistina/tour-virtuale.html

British Museum — this one is a little complex, but you can do it! The list on the right are major categories, the dots are exhibits. Click on a dot, it makes music, then hit find out more, and click on the odd vertical bars! Its audio that teaches you about the images.
https://britishmuseum.withgoogle.com/

Women's History — here is some oral history about Rosie the Riveter era of women's history
https://www.womenshistory.org/resources/general/rosie-riveter-oral-histories

## Facebook Community Groups Return to section menu

Go to the "groups" tab, type COVID 19 or some version of the phrase and local support groups will appear. Many mutual aid groups have been created for delivery of food, supply trade, etc

## Family Violence Resources Return to section menu

National Domestic Violence Hotline- "Staying Safe During COVID 19"
https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/

Childhelp National Child Abuse Hotline is 1-800-4A-CHILD (422-4453)

Latino and Latina survivors can reach out to Casa de Esperanza at 1-651-772-1611

Native American and Alaska Native people can reach out to StrongHearts Native Helpline at 1-844-7NATIVE (762- 8483)

LGBTQ people can reach out to the Anti-Violence Project Hotline at 1-212-714-1141

Young people experiencing relationship or domestic violence can contact Love Is Respect at 1-866-331-9474

LGBTQ young people who may be experiencing abuse because of their gender or sexuality can contact the Trevor Project at 1-866-488-7386

## First Responder and Healthcare Worker Childcare Resources Return to section menu

**Coronavirus Counseling Assistance for Frontline Workers**
View this flyer from the Division of Behavioral Health to learn about Coronavirus Counseling Assistance for Frontline Workers.

**Idaho Stars**
Location/Service Area: Statewide
Phone: Call the 2-1-1 Idaho CareLine by dialing 2-1-1 or 1-800-926-2588
E-mail: iswebmaster@uidaho.edu
Hours of Operation: 8:00am to 5:00pm Monday – Friday Website
Services Offered: We assist families who are searching for Childcare to find providers who are open for essential workers.

**Boise Schools**
Location/Service Area: Grace Jordan, Whitney, Whittier, Morley Nelson Elementary Schools
Phone: 208-854-6722 Website
Hours of Operation: 8am-5pm for select children
Services Offered: Free childcare March 17-27 for those families with workers in high demand jobs

**Boys and Girls Club of Ada**
Location/Service Area: Moseley Center, Meridian Club, Peregrine Club, Desert Sage Club, Kuna Club
Phone: 208-376-4960 Website Hours of Operation: 7am-6pm weekdays
Services Offered: Boys and Girls Club locations are continuing to provide childcare to serve

those families who absolutely must continue working. Visit www.adaclubs.org for more information

**YMCA**
Contact your local YMCA as they have nationally received grant money to provide childcare for healthcare workers

## First Responder and Healthcare Worker Resources Return to section menu

COVID 19 Emergency Response Fund (help support first responder families with hardship)
https://1strcf.org/

Mental Health (see also Health and Human Services COVID 19 Behavioral Health Resources)
https://www.massgeneral.org/psychiatry/guide-to-mental-health-resources/health-care-providers

STARR Family Behavioral Health
208-908-6399
24/7 Zoom counseling (EAP and all major insurance)

Short term housing (see Hotels)

Two-part workshop series May 18 and My 27 on managing stress and anxiety in a time of crisis, facilitated by Elizabeth Guroff, MA, LCMFT, director of trauma-informed services.

- **Workshop #1:** *How to Lead Through COVID-19 Crisis in a Resilience-oriented Trauma-informed Way* on **Monday, May 18, 2-3:30 p.m. ET** identifies leadership strategies you can adapt to minimize the impact of anxiety on staff and techniques to promote resiliency and self-care in a trauma-informed way. Register now.

- **Workshop #2:** *Self-care and Promoting Post-traumatic Growth and Management During COVID-19* **on Wednesday, May 27, 2-3:30 p.m. ET** provides different strategies you can use to manage the impact of anxiety and worry on yourself and techniques to implement to enhance self-care during active crisis. Register now.

## Health and Human Services COVID 19 Behavioral Health Resources (federal)
Return to section menu

https://asprtracie.hhs.gov/technical-resources/115/covid-19-behavioral-health-resources/99

- Preparations for 1st Responders & Healthcare Workers
- Caregivers for Children: Conversations about COVID 19
- Caregivers for Adults: Guidance and Recommendations
- Community Leaders: Guidance and Recommendations
- Educators: Helping Students Cope
- Self-Care for First Responders and Healthcare Workers
- Telehealth: Protocols, Ethics, and Practical Applications

## Hotels Return to menu

Idaho Hilton and Marriot hotels offering deep discounts for first responders and healthcare workers:

- For individual stays at Marriott up to 30 days, go to their website and under Special Rates, click Corporate / Promo / SET# and enter code: QWO.
- For special rates with Hilton, go to their website for details and to check availability and for bookings of ten or more people, please contact GroupMeetingRFP@Hilton.com or call 866-215-2929.

## Housing Return to menu

**Housing Preservation Program (HPP)**
Available only to Idaho renters and provides assistance not only for rent, but also for utilities. To learn more about the Housing Preservation Program and its eligibility requirements, go to idahohousing.com/covid-19.

A call-line (1-855-452-0801) is available to applicants who need help submitting an application. You may be able to assist applicants by making a phone available for call line access, providing internet access, scanning documents and/or submitting documents to IHFA via fax.

**Federal Housing Authority (FHA)** *Website*
Services Offered: HUD housing has a 60-day moratorium for FHA insured mortgages, to last through the end of April.

**Federal Housing Finance Agency**
Services Offered: Mortgages backed by Fannie Mae or Freddie Mac will have suspended foreclosures and evictions for 60 days, to last through mid-May.

**Idaho Housing and Financial Association**
Received a lot of COVID funds and is available to help anyone in need!

- No financial cap on the amount paid.
- Can pay up to three months' rent and utilities.
- 80% AMI cutoff for applicants.
- For people who own their home, will pay up to three months utilities.
- Applications are processed quickly and with little scrutiny.

Apply: https://www.idahohousing.com

Jesse Tree of Idaho
Location/Service Area: Ada and Canyon Counties
Phone: 208-383-9486 Website
Hours of Operation: Available by phone M-F, 8-5
Services Offered: "Jesse Tree operates a Housing Crisis Line Monday through Friday 9am-5pm. A Jesse Tree volunteer can provide you with information about the eviction process, support, and connections to help you navigate your situation and identify resources and strategies you can use to stay in your housing. Clients may also be offered more intensive case management and rental assistance."

Economic Opportunity - Micro-Enterprise and Finance
Location/Service Area: Treasure Valley and Twin Falls
E-mail: tmckinley@jannus.org Website
Services Offered: We are continuing to provide services remotely. Hours of operation M-F 8:30am-5pm. Rent/housing assistance and business assistance through emergency personal loans and small business loans. Interest and payments deferred for the first 4 months for those initiating new loans.

## Idaho COVID-19 Resources Return to section menu

**Covid-19 Distress Line 1-888-330-3010**
When you're isolated at home, feelings of anxiety, loneliness, or worry may become overwhleming. Experiencing these feelings is common during times of heightened stress. Don't be afraid to reach out, we are here to help!

**Covid-19 Idaho Website** — https://coronavirus.idaho.gov/

**Stay Healthy Order** — https://coronavirus.idaho.gov/stay-healthy-order/

**State Reopening** — there are four stages to re-opening Idaho, beginning May 1. Dates of subsequent stages are subject to change if criteria are not met. Details are available at https://rebound.idaho.gov/.

**SNAP benefits can now be used for online purchases** — Supplemental Nutrition Assistance Program (SNAP) benefits can purchase groceries online starting today at Amazon and at Walmart locations in Jerome and Caldwell. All Walmart stores will accept online orders starting Thursday, May 7. Idaho has been approved to participate in the United States Department of Agriculture (USDA) online purchasing pilot project. SNAP recipients can choose in-store pick up or delivery, where available, but those who choose delivery will have to pay any delivery fee out of pocket. SNAP benefits do not cover these costs. Walmart and Amazon are the only retailers currently approved by USDA to accept SNAP benefits online in Idaho. Other retailers may apply directly with USDA to participate in this program. If the closest Walmart is in another state, check with the store to see if online purchasing is available. For more information on SNAP, visit www.livebettidaho.gov or call 855-289-1427 to apply.

## Recovery Centers Return to section menu

Idaho Association of Recovery Community Centers
https://www.idahorccs.com/recovery-community-centers-of-idaho

## Refugee Needs Return to menu

Idaho Office for Refugees has launched a YouTube channel with videos explaining aspects of COVID. Translations include Somali, Swahili, Arabic, and Kinyarwanda.
https://www.youtube.com/channel/UCPmE-VxLKivYhCT7hLYnwkA

Other translated information:

COVID: https://www.rescue.org/announcement/covid-19-info-14-languages?edme=true&fbclid=IwAR2ZcXxumEl48U0FU_U1wX_a6ksmfFX_iQZ3MGGRp4xnGo64ZSPMQ3bfNqE

State Order: https://www.facebook.com/IRCboise/photos/pb.1478591585726090.-2207520000../2488497158068856/?type=3&theater

## Telehealth Services Return to section menu

Please call your insurance company to determine which providers are available for telehealth services:

- Aetna 1-800- 872-3862
- Allways Health Partners 1-855-444-4647
- Anthem Blue Cross 1-866-461-3585
- Aspire Healthplan 1-855-570-1600
- AvMed 1-800-477-8768 Medicare members 1-800-782-8633
- Blue Cross of Idaho 1-800-274-4018
- CIgna 1-866-912-1687
- Humana Medicare 1-800-457-4708
- Magellan Health1-800-788-4005
- Molina Healthcare 1-800-835-2362
- Pacific Source 1-800-688-5008
- Regence BlueCross BlueShield 1-800-253-0838
- SCAN Health Plan 1-800-559-3500
- Sharp 1-800-827-4277
- United Healthcare 1-866-414-1959

If you continue to struggle, please call your regional Health and Welfare Behavioral Health office (see page 3) for assistance in making phone calls

## Therapy toolkit (online apps/videos/handouts to provide clients) Return to section menu

General Mental Health
https://www.massgeneral.org/psychiatry/guide-to-mental-health-resources/mindfulness

Healthy Habits
https://www.massgeneral.org/psychiatry/guide-to-mental-health-resources/mindfulness

Mindfulness
https://www.massgeneral.org/psychiatry/guide-to-mental-health-resources/mindfulness

Positive Emotions
https://www.massgeneral.org/psychiatry/guide-to-mental-health-resources/mindfulness

Yoga and Movement
https://www.massgeneral.org/psychiatry/guide-to-mental-health-resources/mindfulness

https://www.youtube.com/channel/UChxVDlZyxWJXbAlqOIoh79w (local studio)

https://www.mindfulschools.org/

## Unemployment (see Department of Labor) Return to section menu

## Veterans Return to section menu

VA FAQs- What Veterans Need to Know
https://www.va.gov/coronavirus-veteran-frequently-asked-questions/

## Volunteer Opportunities Return to section menu

Mask Making
https://www.instructables.com/id/DIY-Cloth-Face-Mask/

Medical Supply Donations
https://fs9.formsite.com/uwtv/COVID-19-PPE-supplies/index.html?1585176495234=

## Voting Return to section menu

https://idahovotes.gov/absentee-request/

https://idahovotes.gov/vote-early-idaho/

## Region 1 —Benewah, Bonner, Boundary, Kootenai, Shoshone

Click a topic below to view resources.

Health and Welfare Behavioral Health Offices

Behavioral Health Hospitals

Crisis Centers

Diapers

Food (foodbanks, meal assistance, schools, etc.)

Grocery Store Speciality Hours

Hotels (Reduced Rates)

Pets

Shelter Updates

Testing Sites

## Health and Welfare Behavioral Health Offices Return to Region 1 Menu

Coeur d'Alene: 208-769-1406
Kellogg: 208-784-1352 x217
Sandpoint-Ponderay: 208-265-4532
After hours for all locations: 1-888-769-1405

## Behavioral Health Hospitals Return to Region 1 Menu

Kootenai Behavioral Health
2003 Kootenai Health Way, Coeur d'Alene 208-625-4800

## Crisis Centers Return to Region 1 Menu

Northern Idaho Crisis Center
2195 Ironwood Ct, Coeur d'Alene

## Diapers Return to Region 1 Menu

Idaho diaperbank: http://www.idahodiaperbank.org/

## Food (foodbanks, meal assistance, schools, etc.) Return to Region 1 Menu

Idaho foodbank: https://idahofoodbank.org/

Arlo's Restaurant
North Summit Church ACTS After School Program - Nora or Enis
(208) 263-4818
Sandpoint
free meal to families in need Meals can be picked up Monday - Friday between 4-6PM at 201 N. Division Street, First come, first serve.

Come Together North Idaho - Leo Hunsaker
Sandpoint
(208) 290-8213
Grocery runs for community members; receiving donations; distributing donations, etc.

CDA Backpack Program - Sarah Bradbury
Coeur d'Alene
208-869-6547
cdabackpackprogram@canvascda.com

Cherished Ones Ministries
401 N. 2nd.
Coeur d'Alene, ID 83814
208-704-0908
Sat. 2:30 to 6:00 bagged lunch

Eureka Institute Free Meal Initiative – Sandpoint
Tues 3-6 pm Eichardt's pub and Grill; 212 Cedar St
Thurs 3-6 pm Matchwood Brewing; 513 Oak St
Fri 3-6 pm Sandpoint Curry in a Hurry; in Ponderay next to the animal shelter or free delivery with 24-hour notice in Sandpoint, Ponderay, Kootenai City limits – please call 404-565-3131

First Presbyterian Church
201 Lakeside Ave.
Coeur d'Alene, ID 83814 208-667-8446 Thursday 11:30 to 12:30 bagged lunch

Huckleberry Lanes
208-255-2695
Sandpoint
If you are hungry and need food for any reason at all message through their Facebook page.

Pack River Store - Paul
(208) 263-2409
Sandpoint
Free sack lunches EVERYDAY for Pack River Store porch pick-up!
Monday- Also a pick-up in town at The Burger Dock 11:30-1:30 or Sagle Conoco 12-1;
Friday- lunches will also be available at Arnie's Conoco in Kootenai

## Grocery Store Speciality Hours Return to Region 1 Menu

Some store have hours for first responders and healthcare professionals, pleae call your local store for more information (Costco- show badge for fast pass admission during specialty hours)

Most grocery stores have hours for elderly consumers, please call your local store for details if not listed below:

Albertson/Safeway – all stores
Tuesday and Thursday – 7 to 9

Costco
Tuesday, Wed. Thursday - 8:00 to 9 They are allowing health care workers and first responders to the front of admission lines

Fred Meyer
Tuesday and Thursday – 7 to 9

Super One Grocery – all stores
Tuesday and Thursday – 7 to 9
They are working on the possibility of free delivery to elders

Yokes Fresh Markets – all stores
Wednesday 6 am – 9 am (pharmacy hours 7am – 9am)

## Hotels (Reduced Rates) Return to Region 1 Menu

Dynamic by Hotel Inn (formerly Quality Inn)
809 N Fifth Ave, Sandpoint, ID 83864
(208) 263-2767

- $49.99 plus tax nightly rate
- $189 plus tax weekly rate
- $564 plus tax monthly rate

Fairbridge Inn & Suites
476841 US-95, Ponderay, ID 83852
(208) 263-2210

- $25 for doctors and emergency responders to be closer to the hospital for shifts
- $25 for truck drivers day rate (less than 6 hours) to shower/get a meal
- $45.99 per night if paying for a week in advance

Hotel Ruby
477255 US-95, Ponderay, ID 83852
(208) 263-5383

- $55.24 per night M-F; slightly more expensive on Sat/Sun

Kootenai Valley Motel
6409 S Main St, Bonners Ferry, ID 83805
(208) 267-7567

- $350 plus tax weekly rate

## Pets Return to Region 1 Menu

Red Rover has grants for vet care, emergency boarding, and pet food
https://redrover.org/2020/03/23/coronavirus-covid19/

Kootenai Humane Society
11650 N Ramsey Rd,
Hayden, ID 83835

(208) 772-4019

Panhandle Animal Shelter
870 Kootenai Cutoff Rd.
Ponderay, ID 83852

208-265-7297

## Recovery Centers

Kootenai Recovery Community Center
1621 N 3rd Street
Coeur d'Alene, ID 83814
208-932-8005

## Shelter Updates Return to Region 1 Menu

Family Promise
501 E. Wallace
Coeur d'Alene, ID 83814
208-777-4190
Business as usual

Safe Passages Women's Shelter
208-664-9303
Telephone screening for fit in the shelter and symptom check

St. Vincent de Paul Help Center
201 E. Harrison
Coeur d'Alene, ID 83814

208-664-3095

People are allowed in the shelters; however, they must go to Heritage Outreach Clinic and be checked before they are allowed to enter.

## Testing Sites Return to Region 1 Menu

Panhandle Health
8500 N. Atlas Rd
Hayden, ID 83835
208-415-5270
Callers connect to clinic and are screened, if suspicious a clinician will do a further screening and when appropriate, write order for Kootenai Medical Center

Bonner General Hospital
520 N. Third Ave.
Sandpoint, ID 83864
Reserved for very ill – others sent to Kootenai Medical Center

Shoshone Medical Center
25 Jacobs Gulch
Kellogg, ID 83837
208-784-1221

Only doing suspicious cases inpatient and approved by ER, they test in the parking lot

Boundary Community Hospital
6640 Kaniksu St
Bonners Ferry, ID 83805
(208) 267-3141

Calls go to Panhandle and are screened, if there is an order, the person is tested in hospital parking lot

Benewah Community Hospital
229 S. Seventh Street
St. Maries, ID 83861
208-245-5551
Call in that is triaged, go car side and swab unless they need ER

Kootenai Health
2003 Kootenai Health Way
Coeur d'Alene, ID 83814
(208) 625-4000
Open testing M-F 8:00-4:00, you do not need symptoms to get a test.

Kootenai Medical Center
2003 Kootenai Health Way
Coeur d'Alene, ID 83814
208-625- 4000
Testing in tent in parking lot, must have an order, 24 hr service

Kootenai Urgent Care
700 Lincoln Way
Coeur d'Alene, ID 83814
208-667-9110
Will do screening and if appropriate write order to go to Kootenai Medical Center

Kootenai Urgent Care
566 W. Prairie Ave.
Coeur d'Alene, ID 83814
208-772-9110
Will do screening and if appropriate write order to go to Kootenai Medical Center

Northwest Urgent Care
315 W. Dalton Ave.
Coeur d'Alene, ID 83815
208-209-2060
Refers all to Panhandle Health for telephone screening and possible referral to Kootenai Medical

Kaniksu Health Services
30410 Hwy 200
Ponderay, ID 83852
Only for current patients who meet testing criteria

Kaniksu Health Services
6615 Comanche
Bonners Ferry, ID 83805
Only for current patients who meet testing criteria

Kaniksu Health Services
6509 Hwy 2, Ste 101
Priest River, ID 83856
Only for current patients who meet testing criteria

## Region 2 — Clearwater, Idaho, Latah, Lewis, Nez Perce

Click a topic below to view resources.

Health and Welfare Behavioral Health Offices

Behavioral Health Hospitals

Crisis Centers

Diapers

Food (foodbanks, meal assistance, schools, etc.)

Grocery Store Speciality Hours

Hotels (Reduced Rates)

Pets

Recovery Centers

Shelter Updates

Testing Sites

## Health and Welfare Behavioral Health Offices Return to Region 2 Menu

Grangeville: 208-983-2300
Lewiston: 208-899-4440
Moscow: 208-882-0562

## Behavioral Health Hospitals Return to Region 2 Menu

St. Joseph Regional Medical Center
415 6th St, Lewiston 208-743-2511

## Crisis Centers Return to Region 2 Menu

Rural Crisis Center Network
(877) 897-9027
1002 Idaho St, Lewiston
1275 Riverside Ave, Orofino
531 S Main St, Moscow

## Diapers Return to Region 2 Menu

Idaho diaperbank: http://www.idahodiaperbank.org/

## Food (foodbanks, meal assistance, schools, etc.) Return to Region 2 Menu

Idaho foodbank: https://idahofoodbank.org/

Idaho School Feeding Sites
https://batchgeo.com/map/3195baf394a7f7db04ce06c69b17842f

See the Community Resources link: https://www.ci.moscow.id.us/181/Poverty-on-the-Palouse.
Page 30 lists resources that are still available during COVID-19.

Blessed Hope Assembly of God
1033 Burrell Ave
Lewiston, ID P: 208-743-4874
Wed and Thursday 10a-2p

Valley Christian Center
3215 Echo Hills
Lewiston, ID Dr
P: 208-746-0401 Tuesday and Wed 10a-2p

Salvation Army Lewiston
1220 21st Street
Lewiston, ID P: 208-746-9653
Dinner M/T/W/F (5-6pm), Pantry Tuesday-Friday 1-4:30p

Episcopal Church of the Nativity
731 8th Street
Lewiston, ID
P: 208-743-9121

All ages are welcome to receive food at the food pantry every Tuesday from 8:45 – Noon.
Dinner 2nd and last Saturday 4-5:30p

Grace Lutheran 3434 6th Street
Lewiston, ID 208-791-2780
Dinner 1st, 3rd, and 5th Saturday 5-6:30p

Mobile Ministries
1700 8th Street
Lewiston, ID P: 208-743-9501
1st and 3rd Friday 5-7p

Orchards Baptist Church
1002 Bryden Ave
Lewiston, ID
P: 208-743-5302
January – October 2nd and 4th Thursday's from 4-6 pm

St. Vincent De Paul Lewiston Food Bank
3138 5th Street
Lewiston, ID P: 208-746-7860.
Call ahead for appointment 9:30-1 Monday thru Friday

Community Action Partnership Food Bank
124 New 6th Street
Lewiston, ID
P: 208-798-4210 Monday thru Friday 9am-4pm

The Idaho Food Bank Lewiston 3331 10th
Lewiston, ID Street
P: 208-746-2288

Lewiston-Clarkston Valley Meals on Wheels
415 6th Street Lewiston, ID
P: 208-799-5767
For senior citizens, shut-ins, and handicapped people" $4 per day for full program; one hot meal and sack lunch. OR $3 a day for hot meal only. Milk may be added for .25c. Meals are delivered by 1pm

## Grocery Store Speciality Hours Return to Region 2 Menu

Some store have hours for first responders and healthcare professionals, pleae call your local store for more information (Costco- show badge for fast pass admission during specialty hours)

Most grocery stores have hours for elderly consumers, please call your local store for details if not listed below:

Albertsons
Tuesday and Thursday 6am-9am

Costco
Tuesdays and Thursdays 8-9am

Rosaur's
Tuesday and Thursday from 7am – 9 pm

## Hotels (Reduced Rates) Return to Region 2 Menu

Inn America
$49 if referred by recovery center
402 21st St, Lewiston
208-746-4600

Clarkston
Astor Motel (208) 553-3103
Sunset Motel (208) 553-3103
Bridge Street Inn 509-758-5566
Hacienda Lodge 509-758-5583

Downtowner
113 E North St, Grangeville, ID 83530
Phone: (208) 983-1110

Lewiston
Evergreen Motel 208-746-5851
El Rancho Motel 208-743-8517
Hillary Motel 208-743-8514
Golden Oak Inn 208-743-9424

Moscow
Hillcrest Motel 208-882-7579 $266/wk
Monarch Motel (Royal Motor Inn) 208-882-2581 $300/wk *negotiable*

## Pets Return to Region 2 Menu

Red Rover has grants for vet care, emergency boarding, and pet food
https://redrover.org/2020/03/23/coronavirus-covid19/

Lewis Clark Animal Shelter
6 Shelter Rd
Lewiston ID 83501
208-746-1623
Call for appointment.
http://lcshelter.org/

Humane Society of the Palouse
2019 E White Ave
Moscow ID 83843
208-883-1166
Call for appointment.
https://www.humanesocietyofthepalouse.org/

Clearwater Humane Society
161 Main St
Orofino ID 83544

208-476-9823
Call for appointment

## Recovery Centers Return to Region 2 Menu

Latah Recovery Center
531 Main Street
Moscow, ID 83843
208-883-1045

First Step 4 Life
703 8th Street
Lewiston, ID 83501
208-717-3881

## Shelter Updates Return to Region 2 Menu

Sojourners Alliance
208-310-4554
Operates a transitional housing facility as well as a permanent housing program.
Their office is closed, but you may call for housing assistance questions.
https://www.sojournersalliance.org/

First Step 4 Life
1002 Idaho St.
Lewiston ID 83501
(208) 717-3881
http://firststep4life.com/
Call to learn about sheltering options during COVID-

## Testing Sites Return to Region 2 Menu

CHAS Clinic in Lewiston, ID
Think you have COVID? Text COVID to 4243544956 and you will receive a text with screening questions24/7 RN advice line 208-848-8300.

Tri-State Hospital Clarkston, WA
COVID-19 Hotline: Call 509.769.2215, Monday - Friday from 7:00 am - 7:00 pm. Our RN's that staff the Tri-State Hotline are here to answer the community members questions or concerns regarding COVID-19. (Clarkston, WA)

St. Joseph Regional Medical Center
Lewiston, ID
https://www.sjrmc.org/news-publications/news-articles/covid-19-testing-faq/ (They aren't providing info on tests at this time, and are encouraging people to call ahead)

Gritman
Moscow, ID
We know you have questions about COVID-19 symptoms and testing, and now you can call our new COVID-19 Hotline at 208-883-4109. You can also text **COVID19** to 208-295-5080 to get a link to our online assessment and symptom checker tool. It will automatically connect your results to one of the nurses working at the Gritman COVID-19 Hotline

St. Mary's/Clearwater Valley Hospital

The North Central Health District has a hotline dedicated to assisting the public. If you have any questions about coronavirus or think you may be displaying symptoms, call 208-748-0400 or 1-866-736-6632. Please call this number before visiting a physician's office or emergency department.

## Region 3 — Adams, Canyon, Gem, Owyhee, Payette, Washington

Click a topic below to view resources.

Health and Welfare Behavioral Health Offices

Behavioral Health Hospitals

CMH Student Support

Crisis Centers

Diapers

Food (foodbanks, meal assistance, schools, etc.)

Grocery Store Speciality Hours

Hotels (Reduced Rates)

Pets

Recovery Centers

Shelter Updates

Testing Sites

## Health and Welfare Behavioral Health Offices Return to Region 3 menu

Caldwell: 208-459-0092
Nampa: 208-459-0092
Payette: 208-642-6416

## Behavioral Health Hospitals Return to Region 3 Menu

West Valley Behavioral Health
1717 Arlington Ave, Caldwell
208-459-4641

## CMH Student Support Return to Region 3 Menu

(208) 455-7089
Covers school districts in Canyon, Owyhee, Payette, Gem, Washington, and Adams Counties
Clinicians are available to talk about online class stress, loneliness, and isolation.

## Crisis Centers Return to Region 3 Menu

Western Idaho Crisis Center
524 Cleveland Blvd, Ste 160, Caldwell

## Diapers Return to Region 3 Menu

Idaho diaperbank: http://www.idahodiaperbank.org/

## Food (foodbanks, meal assistance, schools, etc.) Return to Region 3 Menu

Idaho foodbank: https://idahofoodbank.org/

Idaho School Feeding Sites

https://batchgeo.com/map/3195baf394a7f7db04ce06c69b17842f\

Canyon County
https://selfrescuemanual.com/ pages 16-17

## Grocery Store Specialty Hours Return to Region 3 Menu

Some store have hours for first responders and healthcare professionals, pleae call your local store for more information (Costco- show badge for fast pass admission during specialty hours)

Most grocery stores have hours for elderly consumers, please call your local store for details if not listed below:

Albertsons (All Albertson's)- Nampa, Homedale, Payette, Emmett,
208-454-1271
Hours: 7am to 10pm 7 days a week
Senior Hours: Tues and Thursday 7 am to 9am

Asian Grocery
453 Caldwell Blvd
Nampa ID 83651

208-461-5006
Hours: 930am to 8pm Monday to Thurs, Friday 8am to 8pm, Sat 9am to 8pm Sunday, 10 am to 7pm
Senior hours: No

Bi-Mart
425 N 10TH Ave
Caldwell ID 83605
208-614-6237
Hours: Mon to Frid 9 am to 8pm Sat/Sun 9am to 6pm
Senior Hours: No

Caldwell Meats
2609 Blaine St
Caldwell ID 83605
208-455-1887
Hours: Mon to Sat 11am to 6 pm
Senior hours: No

Cliff's Country Market
217 Blaine St
Caldwell ID 83605
208-455-2460
Hours: 8 am to 7pm closed Sunday
Senior hours: No

Fred Meyer
50 2ND St S
Nampa ID 83651
208-465-2830
Hours: 7am to 10 pm
Senior hours: Mon – Thurs 7am to 800am

Greenleaf Store
21358 Main St
Greenleaf ID 83626
208-459-3248
Hours: Mon to Fri 8am to 5pm Sat/Sun closed

Grocery Outlet
4907 Cleveland Blvd
Caldwell, ID 83605
208-455-1099
Hours: 8am to 9pm 7 days a week
Senior hours: No

Logans Market
801 Main St
Marsing ID 83639
208-896-4222
Hours: 8am to 7pm 7 days a week
Senior: No

M and W
109 E Grove Ave
Parma ID 83660
208-722-6373
Hours: Mon to Sun 7am to 9pm
Senior: Mon Wed 7 am to 8am Sat 7am to 9am
Matteson's Country Store
124 5th St #5540
Wilder ID 83676
208-482-9210
Store hours: Mon to Sat 5 am to 10pm Sunday 6am to 10pm
Senior hours: No

Pantera Market
2502 E Linden
Caldwell ID 83605
208-455-1908
Hours: 8 am to 8pm 7 days a week
Senior Hours: No

Pantera Market # 2
1802 N Franklin Blvd
Nampa ID 83687
208-461-1110
Hours: Monday to Friday 9am to 7pm (Store) Sat/Sun 8am to 9am
Senior Hours: No

Ridley's
430 E Main St
Middleton ID 83644
208-585-3043
Hours: 7am to 11 pm 7 days week
Senior Hours: Mon — Wed 6am to 7am

Walmart
5108 Cleveland Blvd
Caldwell ID 83607
208-455-0066
Store Hours: 7am to 830pm
Pharmacy Hours: 8am to 7pm
Senior hours: Tuesday 6 am to 7am.

Winco
2020 Caldwell Blvd
Nampa, ID 83651
208-466-3325
Hours: 5 am to 10pm (Subject to change)
Senior Hours: Tuesday and Thursday 6 am to 7:30 am

## Hotels (Reduced Rates) Return to Region 3 Menu

Budget Inn
512 E Frontage Rd
Caldwell ID 83605
208-455-0080
Reduced rate (subject to change) $59 per day

Fairfield Inn and Suites
16150 N Merchant Way
Nampa ID 83687
208-467-5888
Reduced rate for healthcare workers $79 per day

Holiday Inn Nampa
16245 N Merchant Way
Nampa ID 83687
208-468-0944
Discount for essential government workers or EMS staff (with valid work badge to confirm)
$96 government worker $85 EMS
Only until end of pandemic

Holiday Inn Express and Suites
4104 E Flamingo Ave
Nampa ID 83687
208-466-4045
Pay for one night then 50% off for up to seven nights.
1st night may be $119

La Quinta
901 Specht Ave
Caldwell ID 83605
208-455-2222
Rates reduced to $72 per night

Payette Motel
625 S Main St
Payette ID 83661
208-642-2203
$60 per night. Not reduced but only motel in Payette

Sleep Inn
1315 Industrial Rd
Nampa ID 83687
208-463-6300
Healthcare, essential workers, Fire department, police officers
Daily rate $65 single, $70 double. Discount 26% off

Super 8
624 Northside Blvd
Nampa ID 83687
208-936-2005

People who have been displaced, due to Covid-19, get the weekly rate of $51.36 per night

## Pets Return to Region 3 Menu

Red Rover has grants for vet care, emergency boarding, and pet food

https://redrover.org/2020/03/23/coronavirus-covid19/

West Valley Humane Society
5801 Graye Ln
Caldwell ID83607
208-455-5920
Hours: 9am to 4pm mon to Saturday
Adoption by appointment only

Pet Haven Cat Adoption Center
333 Orchard Ave
Nampa ID 83651
208-466-1298
Mon- closed. Tues to Fri 10am to 6pm Sat 12pm to 4pm Sun closed

Furever Haus
411 E Locust Ln
Nampa ID 83686
208-720-3897
Hospice for Senior pets. Available to complete pet intake by phone.

Payette Partners Rescue Ranch
5138 Blaine RD
New Plymouth ID 83655
208-697-6584 (Message number only)
Hours: 9am to 5pn

Pet Adoption League
1526 N Washington Ave
Emmett
ID 83617
208-365-1359
Pet food pantry: Called and leave a msg at office number. Or emails aalofgc@gmail.com
Adoptions appt only. Email Palofgc@gmail.com

## Recovery Centers

Gem County Recovery Community Center
115 S McKinley St
Emmett, ID 83617
208-398-5151

Canyon Recovery Community Center
524 Cleveland Blvd. Ste. 230
Caldwell, ID 83605
208-800-0444

## Shelter Updates Return to Region 3 Menu

All the agencies listed below have Covid-19 screening processes that consist of clients completing a written Covid-19 exposure/symptom questionnaire, temperature is taken, and masks are issued/worn inside their facilities by staff and clients.

Valley Women and Children's Shelter
869 W Corporate Ln
Nampa ID 83651
208-475-0725
Beds available.
If patient has been exposed to Covid will need to test. They have availability to quarantine if needed.

Lighthouse Rescue Mission
304 16th Ave
Nampa ID 83687
208-461-5030
Overnight shelter call 208-461-5030 or drop by
Meals: Breakfast 6am, Lunch 12am, dinner 630pm (open to women, children and men)
Staff member was not sure what restrictions were in place at this time but indicated they do have an area to quarantine someone if needed.

Hope's Door
Caldwell ID 83605
208-459-4779
At this time, they are full. They do have a waitlist at this time. They are doing waitlist intake over the phone Monday to Friday 9am to 5pm.

## Testing Sites Return to Region 3 Menu

St. Luke's Nampa
208-381-9500
Call the St. Luke's triage hotline for screening and triage.
A member of the clinical staff will complete a risk assessment over the phone and provide guidance on next steps, which may include specimen collection for testing at a local facility.

Saltzer Health
Both Nampa locations
208-463-3000 x7

Primary Health
700 Caldwell Blvd.
Nampa, ID
208-466-6567
Call ahead for a same-day appointment and remain in the car

# Region 4 — Ada, Boise, Elmore, Valley

Click a topic below to view resources.

Health and Welfare Behavioral Health Offices

Behavioral Health Hospitals

Boise School District SAFE (Student Aid Fund for Emergencies) Hotline

COVID-19 Support Group

Court Assistance

Crisis Centers

Diapers

Food (foodbanks, meal assistance, schools, etc.)

Grocery Store Speciality Hours

Hotels (Reduced Rates)

Pets

Recovery Centers

Shelter Updates

Transportation

Testing Sites

## Health and Welfare Behavioral Health Offices Return to Region 4 Menu

Boise: 208-334-0808 x2
Mountain Home: 208-334-0808 x2

## Behavioral Health Hospitals Return to Region 4 Menu

Intermountain Hospital
303 N Allumbaugh St, Boise 208-377-8400

St. Al's Behavioral Health Hospital
131 N Allumbaugh St, Boise 208-302-0900

Lifeways Hospital
8050 W Northview, Boise 208-327-0504

Cottonwood Creek Behavioral Health
2131 S Bonito Way, Meridian 208-202-4700

## Boise School District SAFE (Student Aid Fund for Emergencies) Hotline

Call 208-472-2233. English, Spanish, Arabic, and Swahili speakers are available to discuss topics such as groceries, pharmacy needs, laundry, rental, internet, and utility supports. If your child is not in the Boise school district, please call your child's school for further details.

## COVID Support Group Return to Region 4 Menu

A Body and Mind virtual "Coping with COVID 19 Support Group" starts Thursday, May 14th from 1000 AM to 1200 PM. Call 208-683-8320 to sign up (Medicaid and self-pay accepted).

## Court Assistance

Jesse Tree Eviction Court assistance
Complete this referral form: https://www.jessetreeidaho.org/eviction-court
SW will reach out to you and help find a probono attorney to help during your eviction court hearing. The agency has also received private donations due to COVID to offer additional help such as rental arrears, deposit assistance, etc. in eviction court.

## Crisis Centers Return to Region 4 Menu

Pathways Crisis Center
7192 Potomac Dr, Boise
208-489-8311
Pathways is helping with medical clearance for voluntary mental health hospital admissions, again please call 208-489-8311 for information (24/7 availability). Additionally, Pathways can help individuals attend telehealth appointments if they do not have a smart phone or viewing device. Individual can call Pathways to discuss scheduling options (M-F 8 AM-5 PM): 208-489-8311.

## Diapers Return to Region 4 Menu

Idaho diaperbank: http://www.idahodiaperbank.org/

## Food (foodbanks, meal assistance, schools, etc.) Return to Region 4 Menu

Idaho foodbank: https://idahofoodbank.org/

Ada County
https://selfrescuemanual.com/ pages 16-18

City of Boise Interactive Food Map
https://www.arcgis.com/apps/Nearby/index.html?appid=749daaeff57f4814977a83e3daffc41e&center=-116.2007,43.6162&level=14

## Grocery Store Speciality Hours Return to Region 4 Menu

Some store have hours for first responders and healthcare professionals, please call your local store for more information (Costco- show badge for fast pass admission during specialty hours)

Most grocery stores have hours for elderly consumers, please call your local store for details if not listed below:

Albertsons
All Albertsons grocery locations
Special shopping hours for the most at-risk populations (i.e. elderly, expectant mothers)
7am-9am on Tuesdays and Thursdays

Boise Co-Op
Boise, Meridian
*Phone:* 208-472-4500
*Hours of Operation:* 9am-8pm daily
Shopping hour for 60+ 8am-9am daily.
Please bring ID for age verification.

Boise Farmer's Market
The opening of the Boise Farmer's Market has been postponed, but they have compiled a list of their local vendors who are offering delivery or pickup.

Costco
Seniors and those with a physical disability Tuesday and Thursday 8am - 9am
Fast pass for 1st responders and healthcare workers

CVS Pharmacy
Free delivery of prescriptions and other essentials, video visit with health care practitioner, early prescription refills and 90 day prescription supply (on some prescriptions)

Fred Meyer
Senior shopping hour 7-8am, Monday — Thursday

Life's Kitchen
Treasure Valley
208-331-0199
Lunch: Tuesday - Friday 11am to 1pm. Curbside delivery.
Call in orders to 208-331-0199 X303.

Ridley's Family Markets
Senior shopping from 6 am-7 am daily

Rite Aid
Senior/weakened immune system shopping hours everyday from 9am-10am

Stinker Gas Stations in Albertsons' Parking Lots
Employees available to pump gas for seniors 7am-9am Tuesday and Thursday

Target
The first hour of shopping each Wednesday is reserved for vulnerable guests such as elderly and those with underlying health concerns.

Walgreens
Senior shopping 8am-9am every Tuesday, free prescription delivery to your door

Walmart
Senior hour Tuesdays from 6-7am. Vision and pharmacy also open.

Whole Foods
Guests 60+ can shop between 7am-8am

WinCo
Guests 60+ and vulnerable populations can shop 6am-7:30am Tuesdays and Thursdays

## Hotels (Reduced Rates) Return to Region 4 Menu

Boise State University has opened its dorms to first responders and healthcare workers who need to isolate during the pandemic.

Holiday Inn
2970 Elder St., Boise
208-344-7444
$59/night group rates

Hampton Inn
3270 S. Shoshone St., Boise
208-344-7444
$59/night group rates

Holiday Express
3050 S Shoshone St., Boise
208-342-4322
$59/night group rates

La Quinta
2613 S Vista Ave., Boise
208-338-0800
$59/night group rates

Fairfield Inn
3300 S Shoshone St., Boise
208-331-5656
$59/night group rates

## Pets Return to Region 4 Menu

Red Rover has grants for vet care, emergency boarding, and pet food

https://redrover.org/2020/03/23/coronavirus-covid19/

Idaho Humane Society
https://en-gb.facebook.com/idahohumanesociety

## Recovery Centers

P.E.E.R Wellness Center
5371 Franklin Road
Boise, ID 83705
208-991-3681

## Shelter Updates Return to Region 4 Menu

Due to the oppressive heat and the lack of spaces for our vulnerable community members during COVID, Interfaith Sanctuary, CATCH, the Boise Public Library and SHIP have teamed up together to provide a staffed, cooling space in the downtown Boise Public Library. While individuals are at the library, they have the opportunity to connect with Interfaith case managers or Our Path Home Outreach workers. We're hoping that this can be an opportunity for people who struggle to engage with services and get some of the basic things they need, like IDs, social security cards, housing connections, etc. Please see below for details.

**Boise Public Library**
Open from 10am-1pm and 2:30-4:30pm Monday through Friday.

- Currently working on a plan to staff the library on weekends.
- Enter through the back of the building (there are signs).
- Closed from 1-2:30. All guests are invited to Interfaith for lunch.
- There is a shuttle to and from the library for individuals with mobility issues. It departs from in front of Corpus Christi (the location may change, but any changes will be communicated). People need to sign up for the shuttle at Interfaith or Our Path Home Outreach.
- Masks are required and provided for those who do not have one.

**Corpus Christi House- Day Shelter**
Current Hours - Mon-Sat, 10-2 for showers and storage
Mon- Sat, 12-2 for computers, mail, and bus passe
**No meals are being served at Corpus at this time.

**Interfaith Sanctuary- Night Shelter**

- Currently accepting single individuals (adults) into the shelter, check in starts at 4pm.
- Currently there are no available rooms at the Red Lion for families or medically fragile individuals,
- Not accepting out of state guests.
- Intake is on a case by case basis for clients who been asked or choose to leave River of Life and go to Interfaith.
- Meals are currently out back
  - Breakfast is at 8:00, 8:30 Mon-Fri; 9:00, 9:30 Sat-Sun
  - Lunch is at 1:30
  - Dinner is at 5pm, with seconds going out (if available) around 6pm

**Boise Rescue Mission**

City Light- Women and children can go in and out. Check in is at 4pm.

River of Life- Currently, all facilities are operating under our normal intake procedures with the addition of continued screening questions for COVID-19 symptoms or exposures. Daily temperature checks are required on everyone who comes in.

## Transportation Return to Region 4 Menu

**Injury Care EMS COVID related transportation:** Injury Care EMS and Resilient Transport provide patient transport and EMS services for the Boise area. These services include ALS, BLS and Critical Care ambulance capabilities, as well as non-medical transports for patients in wheelchairs or needed gurney transports. Typically, wheelchair and gurney transports are utilized for planned events, like going to a doctors' appointment or testing. Ambulance services are used for unplanned or urgent trips to a higher level of care, usually a hospital.

- Transportation service is available 24/7, and can be provided to both Ada/Canyon County, services provided outside the Treasure Valley will be evaluated case-by-case.
  - Transportation to COVID19 testing sites
  - Transportation to Hospital or respective clinic for COVID19 related services
  - Transportation for COVID19 patients who are discharged from the Hospital
- To schedule, call Injury Care EMS (Dispatch) 208-914-3846.

- If a billing payer is available (Medicaid, Insurance etc.) EMS Transportation will bill accordingly, directly to the payer
- If there is not a payer (Medicaid, Insurance etc. ) there will not be a charge for COVID19 related services (Testing, treatment etc.)

## Testing Sites Return to Region 4 Menu

Saint Alphonsus
Triage line: 208-302-2683

St. Luke's

St. Luke's screening and specimen collection tents were closed Friday, May 22, at 4 p.m. Screening and specimen collection for COVID-19 will be transitioned to the following clinics beginning Saturday, May 23, during each clinic's regular operating hours:

- Boise: St. Luke's Clinic – Family Medicine at 701 E. Parkcenter Blvd.
- Meridian: St. Luke's Clinic – Ada Medical Associates at Portico East, 3399 E. Louise Drive

We will direct patients to use the self-triage tool first to determine if they meet the criteria to schedule an appointment for screening and sample collection. The self-triage tool does not substitute for advice from primary care providers (PCP). If self-triage indicates that a patient should be tested, screening and specimen collection appointments then can be scheduled through myChart. Staff will meet patients at their vehicles in the parking lot for scheduled screening and specimen collection appointments.

Primary Health
Garden City, 5601 W. Chinden Blvd., 208-809-2865
Meridian Crossroads, 3280 E. Lanark Dr., 208-895-8670
Call ahead for a same-day appointment and remain in the car.

# Region 5 — Blaine, Camas, Cassia, Gooding, Jerome, Lincoln, Minidoka, Twin Falls

Click a topic below to view resources.

Health and Welfare Behavioral Health Offices

Behavioral Health Hospitals

Crisis Centers

Diapers

Food (foodbanks, meal assistance, schools, etc.)

Grocery Store Speciality Hours

Hotels (Reduced Rates)

Pets

Recovery Centers

Shelter Updates

Testing Sites

## Health and Welfare Behavioral Health Offices Return to Region 5 Menu

Burley
208-677-5390
2241 Overland Ave
Burley, ID 83318

Twin Falls
208-736-2177
823 Harrison
Twin Fall, ID 83301

## Behavioral Health Hospitals Return to Region 5 Menu

St. Luke's Canyon View Hospital
228 Shoup Ave, Twin Falls
208-814-7900

## Crisis Centers Return to Region 5 Menu

Crisis Center of South Central Idaho
1-866-737-1128
570 Shoup Ave, Twin Falls

## Diapers Return to Region 5 Menu

Idaho diaperbank: http://www.idahodiaperbank.org/

## Food (foodbanks, meal assistance, schools, etc.) Return to Region 5 Menu

Idaho foodbank: https://idahofoodbank.org/

Idaho School Feeding Sites
https://batchgeo.com/map/3195baf394a7f7db04ce06c69b17842f

Salvation Army
348 4th Ave N. Twin Falls 208-733-8720
Bread line:
Tuesday & Wednesday 10:30am- 1pm, Thursday 10:30 am -1pm & 2pm -4pm
Food boxes for elderly and families with children:
Monday 9:30am -1pm; appointments available 2pm -4pm
Tuesday 10:30am -1pm & 2pm -4pm
Wednesday 10:30am -1pm; appointments available 2pm -4pm
Thursday10:30am -1pm and 2pm-4pm

Blaine County Hunger Coalition
121 Honeysuckle St.
Bellevue, Idaho
208-788-0121

Martha and Mary's Food Pantry

212 3rd Ave E
Jerome, Idaho
208-404-6610

Wendell Food Pantry
335 East 1st Ave E.
Wendell, Idaho
208-536-6635

Helping Hands Christian Outreach
1250 Miller Ave.
Burley, Idaho
208-878-9140

Lighthouse Pentecostal Church of God
500 5th St.
Filer, Idaho
208-543-4647

W.E.M.A . Emergency Food Pantry
908 Maple Street
Buhl, Idaho
208-329-2393
1st, 3rd, and 4th Tuesday 1:30 PM-4:3PM
2nd Wednesday 1:30PM-4:30PM

Mini-Cassia Area Humanitarian Center
723 F St.
Rupert, Idaho
208-261-2533

Mountain View Food Pantry
317 Mountain View Lane
Burley, Idaho
208-678-5460

Rock Creek Food Pantry
325 ½ Madison St.
Kimberly, Idaho
208-212-0787
First Tuesday of the Month 4:30PM-7:00PM
Third Tuesday of the month 4:30PM-7:00PM

South Central Community Action Partnership
550 Washington St South
Twin Falls, Idaho
208-733-9351
314 East 5th St.
Burley, Idaho
208-678-3514

Light of Hope
213 5th Ave. W.
Twin Falls, Idaho
208-735-8787
Thursdays 2PM-4PM

Mustard Seed Community Services
736 Main Ave. N.
Twin Falls, Idaho
208-733-9515
Monday- Thursday 1 PM-4 PM

## Grocery Store Speciality Hours Return to Region 5 Menu

Some store have hours for first responders and healthcare professionals, pleae call your local store for more information (Costco- show badge for fast pass admission during specialty hours)

Most grocery stores have hours for elderly consumers, please call your local store for details if not listed below:

Albertson's
Senior hours: Tuesday & Thursday 7 a.m.-9 a.m.

Atkinsons Market
208-788-2294
www.atkinsons.com
Home delivery available

Costco
Senior hours: Tuesday & Thursday 8 a.m.- 9 a.m.

Fred Meyer
Senior hours: Daily 7 a.m. to 8 a.m.

Ridley's Family Market
Senior hours: Monday & Wednesday 6 a.m. to 7 a.m.

Walmart
Senior hours: Tuesday 6 a.m. to 7 a.m.

Smith's Food
Senior hours: Monday, Wednesday, Friday 7 a.m. to 8 a.m.

Stokes Fresh Food Market Monday,
Senior hours: Wednesday, Friday 7 a.m. to 8 a.m.

Winco
Senior hours: Tuesday & Thursday 6 a.m. to 7:30 a.m.

## Hotels (Reduced Rates) Return to Region 5 Menu

My Place Hotel
440 N Haven Dr.
Twin Falls, Idaho
208-733-0999

Holiday Inn Express
1554 Fillmore St.
Twin Falls, Idaho
208-732-6001

SureStay Hotel by Best Western
1260 Blue Lakes Blvd. N.
Twin Falls, Idaho
208-734-5801

Hampton Inn
1658 Fillmore St.
Twin Falls, Idaho
208-734-2233

560 Hampton Drive
Burley, ID 83318
(208) 878-7040

Quality Inn
1910 Fillmore St. N
Twin Falls, Idaho
208-734-7494

Best Western Plus Burley Inn & Convention Center
800 N Overland Ave.
Burley, Idaho
208-678-3501
Discount rate $80

Fairfield Inn & Suites by Marriott
230 W 7th St. N.
Burley, Idaho
208-677-5000

Super 8 by Wyndham
336 S 600 W
Heyburn, Idaho
208-678-7000

## Pets Return to Region 5 Menu

Red Rover has grants for vet care, emergency boarding, and pet food
https://redrover.org/2020/03/23/coronavirus-covid19/

Fairview Veterinary Center (Buhl)
702 US-30 Buhl, Idaho 83316
Phone: 208-543-2600

City of Burley Animal Control
2020 Parke Ave, Burley, Idaho 83318
Phone: 208-878-2258

Jerome Animal Shelter
819 N Ironwood St Jerome, Idaho 83301
Phone: 208-324-8436

Mountain Humane (Hailey)
101 Croy Creek Road, Hailey, Idaho 83333
Phone: 208-788-4351

Sawtooth Animal Center Bellevue
208-788-4114
www.sawtoothanimalcenter.com/

Twin Falls Humane Society
420 Victory Ave, Twin Falls, Idaho 83301
Phone: 208-736-2299

Wendell Animal Control
210 Shoshone St. Wendell, Idaho 83355
Phone: 208-538-426

## Recovery Centers Return to Region 5 Menu

Recovery in Motion
560 Shoup Ave W
Twin Fall, ID 83301
208-712-2173

NAMI Wood River Valley
Hosting Zoom support groups
208-481-0686
https://nami-wrv.org/

## Shelter Updates Return to Region 5 Menu

The Advocates 208-788-4191 https://www.theadvocatesorg.org/

## Testing Sites Return to Region 5 Menu

Cassia Regional Hospital
Anyone seeking testing must call Intermountain COVID Hotline at 1-844-442-5224 to participate in a phone screening. If client meets criteria, a referral order will be provided to test at the emergency department. Will not test without an order.

Sterling Urgent Care COVID testing and antibody test. No referral or appointment needed.
1404 Pomerelle Ave.
Burley, Idaho
208-878-8783
Monday thru Saturday, 9AM-9PM

Wood River
Sterling Urgent Care — By appointment only COVID testing and antibody test
507 S Main St
Hailey, ID
(208) 788-4122
Monday thru Saturday 8AM-8PM

St. Luke's Clinic—Family Medicine
1450 Aviation Drive
Hailey, ID

Jerome
St. Luke's Clinic – Jerome Family Medicine — Testing by appointment only COVID-19 hotline at 208-381-9500 to schedule appointment.
132 5th Ave. W.
Jerome, ID

Magic Valley
St. Luke's Clinic - Physician Center — Testing by appointment only. COVID-19 hotline at 208-381-9500 to schedule appointment.
775 Pole Line Road W.
Twin Falls, ID

Frontier Pediatric Partners
1502 Locust St. N Ste 700
Twin Falls, ID
208-595-5095

# Region 6 — Bannock, Bear Lake, Bingham, Caribou, Franklin, Oneida, Power

Click a topic below to view resources.

Health and Welfare Behavioral Health Offices

CMH Student Support

Crisis Centers

Diapers

Food (foodbanks, meal assistance, schools, etc.)

Grocery Store Speciality Hours

Hotels (Reduced Rates)

Pets

Recovery Centers

Shelter Updates

Testing Sites

## Health and Welfare Behavioral Health Offices Return to Region 6 Menu

Blackfoot 208-785-5871
Pocatello 208-234-7900
Preston 208-234-7900

## CMH Student Support Return to Region 6 Menu

208-234-7900
Covers school districts in Power, Bannock, Oneida, Caribou, Franklin, and Bear Lake counties
Clinicians are available to talk about online class stress, loneliness, and isolation.

## Crisis Centers Return to Region 6 Menu

SE Idaho Behavioral Health Crisis Center
1001 N 7th Ave, Ste 160

## Diapers Return to Region 6 Menu

Idaho diaperbank: http://www.idahodiaperbank.org/

## Food (foodbanks, meal assistance, schools, etc.) Return to Region 6 Menu

Idaho foodbank: https://idahofoodbank.org/

Idaho School Feeding Sites

https://batchgeo.com/map/3195baf394a7f7db04ce06c69b17842f

God's Home of Compassion
845 Hyde Ave Pocatello, Idaho 83201
208-236-0075
Tuesday, 10am – 1pm; W & Th, 9am - 12pm Food Pantry

Pocatello First United Methodist Church
200 N 15th Ave Pocatello, Idaho 83201 208-232-1353
Get Directions Breakfast: 4th Sunday of the Month, 7:30 - 10am Free Meal Site

St. Vincent de Paul-Pocatello
855 S 2nd Ave Pocatello, Idaho 83201
208-478-2062
Wednesday, 10am – 1pm Food Pantry

My Brother's Table
248 N Arthur Pocatello, Idaho 83204
208-237-3064
Pantry and Free Meal Site: Sunday 1:30-3:00pm

Valley Mission Food Pantry
408 N Arthur Ave Pocatello, Idaho 83204
208-232-6305
Updated Hours: Thursday, 3:30 - 6pm

Gate City Christian Church
202 W Siphon Rd Chubbuck, Idaho 83202
208-237-5002
Friday, 3-6 PM Food Pantry

Bannock County Mobile Pantry - McCammon
403 W. 16th (LDS Church) McCammon, Idaho 83250
Every 3rd Th of Month, 10:30am - 12:30pm Mobile Pantry

Caribou County Mobile Pantry - Soda Springs
40 W Center (Emergency Services Building) Soda Springs, Idaho 83276
Third Thursday of Month, 10:30 am - 12:00pm

Idaho Food Bank
Emergency food bags can be picked up daily

## Grocery Store Speciality Hours Return to Region 6 Menu

Some store have hours for first responders and healthcare professionals, pleae call your local store for more information (Costco- show badge for fast pass admission during specialty hours)

Most grocery stores have hours for elderly consumers, please call your local store for details if not listed below:

Ridley's (Pocatello)
6-7 am Monday/Wednesday

Bi-Lo (Pocatello)
8-9 am Monday-Saturday

Winco (Pocatello)
6-7:30 am Tuesday/Thursday

Fred Meyer (Pocatello)
7-8 am Monday — Thursday

Albertson's (Pocatello)
7-9 am Tuesday/Thursday

Smiths (Pocatello)
7-8 am Monday/Wednesday/Friday

Broulims (Soda Springs)
6-7 am Monday/Wednesday/Friday

Lallatin (Soda Springs)
7-8 am Daily and Curbside delivery

Broulims (Montpelier)
6-7 am Monday/Wednesday/Friday

Stokes (Preston)
7-8 am Tuesday/Thursday

Kens (American Falls) Curbside delivery

## Hotels (Reduced Rates) Return to Region 6 Menu

Clarion Hotel closed for pandemic.

All hotels have discounted rates, but none with specific COVID 19 rates.

## Pets Return to Region 6 Menu

Red Rover has grants for vet care, emergency boarding, and pet food
https://redrover.org/2020/03/23/coronavirus-covid19/

Pocatello Animal Service
3100 Avenue of the Chiefs
Hours: M-F 10-5, Sat 11-5
Phone: 208-234-6156

## Recovery Centers Return to Region 6 Menu

Hope and Recovery Resource Center
210 E Center Street Suite D
Pocatello, ID 83201
208-417-1749

## Shelter Updates Return to Region 6 Menu

Aide for Friends
653 South 4th
208-232-5669
This shelter is no longer taking any new admissions until restrictions form COVID-19 have been lifted.

Family Services Alliance of SE Idaho (domestic violence shelter)
355 S Arthur Ave, Pocatello
208-232-0742

## Testing Sites Return to Region 6 Menu

Portneuf Medical Center (PMC)
777 Hospital Way, Pocatello, ID 83201
Phone Number: 208-239-1000
Tests are only given to those who have had other common respiratory illnesses ruled out first.

Southeast Idaho Public Health Department (SIPH)
Cases assed based on a set of questions and then referred as appropriate to either PCP or PMC.

PCP's assess based on similar protocol as (SIPH) and then give medical advice as appropriate.

**Idaho State University**
Available weekdays from 9:00-4:30.
To be tested you must have symptoms and your provider must fax a test request to Express Lab in Idaho Falls. If you don't have a provider, call the SE Idaho Public Health COVID 19 call center at 208-234-5875 and you may get an order from the medical director. Once you've been approved, you will need your ID and either an insurance card or $95 credit card payment (some funding is available from SE Idaho Public Health to cover testing costs).

**Antibody Testing**
ICCU Chubbuck, 4400 Central Way
Only testing people with NO symptoms
Please sign up online: https://crushthecurveidaho.com/pocatello-testing

# Region 7 — Bonneville, Butte, Clark, Custer, Fremont, Jefferson, Lemhi, Madison, Teton

Click a topic below to view resources.

Health and Welfare Behavioral Health Offices

Behavioral Health Hospitals

Crisis Centers

Diapers

Food (foodbanks, meal assistance, schools, etc.)

Grocery Store Speciality Hours

Hotels (Reduced Rates)

Pets

Recovery Centers

Shelter Updates

Testing Sites

## Health and Welfare Behavioral Health Offices Return to Region 7 Menu

Idaho Falls 208-528-5700
Rexburg 208-528-5700
Salmon 208-528-5700

## Behavioral Health Hospitals Return to Region 7 Menu

Portneuf Behavioral Health Inpatient
777 Hospital Way, Pocatello
208-239-2571

## Crisis Centers Return to Region 7 Menu

Behavioral Health Crisis Center of East Idaho
1650 N Holmes Ave, Idaho Falls

## Diapers Return to Region 7 Menu

Idaho diaperbank: http://www.idahodiaperbank.org/

## Food (foodbanks, meal assistance, schools, etc.) Return to Region 7 Menu

Idaho foodbank: https://idahofoodbank.org/

Idaho School Feeding Sites
https://batchgeo.com/map/3195baf394a7f7db04ce06c69b17842f

Idaho Falls Community Food Baskets
245 N Placer Ave
208-524-0994

Soup Kitchen
208-557-5750

The Salvation Army
605 N Blvd 208-522-7200

Idaho Falls Rescue Mission
840 Park Ave
208-552-5575

Mana Food Pantry
The Idaho Food Bank
211 S 45 W
208-200-3950

St Vincent De Paul
805 S Holmes St
208-522-6280

City of Refuge
840 Park Ave
208-552-5575

Bishop's Storehouse 770 W Anderson 208-529-2201
Community Food Bank 1895 N Blvd 208-524-0994

Blackfoot Community Pantry
208-557-4289

Bishops Storehouse, Blackfoot
208-785-2020

Rexburg Family Crisis Center
208-356-0065

EICAP, Rexburg
208-356-8849

Salmon Assembly of GOD
208-756-3393

## Grocery Store Speciality Hours Return to Region 7 Menu

Some store have hours for first responders and healthcare professionals, pleae call your local store for more information (Costco- show badge for fast pass admission during specialty hours)

Most grocery stores have hours for elderly consumers, please call your local store for details if not listed below:

Fred Meyers
Senior hours: 7am – 8am Monday — Thursday

Broulims
Senior hours: 6am – 7am Monday, Wednesday, Friday

Target
Senior hours: 8am- 9am Tuesday, Wednesday

Walmart
Senior hours: 7am- 8:30am Everyday (Ending on 4/28/2020)

## Hotels (Reduced Rates) Return to Region 7 Menu

Hilton Garden Inn
700 Lindsay Blvd, Idaho Falls 83402
208-522-9500

## Pets Return to Region 7 Menu

Red Rover has grants for vet care, emergency boarding, and pet food
https://redrover.org/2020/03/23/coronavirus-covid19/

Idaho Falls Animal Shelter
2450 Hemmert Ave, Idaho Falls
208-612-8671

Snake River Animal Shelter
3000 Lindsay Blvd, Idaho Falls
208-523-4219

Bonneville Humane Society
444 N Eastern Ave, Idaho Falls
208-529-9725

Blackfoot Animal Shelter
208-785-6897

Lemhi County Humane Society, Salmon
208-756-4100

Rexburg Animal Services
208-359-3005

## Recovery Centers Return to Region 7 Menu

The Center for Hope
Idaho Falls, ID 83401
208-538-1888

## Shelter Updates Return to Region 7 Menu

Emergency Housing Exchange
http://www.ifoutreach.org/ehe.aspx

Idaho Falls Rescue Mission
840 Park Ave
208-552-5575

Haven 208-523-6413

## Testing Sites Return to Region 7 Menu

Mountain View Hospital via Express Labs
2060 S Woodruff Ave
Weekdays 9:00-2:30
Drive thru testing only; must be referred by MD. Tests are free with insurance and $225 without.