

COVID-19

AVAILABLE BENEFITS & RESOURCES

Food Banks & Food Access

[Click here for an updating list of food pantry procedures and closures in the Arkansas](#) or call **501-565-8121**

[Click here for a list of Arkansas food pantries by city](#)

[Click here for an updating map showing food access locations in the state](#)

CDC Guides

[Guides on how to protect yourself from COVID-19 can be found here](#)

[Guides on what to do if you think you may be sick can be found here](#)

Childcare

[An updating map of open child care facilities in the state can be found here](#)

Cleaning and Disinfecting

[List of Cleaning Agents Approved for COVID-19](#)

[CDC's Cleaning and Disinfection Recommendations for COVID-19](#)

Family and Medical Act (FMLA)

[Helpful information regarding FMLA's coverage of issues that may present themselves as a result of COVID-19 can be found by clicking here](#)

Other information about the FMLA can be found at the [U.S. Department of Labor Wage and Hour Division's website](#) or by calling **1-866-487-9243**

Unemployment

[Click here for more information from the ADWS about filing for unemployment online](#)

The ADWS can also be reached by phone at **1-844-908-2178** or **501-534-6304** between the hours of **8:00a.m. to 3:30p.m. Monday through Friday**

Meals for Students

[Information on meal pickup locations and times for students while schools are closed can be found by clicking here](#)

[Click here to see what restaurants and groups are providing free lunch to students](#)

Medicare

[Information regarding COVID-19 and Medicare coverage can be found by clicking here](#) or by calling **1-800-633-4227**

Rock Region Metro

[Click here for the latest news about Rock Region Metro service changes](#) or call **501-375-6717**

Spanish Speakers

[La información estatal sobre COVID-19 en español se puede encontrar aquí](#)

UAMS Health Screening

[Click here for a free online screening for COVID-19](#)

For other COVID-19 screening questions or information, call the UAMS Health hotline at **1-800-632-4502** or **1-800-743-3616** for patients less than **18 years old**