



# Guide to “Keep Pace” with Job Disruption Due to COVID-19

Content thru April 4, 2020



# Document Disclaimers

- I am providing this information as a public service to provide employment related information to those being impacted by the CoronaVirus
  - We will explore the content of this document and latest updates LIVE every Sunday @9AM EST during this crisis at [www.facebook.com/keeppace](http://www.facebook.com/keeppace)
- This deck reflects the information I have assembled as of the date of the front of this document
  - If you see errors – please let me know in the comments section and I will verify/update
- This document is to give you information that is actionable now – as well as give you ideas for programs that may be available where you live
- If you have any content to share OR questions – please send them to me
  - [george@keeppace.com](mailto:george@keeppace.com)

# How to obtain this Presentation

The latest PDF version of this presentation will be available at  
[www.keeppace.com/coronavirusjobinfo](http://www.keeppace.com/coronavirusjobinfo)

To get alerted when new updates are available, like my Facebook Page  
[www.facebook.com/keeppace](http://www.facebook.com/keeppace)

# Why assemble this deck?

## Summary

The primary focus is to help those in the workforce impacted by the CoronaVirus outbreak (see link below). As the situation is so fluid, and information created so quickly, there is a lot of information to process.

The goal of this “guide” is to organize that information in one place so that people have guidance to programs and/or activities they can leverage.

## Sources

<https://www.linkedin.com/feed/news/3-million-jobless-claims-last-week-5153426/>

# Using Twitter Search Terms

## Overview

In the titles of some sections you will see Twitter Search terms. To search twitter you must first open a browser and go to

**[search.twitter.com](https://search.twitter.com)**

Once you see the “search twitter” textbox, you can enter the terms specific to each section. As to the search terms provided in each section:

- If you see search terms starting with a #, you must use that symbol
- If you see a search term in QUOTES – You must use the quotes
- If you see search terms separated by an OR – you can use either one
- If you see search terms separated by and AND – you must use both terms

# Contents of this Guide

## Federal / State Legislation

Sites describing / tracking all COVID-19 legislation at both Federal and State Level

## Emotional Health

Not only can the news be depressing / upsetting, but for some, isolation is worse.

## Employment

Search Strategies, Unemployment Guidance, Not for Profit, Freelancing Impact, Hiring

## Networking Resources / Groups

Key Networking Groups / Resources to leverage

## Interview Preparation

Activities you can do now to prepare for your next interview

## Education / Reskilling

Free Educational for both Job Seekers and their children during this crisis

## Economic Impact

Get an understanding of areas of the country that will be impacted – and industries

## Small Business

Information specific to helping Small Businesses

## Individual Finance

Protecting your finances and Companies putting a moratorium on payments

## Food Assistance Programs

For those needing support during this crisis

## Volunteering

Different ways to give back during this time period

## State Resources

All 50 States and their Dedicated COVID-19 Website

## Corporate Philanthropy

Companies donating money / goods and services

## Online Security

Be careful of Scammers !

# Federal / State Regulation

# Federal Legislative Responses to COVID-19

## Twitter Hashtags -

### Summary

Sites providing insights to Federal Level COVID-19 Legislation

### Source

<https://www.npr.org/2020/03/26/821457551/whats-inside-the-senate-s-2-trillion-coronavirus-aid-package>



# State Legislative Responses to COVID-19

## Summary

Best site identified that is keeping track of all Legislation activity across all 50 States

## Source

<https://taxfoundation.org/state-tax-coronavirus-covid19/>

# Emotional Health

# National Alliance on Mental Illness

## Summary

Has developed a COVID-19 Resource and Information Guide, an in-depth 15-page PDF that covers a wide range of questions, answers and links to the applicable resources

## Source

<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

# Depression / Suicide Assistance

## Summary

Based on a USA Today Article which says

“Suicide prevention experts say it's reasonable to expect the current pandemic will lead to increased suicide risk for certain populations. Social distancing and quarantines may trigger those currently dealing with suicidal thoughts. And research shows the social and economic fallout from the pandemic may amplify the risk for some people well after the outbreak has ended.”

National Suicide Prevention Lifeline

[1-800-273-8255](tel:18002738255)

## Sources

<https://www.usatoday.com/story/news/nation/2020/03/23/coronavirus-pandemic-isolation-fear-job-loss-triggers-suicide/2871949001/>

<https://suicidepreventionlifeline.org/>

# How to Work with Anxiety During the COVID-19 Pandemic [Part 1]

## Summary



In this 8 Minute Video discussion, Christine Padesky, PhD, and Ron Siegel, PsyD, and they shared their techniques for finding relief from anxiety during these difficult times.

## Source

<https://www.nicabm.com/working-with-anxiety-during-a-pandemic-part-1/>

# Federal / State Level Programs / Assistance

## Summary

Governor Phil Murphy today announced departmental actions from the Department of Human Services, Department of Banking and Insurance, Department of Treasury, Department of Health, Department of Children and Family Services and the New Jersey Division of Consumer Affairs to ensure New Jerseyans have access to telehealth and tele-mental health services to the greatest extent possible during the COVID-19 outbreak.

## Source

<https://www.newstartcareernetwork.org/News-Events/News/Stories/Coronavirus-Update-and-Information-from-Governor-M>

# Exercise / Yoga helps reduce Stress

## Summary

Western Michigan University (WMU) Student Recreation Center offered a variety of online fitness classes, from yoga to cardio and strength training, in order to keep the community active and it's all free on their Facebook page.

## Source

<https://wwmt.com/news/local/wmu-offers-free-online-fitness-classes-to-help-people-cope-with-stress>

# Helping workers cope with a crisis

## Summary

A LinkedIn Summary article that links out to 2 pay sites. The summary information is a great starting point for ideas.

## Source

<https://www.linkedin.com/feed/news/helping-workers-cope-with-a-crisis-4797788/>



# Entertainment

## Summary

Video I did last week of Free Entertainment Sources

“Virtual Disney World” - YouTube playlist of virtual, interactive 360° rides

## Source

<https://www.youtube.com/watch?v=KZX2T29wjF4>

<https://www.cbsnews.com/news/youtube-channel-offers-virtual-rides-on-major-disney-universal-studios-attractions/>

# Employment

# Conducting a Job Search During a Pandemic

## Summary

10 timely tips to help you navigate thru these troubled times

## Sources

<https://thriveglobal.com/stories/how-do-you-continue-a-job-search-during-a-pandemic-here-are-10-tips-that-may-help/>

# Crowd Sourced – Whose Hiring / Firing list

## Summary

A 100% user-generated list, where users can add information about their company specific to any Hiring / Firing activity they know about.

NOTE: Disclaimer: user generated submissions, not verified by Candor (company whose website this list exists on).

## Sources

<https://candor.co/hiring-freezes/>

# Sites for Remote / Freelance Work

## Summary

A list of 9 sites specific to Remote Work or Freelance Jobs

## Sources

<https://www-businessinsider-com.cdn.ampproject.org/c/s/www.businessinsider.com/websites-to-find-remote-work-freelance-jobs-quickly?amp>

# COVID-19: JOB MARKET INSIGHTS & JOB SEARCH STRATEGIES FROM EXPERTS

## Summary

- A breakdown of 15+ industries and the effect the COVID-19 outbreak will have on them
- A list of companies that are hiring right now (we have 40+ listed by industry below with many more on the way) along with a tool to help you find open roles
- Actionable job search strategies from 20+ recruiters and career experts to help you get results during the outbreak
- A complete rundown of free resources to help you boost your job search and protect yourself during this time

## Source

<https://cultivatedculture.com/covid19-job-market-insights/>

<https://www.linkedin.com/pulse/special-edition-heres-what-do-youve-been-laid-off-andrew-seaman>

<https://www.nj.com/coronavirus/2020/03/unemployed-in-new-jersey-a-survival-kit-for-benefits-bills-evictions-mortgages-utilities-debts-help.html>

# Not for Profits – Freelancers - Artists

## Summary

Various information to jobs, resources and support networks for those that freelance

## Sources

<https://www.wbur.org/artery/2020/03/24/grants-funds-resources-artists-nonprofits-covid-19-coronavirus>

<https://www.thedrum.com/news/2020/03/19/freelancers-guide-the-coronavirus-downturn-jobs-resources-and-support-networks>

<https://www.nj.com/coronavirus/2020/03/freelancers-and-gig-workers-cant-collect-unemployment-a-huge-worry-during-coronavirus-crisis.html>

<https://money.com/freelance-job-coronavirus/>

# State Run Job Boards

## Summary

The State of New Jersey has developed a centralized resource to match talent with opportunities in industries on the front lines of serving New Jerseyans during the outbreak. Did you lose your job or have your hours reduced as a result of COVID-19? Businesses across New Jersey need thousands of workers for immediate hire. Learn more about who is hiring in your community

## Sources

<https://jobs.covid19.nj.gov/>



# Who is Hiring Right Now

## Summary

Companies with needs based on demands due to the CoronaVirus

## Sources

<https://www.linkedin.com/feed/news/heres-whos-hiring-right-now-5161074/>

<https://www.glassdoor.com/blog/companies-eager-to-hire-now/>

<https://www.politico.com/newsletters/morning-cybersecurity/2020/03/20/cyber-jobs-deemed-essential-during-pandemic-786261>

<https://www.usatoday.com/story/money/business/2020/03/21/coronavirus-conditions-lead-state-decisions-essential-businesses/2884758001/>

<https://www.usatoday.com/story/money/2020/03/16/coronavirus-amazon-kroger-hiring-retail-workers-become-essential/5059066002/>

# Work from Home

## Summary

This “could” be the event that will change the dynamics of “going into work”

## Sources

<https://www.buzzfeednews.com/article/alexkantrowitz/the-coronavirus-is-forcing-techies-to-work-from-home-some>

<https://www.fastcompany.com/90481356/were-in-the-midst-of-a-massive-work-from-home-experiment-what-if-it-works>

# Networking Resources / Groups

# Networking Newsletter

## Summary

A weekly newsletter created/maintained by Thomas Donohue listing ALL scheduled Networking Events / Virtual Events in the NJ/NY/PA area

This is an EXCELLENT “must have” Resource

## Actions

Send an email to Tom Donohue at [a83td@aol.com](mailto:a83td@aol.com) and ask to be added to the newsletter

# Networking Groups

## Summary

The LandingExpert has a large (and searchable) list of networking groups in the Tri-State area on his website.

## Sources

<https://www.landingexpert.com/landing-expert-list-search-by-state-then-group-name/>

# Interview Preparation

# Video Interviews Preparation

## Summary

While video interviews are NOT new, as you might expect they are increasing due to the CoronaVirus. Learn about how to prepare for a video interview, as well as how to prepare your environment

## Sources

<https://www.personneltoday.com/hr/coronavirus-recruiter-reports-67-spike-in-video-interviews/>  
<https://biginterview.com/video-interview/>

# Develop YOUR Answers to Common Interview Questions

## Summary

Starting building and/or refining YOUR answers to common interview questions. There is a WEALTH of information on the Internet for helping you do this.

## Sources

<https://www.cleverism.com/102-behavioral-interview-questions-including-answers/>

<https://www.youtube.com/user/DGeorgev>



# Education / Reskilling

# Your Reskilling Checklist

## Some things to consider

- Assess the economic impact on your type of job
- Identify the disruptors in your industry
- Do your own SWOT Analysis (What are you good at)
- Is this the time to pursue a career change
- Pursue a certification you have put off

# Free Personal Training / Education

## Summary

- Watch for companies offering courses and/or certifications for free
- “Best Practices” for creating online learning
- What is your local library offering ?

## Sources

<https://www.cisomag.com/covid-19-ec-council-announces-free-cyber-training-and-education-support-services/>

<https://www.weforum.org/agenda/2020/03/covid-19-10-steps-online-learning/>

<https://ocgnews.com/libraries-offer-free-digital-programs-amid-covid-19-pandemic/>

# Training for Kids / Teachers

## Summary

A very large list of resources – Some with companies offering free access to their programs during this time period

## Sources

<https://thejournal.com/articles/2020/03/13/free-resources-ed-tech-companies-step-up-during-coronavirus-outbreak.aspx>

# Economics Impact

# Economic Impact

## Summary

Information from the Brookings Institute and Forbes magazine, talks about the overall economic impact and regions / jobs that will be hit the hardest

## Sources

<https://www.brookings.edu/blog/the-avenue/2020/03/17/the-places-a-covid-19-recession-will-likely-hit-hardest/>

<https://www.forbes.com/sites/jackkelly/2020/03/19/the-coronavirus-effect-here-are-the-jobs-that-will-be-added-and-lost/#567ce6032a1c>

# Small Business

# Small Business Loan Resources

## Summary

Just added the following links

- The US Small Business Association Home Page which has the specific guidance as to the programs available and the process.
- The link to the SBA Express Bridge Loan program
- The Link to the Disaster Loan Assistance Page

## Sources

<https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>

<https://www.sba.gov/document/support--express-bridge-loan-pilot-program-guide>

<https://covid19relief.sba.gov/#/>

<https://www.sba.gov/page/guidance-businesses-employers-plan-respond-coronavirus-disease-2019-covid-19>

<http://wjladvisors.com/cares-act-coronavirus-aid-relief-and-economic-security-act/>



# US Chamber of Commerce Resource

## Summary

A complete list of resources specific to Small Businesses, with topics including the

## Sources

<https://www.uschamber.com/co/start/strategy/cares-act-small-business-guide>

<https://www.uschamber.com/co/small-business-coronavirus>

# Paying the Rent

## Summary

Two articles talking about the challenges of small business and paying the rent

## Sources

<https://www.linkedin.com/feed/news/rent-crisis-looms-amid-outbreak-4060737/>

<https://www.bloomberg.com/news/articles/2020-03-24/u-s-retailers-plan-to-stop-paying-rent-to-offset-virus-closures>

# Bank Resources

## Summary

A list of Banks providing Small Business Guidance

## Sources

<https://www.wellsfargo.com/com/focus/coronavirus-updates/>

# Individual Finances

# Protecting your Finances

## Summary

General advice on what you can do as well as what banks are doing.

Read the [wjladvisors.com](http://wjladvisors.com/cares-act-coronavirus-aid-relief-and-economic-security-act/) link for a fantastic summary of the CARES Act (Coronavirus Aid, Relief, and Economic Security) specific to a range of individual financial issues

## Sources

<http://wjladvisors.com/cares-act-coronavirus-aid-relief-and-economic-security-act/>

<https://www.cnbc.com/2020/03/20/what-banks-are-doing-to-help-americans-affected-by-coronavirus.html>

<http://www.startribune.com/how-to-protect-your-finances-and-credit-in-tough-times/568896772/>

# Income Taxes

## Summary

Official Statements on extensions to filing your Income Taxes

Federal

State

## Sources

<https://www.cnbc.com/2020/03/20/what-banks-are-doing-to-help-americans-affected-by-coronavirus.html>

<http://www.startribune.com/how-to-protect-your-finances-and-credit-in-tough-times/568896772/>

# Federal Stimulus Impact

## Summary

**Overview Article of everything in the Stimulus  
Calculator to determine your check size**

## Sources

<https://www.forbes.com/sites/advisor/2020/03/27/your-guide-to-the-federal-stimulus-package/#6cec184d2711>

<https://www.usatoday.com/story/money/2020/03/26/stimulus-checks-how-much-money-get-government/2921123001/>

# Unemployment Insurance

## Summary

As per the source below:

Included in the Coronavirus Aid, Relief, and Economic Security (CARES) Act—the third emergency response package to deal with the economic fallout of the COVID-19 pandemic—are a series of provisions to strengthen and extend unemployment benefits.

The three most significant provisions are:

- Section 2104, which provides most individuals an emergency increase in traditional unemployment insurance (UI) benefits of \$600 per week through July 31, 2020, likely increasing benefits beyond what many workers were earning before becoming unemployed;
- Section 2102, the Pandemic Unemployment Assistance program, which provides up to 39 weeks of UI to people not otherwise eligible for regular unemployment compensation (including the self-employed and those who have exhausted their regular and extended benefits); and
- Section 2107, which creates the Pandemic Emergency Unemployment Compensation program to provide 13 weeks of emergency UI for people who remain unemployed after they have exhausted their benefits or are not otherwise eligible for benefits

## Source

<https://www.americanactionforum.org/insight/enhanced-unemployment-benefits-in-the-coronavirus-aid-relief-and-economic-security-cares-act/>



# Moratorium on Mortgage Relief / Foreclosures

Twitter Hashtags - #covid19 AND #mortgage

## Summary

Numerous States, Banks and Mortgage Institutions offering Mortgage relief during this period.

The BusinessInsider and Bankrate.com links provides list of Banks assisting with mortgages

## Sources

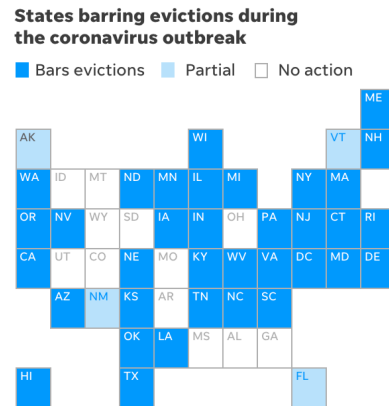
<https://www.businessinsider.com/personal-finance/banks-help-with-mortgage-payments-coronavirus-2020-4>  
<https://www.bankrate.com/banking/coronavirus-list-of-banks-offering-help-to-customers-financial-hardship/>  
<https://www.fhfa.gov/Homeownersbuyer/MortgageAssistance/Pages/Coronavirus-Assistance-Information.aspx>  
<https://www.nj.com/coronavirus/2020/03/nj-to-give-homeowners-mortgage-relief-during-coronavirus-outbreak-murphy-says.html>  
<https://www.nj.com/coronavirus/2020/03/murphy-orders-evictions-foreclosures-to-stop-in-nj-during-coronavirus-outbreak.html>  
<https://www.mrcooper.com/blog/2020/03/20/coronavirus/>

# Moratorium on Rent

Twitter Hashtags - #RentZero AND/OR #RentRelief

## Summary

Many states have taken action to pause or suspend renter evictions, at least temporarily. The best visual for what your State has done is the diagram from the USAToday link below



## Sources

<https://www.investopedia.com/renters-how-to-get-covid-19-rent-relief-4800858>

<https://www.usatoday.com/story/news/nation/2020/03/31/paying-rent-during-coronavirus-many-states-offer-relief-renters/5086542002/>

# Moratorium on Gas/Electric Shutoffs

Twitter Search – “turn off utilities”

## Summary

Look for either new legislation and/or statements from your utilities specific to delaying shutoff in services

## Sources

<https://www.politico.com/states/new-york/albany/story/2020/03/13/new-jersey-new-york-suspending-utility-shut-offs-amid-coronavirus-pandemic-1266923>

<https://www.nbcconnecticut.com/news/coronavirus/regional-water-authority-halts-water-service-shutoffs-due-to-nonpayment-amid-coronavirus-concerns/2237955/>

<https://www.nj.com/coronavirus/2020/03/pseg-wont-shut-off-power-for-non-payment-during-coronavirus-outbreak.html>

<https://q13fox.com/2020/03/17/worried-about-bills-heres-what-internet-utility-companies-are-doing-to-help/>

# Student Loan Payments / Interest

## Summary

Statement from the Office of Federal Student Aid, where they are suspending Federal Student loan payments and waiving interest during this National Emergency

## Sources

<https://www.ed.gov/news/press-releases/delivering-president-trumps-promise-secretary-devos-suspends-federal-student-loan-payments-waives-interest-during-national-emergency>

# Financial Sites providing Advice/Guidance

## Summary

A list of Banks providing Guidance on  
Payment Deferral

## Sources

[https://www.ev.com/en\\_us](https://www.ev.com/en_us)

<https://about.bankofamerica.com/promo/assistance/latest-updates-from-bank-of-america-coronavirus>

<https://online.citi.com/US/JRS/pands/detail.do?ID=covid19>

# Food Assistant Programs & Pantries

# Food Assistance Programs

## Summary

Resources for those needing assistance during this period.

- US Dept of Agriculture - Food and Nutrition Service
- NJ Community Resources

## Sources

<https://www.fns.usda.gov/disaster/pandemic/covid-19>

<https://www.nj211.org/food-programs-and-community-resources>

# Food Pantries

## Summary

If you make use of a Food Pantry near you, make sure it is open first

If you can, considering donating to your local pantry

## Sources

<http://bit.ly/nj211foodpantries>



# Volunteering Opportunities

# Technology Based Opportunities

## Summary

If you have technology skills, a list of things you can do to volunteer

## Sources

<https://www.protocol.com/how-to-help-coronavirus-tech>

# Volunteer Opportunities in NJ

## Summary

Articles describing a range of options

## Sources

<https://www.nj.com/coronavirus/2020/03/how-to-volunteer-and-donate-in-new-jersey-during-the-coronavirus-outbreak-033020.html>

# State Resources

# States with COVID-19 Websites (A-L)

AK - <http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/default.aspx>

AL - <https://governor.alabama.gov/newsroom/covid-19/>

AR - <https://www.healthy.arkansas.gov/programs-services/topics/novel-coronavirus>

AZ - <https://www.azdhs.gov/preparedness/epidemiology-disease-control/infectious-disease-epidemiology/index.php#novel-coronavirus-home>

CA - <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

CO - <https://covid19.colorado.gov/>

CT - <https://portal.ct.gov/coronavirus>

DE - <https://coronavirus.delaware.gov/>

FL - <https://floridahealthcovid19.gov/>

GA - <https://dph.georgia.gov/novelcoronavirus>

HI - <https://health.hawaii.gov/news/category/corona-virus/>

IA - <https://idph.iowa.gov/emerging-health-issues/novel-coronavirus>

ID - <https://coronavirus.idaho.gov/>

IL - <https://coronavirus.illinois.gov/s/>

IN - <https://coronavirus.in.gov/>

KS - [http://www.kdheks.gov/coronavirus/COVID-19\\_Resource\\_Center.htm](http://www.kdheks.gov/coronavirus/COVID-19_Resource_Center.htm)

KY - <https://govstatus.egov.com/kycovid19>

LA - <http://ldh.la.gov/Coronavirus/>

# States with COVID-19 Websites (M-N)

**MA** – <https://www.mass.gov/resource/information-on-the-outbreak-of-coronavirus-disease-2019-covid-19>

**MD** - <https://coronavirus.maryland.gov/>

**ME** - <https://www.maine.gov/DHHS/mecdc/infectious-disease/epi/airborne/coronavirus.shtml>

**MI** - <https://www.michigan.gov/coronavirus/>

**MN** - <https://www.health.state.mn.us/diseases/coronavirus/index.html>

**MO** – <https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/>

**MS** - [https://msdh.ms.gov/msdhsite/\\_static/14,0,420.html](https://msdh.ms.gov/msdhsite/_static/14,0,420.html)

**MT** - <https://dphhs.mt.gov/publichealth/cdepi/diseases/coronavirusmt>

**NC** - <https://www.ncdhhs.gov/divisions/public-health/coronavirus-disease-2019-covid-19-response-north-carolina>

**ND** - <https://www.health.nd.gov/diseases-conditions/coronavirus>

**NE** - <http://dhhs.ne.gov/Pages/Coronavirus.aspx>

**NH** - <https://www.nh.gov/covid19/>

**NJ** - <https://www.nj211.org/coronavirus-covid-19>

**NM** - <https://cv.nmhealth.org/>

**NV** - <http://dphh.nv.gov/coronavirus/>

**NY** - <https://coronavirus.health.ny.gov/home>

# States with COVID-19 Websites (O-W)

OH - <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/>

OK - <https://coronavirus.health.ok.gov/>

OR - <https://www.oregon.gov/ode/students-and-family/healthsafety/Pages/COVID19.aspx>

PA - <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>

RI - <https://health.ri.gov/covid/>

SC - <https://www.scdhec.gov/infectious-diseases/viruses/coronavirus-disease-2019-covid-19>

SD - <https://doh.sd.gov/news/coronavirus.aspx>

TN - <https://www.tn.gov/governor/covid-19.html>

TX - <https://www.dshs.state.tx.us/coronavirus/>

UT - <https://coronavirus.utah.gov/>

VA - <http://www.vdh.virginia.gov/coronavirus/>

VT - <https://www.healthvermont.gov/response/infectious-disease/2019-novel-coronavirus>

WA - <https://www.doh.wa.gov/emergencies/coronavirus>

WV - <https://dhhr.wv.gov/COVID-19/pages/updates-and-news.aspx>

WI - <https://www.dhs.wisconsin.gov/covid-19/index.htm>

WY - <https://health.wyo.gov/publichealth/infectious-disease-epidemiology-unit/disease/novel-coronavirus/>

# Corporate Philanthropy



# Corporate Donations

## Summary

Companies that are providing a range of assistance

Money

Free Services

Forbes article is the most comprehensive in terms of a range of donations

## Sources

<https://www.jpmorganchase.com/corporate/news/pr/jpmc-makes-50mm-philanthropic-investment-to-address-impacts-of-covid-19.htm>

<https://www-bloomberg-com.cdn.ampproject.org/c/s/www.bloomberg.com/amp/news/articles/2020-03-17/bank-of-america-pledges-100-million-to-fight-health-crisis>

<https://techcrunch.com/2020/03/27/google-sets-aside-800m-in-ads-and-cash-to-help-in-covid-19-fight/>

<https://www.forbes.com/sites/davidhessekiel/2020/03/27/creative-ways-companies-are-giving-back-during-the-covid-19-crisis/#59b4659c7f14>

# Company specific COVID-19 Pages

Examples of Companies with dedicated COVID-19 WebSites

AT&T - <https://about.att.com/pages/COVID-19.html>

Sprint - <https://www.sprint.com/en/landings/covid-19.html>

Verizon - <https://www.verizon.com/about/news/our-response-coronavirus>

CVS - <https://www.cvs.com/content/coronavirus>

Google - <https://www.google.com/covid19/>

Microsoft - <https://news.microsoft.com/covid-19-response/>

# Personal Security

# Be careful out there !!

## Summary

Enable 2 Phase Commit Security on your online Accounts

Be aware of Telephone Scammers

Keep your eye out for Software Vulnerabilities (recent Zoom Vulnerability)



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