

COVID-19 Resources for Students

Compiled by the [East Coast Asian American Student Union](#)

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Last updated: May 7, 2020

With recent announcements of school closings and other drastic responses to COVID-19 from schools across the US, we know this can be a frightening, frustrating, and confusing time for students and their families. We have begun to gather resources in regards to COVID-19 in general, but more specifically resources we hope will be useful to you as students. **This is by no means a comprehensive or complete document**, and we invite you to join us in adding links to other resources that you have found or have yourself created. If you would like to add any resources, please email them to jason.suh@ecaasu.org or add them directly as a comment/suggestion below.

If you would like further support, please join the [Student Mutual Aid Network](#) on Facebook or join the [Mutual Aid Coordination](#) or the [National Campus Organizers Slack](#) channels. If you'd like further tools to organize, check out the [Intercollegiate Mutual Aid Google Drive](#) or read this [COVID-19 Student Organizing Toolkit](#).

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I. Informational Resources

General Information about COVID-19

- [CDC Coronavirus Webpage](#)
- [Coronavirus disease \(COVID-19\) advice for the public](#) (World Health Organization)
- [Coronavirus Timeline](#) (ABC News)
- [Community Care During COVID-19: A Message To and From AAPIs](#) (Resources avail in Hmong, Traditional Chinese, Simplified Chinese, Vietnamese, Korean, Tagalog, Cambodian, Japanese)

Combatting Racism and Xenophobia

Content warning: racism, xenophobia, violence against AAPIs

- [As Coronavirus Spreads, So Does Xenophobia and Anti-Asian Racism](#) (TIME)
- [Asian American teen in L.A. assaulted over coronavirus](#) (NBC News)
- [Coronavirus fears show how 'model minority' Asian Americans become the 'yellow peril'](#) (Matthew Lee, NBC)
- [Protecting Asian American and Pacific Islander Working People](#) (Asian Pacific American Labor Alliance, AFL-CIO)
- [Yellow Peril Teach-In: Resources to Combat Coronavirus Racism](#) (Jason Oliver Chang, University of Connecticut)
- [Racism is a Virus Too Rapid Response Fund for those combatting COVID-19 related xenophobia and bullying](#)

Disability Justice

- [5 Things To Know About Coronavirus And People With Disabilities](#) (Andrew Pulrang, Forbes)
- [Coronavirus: Wisdom from a Social Justice Lens](#) (Healing Justice Podcast)
- [‘The Cripples Will Save You’: A Critical Coronavirus Message from a Disability Activist](#) (Charis Hill, Living with Arthritis)
- [Half Assed Disabled Prepper Tips for Preparing for a Coronavirus Quarantine](#) (Leah Piepzna-Samarasinha)

II. Actionable Resources

Things You Can Do

Donate money to your local food bank! If public schools close, many students who rely on meals provided at school will turn to these food banks.

Deliver disinfectants, masks, and other supplies to immunosuppressed and immunocompromised folx who may not have access! Sign up on this [Google doc](#) (made by [@itswalela](#)) and remove your name when you can no longer aid. If you have needs, you can add yourself to this [Google doc](#).

Take care of your networks/friends/family/self! “[Pod Mapping for Mutual Aid](#)” by Rebel Sidney Black is a useful tool to help you articulate who these people are!

Response Toolkits

- [COVID-19 MUTUAL AID & ADVOCACY RESOURCES](#)
- [Coronavirus Resource Kit](#)
- [COVID-19 DC Resource Toolkit](#)
- [Mutual Aid Toolbox](#)
- [COVID-19 Resources: Digital Toolkit for Teens / YA's: So Coronavirus is Happening - What Now?](#)
- [COVID-19 Student Organizing Toolkit](#)
- Resource Compilation from the [National Intercollegiate COVID-19 Coalition](#)
- [uAspire Resources for All](#)

General Housing, Storage, Travel, Internet Resources

- [Twitter thread of local/national food and housing resources](#)
- [UHAUL notice of providing 30 days of free Self-Storage](#)
- [Enterprise College Student Travel Assistance for Rental Cars](#)
- [Frontier Students Fly Free until March 20](#)

- [Free Adobe Creative Cloud Access at Home](#)
- Wifi and internet
 - [Xfinity Free Wifi coverage](#) (see [hotspot map here](#))
 - [Charter 60 days free broadband and wifi](#)
 - [Comcast new customers free 60 days of Internet](#)
 - [Spectrum Free Wifi Hotspots](#)

Food Coverage

[Food Coverage for K-12 Students \(during COVID-19 school closures\)](#)

- **WASHINGTON, DC AREA**
 - [Where D.C., Maryland & Virginia kids can get free meals during the COVID-19 shutdown](#)
 - [Fairfax County Public Schools \(Virginia\) - grab and go lunches](#)
- **CHICAGO** - Call [\(773\) 553-KIDS](#) for families that need help getting food for children that will be home and need meals in Chicago. Effective Tuesday, March 17th.
- **PORTLAND** - [Hot Meals/Soups, Fresh Produce, and Pantry Items in Portland, Oregon](#)
- **PHILADELPHIA** - [Find food in Philadelphia at 80 sites](#)
- **LOS ANGELES** - [Free meals for all LAUSD students](#)
- **FLORIDA** - [Free meals for kids 18 and under](#)
- **SAN FRANCISCO** - [SFUSD free meals for kids 18 and under](#)
- **OAKLAND** - [OUSD free meals for students and kids 18 and under](#)

Health and Healthcare

We want to be able to provide resources to students regarding health and healthcare. Please contribute if you are aware of any resources. Thank you!

- [Access to COVID-19 testing and health care in Philadelphia](#)
- [24/7 Greater Philadelphia Coronavirus Helpline 1-800-722-7112](#)

Resources for Undocumented Students

- [COVID-19 Resources for Undocumented Californians](#)
- [Undocuscholars Fund](#)
- [Resources for Undocumented Community](#)
- [NYC Support Document \(Prioritizes Undocumented Folks\)](#)
- [Immigrants Rising - Tangible Support for Undocumented Communities](#)

Resources to Support Workers

- [Oakland and San Francisco: Letter to Mayors](#)
- [Stanford Students for Workers' Rights Petition and Email Instructions](#)
- [GLP Sex-worker Aid Network Initiative](#)
- [Tulane: Send Leftover Meal Plan and Housing Money to Sodexo Workers \(Instead of Tulane Admin\) Petition](#)
- [COVID-19 Freelance Artist Resources](#)
- [ConvertKit - the Creator Fund Financial Assistance](#) (up to \$500)
- [Cinema Worker Solidarity Fund](#)
- [California Employment Development Department Coronavirus 2019 site](#)
- [UChicago Sign-on Letter: Protection for Maintenance Staff Amid COVID-19](#)
- [Coronavirus Care Fund for Domestic Workers](#)
- [Service Workers Mutual Aid Fund](#)
- [RAISE Undocu Workers Fund](#) - Support for undocumented folks working at restaurants in Manhattan and Brooklyn

Other Community Care Projects

- [p0stb1nary Mutual Aid Project: Support Independent Artists in Response to COVID-19](#)
- [Asian American Feminist Collection Submissions for zine about racialized anxiety over COVID-19](#) (Due March 18)
- [COVID-19 Financial Solidarity Spreadsheet](#)
- [Covid-19 Prevention Tips Tiếng Việt](#) (for those who want to share health tips with Vietnamese speakers)
- [List of Arts Resources During the COVID-19 Outbreak](#)
- [Open Collective Foundation's Fundraising Platform - waived fees for COVID-19 projects](#)

III. Resources for Those Supporting Students

Resources for Parents with Children

- [Coronavirus quarantine resources for parents and caregivers](#)
- [150+ Enrichment Activities for Children While Parents are Working Remotely](#)
- [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)
- [GIANT LIST OF IDEAS FOR BEING HOME WITH KIDS](#)
- [Scholastic Learn At Home](#)
- [Just For Kids: A Comic Exploring The New Coronavirus](#)
- [CDC - Helping Children Cope with Emergencies](#)

Resources For Instructors

- [Humanizing Online Teaching - Drs. Mary Raygoza, Raina León, and Aaminah Norris, Saint Mary's College of California](#)
- [The Hope Center - Beyond the Food Pantry Supporting #RealCollege Students During COVID19](#)
- [Remote Teaching Resources for Business Continuity - DePaul University](#)
- [Resources for online meetings, classes, and events - Facilitators for Pandemic Response group](#)
- [Moving Production Courses Online](#)
- [How to Transition to Online Teaching During these Difficult Times - CUNY](#)
- [Shifting Film, Media, Screenwriting & Production Online for COVID-19 \(Facebook Group\)](#)
- [Teaching in the Time of Corona: Resources \(Facebook Group\)](#)

IV. Institutional and Geographic Resources

[University Responses and Community Organizing in Response to COVID-19](#)

[COVID-19 Work/School Policies](#)

[Live Mapping of Community and Student Mutual Aid Initiatives](#)

How is your university/college responding? [Contribute to Uprooted and Rising's report through this survey!](#)

Institution-Specific Resources and Information

- [Duke Asian Students Association / International Association / Low Income First-Gen Experience \(LIFE\) - Coronavirus FAQ / Updates](#)
- [Harvard Grad Union: COVID-19: Letter to Harvard Administration](#)
- [Harvard Primus Response to Coronavirus - FAQ / Updates](#) and [Statement from Harvard Primus Board, 2019-2020](#)
- [Macalester College Letter to the Administration](#)
- [Swarthmore FLI Council: COVID-19 Email Draft to College Administration](#)
- [University of Minnesota, Critical Disability Studies Collective - Coronavirus Campus Climate Statement](#)
- [University of Pittsburgh COVID-19 Response Resource Guide](#)
- [Florida Atlantic University COVID-19 Response and Updates](#)
- [Yale Letter To Support Universal Pass/Fail Grading System #NoFailYale](#)

Institution-Specific Mutual Aid Documents

- [Bennington College Mutual Aid](#)
- [Brown Mutual Aid Document](#)
- [Case Western Reserve: Mutual Aid Document](#)
- [Carnegie Mellon University/Pittsburgh: Mutual Aid Spreadsheet](#)
- [Cornell - COVID Shutdown Spreadsheet](#)
- [DePaul Students Offering Housing /Storage /Moving Help](#)
- [Duke University Mutual Aid Facebook Group](#) and [Centralized Links/Info Doc](#)
- [Harvard mutual aid housing & storage form](#)
- [Harvard sign up for volunteering, housing or storage for homeless students](#)
- [Huron Valley/University of Michigan Mutual Aid Spreadsheet](#)
- [Ithaca College Mutual Aid Document](#) (need Ithaca email to access)
- [Middlebury Mutual Aid Spreadsheet](#)
- [MIT \(and surrounding area\) Mutual Aid Form](#)
- [Oberlin Mutual Aid Spreadsheet](#)
- [Penn COVID-19 Resource Guide](#) and [Housing Spreadsheet](#) and [Mutual Aid](#)
- [Pitt Mutual Aid Website](#)
- [Pomona Help Pomona students evicted during COVID-19](#)
- [Reed College School- and Student-based initiatives](#)
- [Sarah Lawrence Emergency Resources](#)
- [Smith Student Emergency Housing 2020](#)
- [Swarthmore College Mutual Aid Sheet](#)
- [Stanford Community Offerings/Resources](#)
- [Tufts Mutual Aid](#) and [Unexpected Hardship Fund for Student Needs](#)
- [University of Southern California Mutual Aid Sheet](#) and [Food List](#)
- [William & Mary Mutual Aid Support Network](#)
- [Wellesley fund for helping students move out](#)
- [Vassar Student Support Fund](#)
- [Vassar Mutual Aid Spreadsheet](#)

Regional-Specific Resources

- [Appalachia Mutual Aid Fund](#)
- [Atlanta COVID-19 Solidarity & Mutual Aid Master Doc](#)
- **California**
 - Cal COLA Mutual Aid (UC Berkeley/East Bay)
 - Request help: bit.ly/cal-mutualaid-requests
 - Offer help: bit.ly/cal-mutualaid-volunteers
 - **Los Angeles**
 - [Los Angeles COVID-19 Mutual Aid Resource Links](#)

- [Resource List | Responding Together to COVID-19](#)
 - [Los Angeles Mass Resource List](#)
 - [Los Angeles Resource List \(in English and Spanish\)](#)
 - [One Degree Resource Guide](#)
 - **San Francisco Bay Area**
 - [COVID-19 Resource List Initiated by Asian Americans for Civil Rights and Equality \(AACRE\)](#)
 - [Bay Area COVID 19 Resource List](#)
 - [One Degree Resource Guide](#)
- **Boston**
 - [Boston-area Higher Education Institution Response to COVID-19](#)
 - [Boston Artist Relief Fund](#)
 - [AARW's Boston /MA /General Resource list](#)
 - [Move Out Assistance](#)
 - [Storage and Housing](#)
 - [Storage and Housing for Students](#)
 - [displacement and in-need form](#)
 - [Community Resources](#)
- **Ohio**
 - [Central Ohio - Mutual Aid Google Form](#)
 - [Dayton / Miami Valley - Mutual Aid Google Form](#)
 - [Southeast Ohio - Mutual Aid Google Form](#)
 - [Cleveland - Provide Aid Google Form](#)
- **DC/DMV**
 - [DC COVID-19 Mutual Aid Document](#)
 - [DC COVID-19 Response / Serve your neighbor!](#)
 - [Find MD Meal Distribution Sites](#)
- [Denver Front Range Mutual Aid from Abolish ICE Denver](#)
- [Medford & Somerville, MA Mutual Aid](#)
- **New York**
 - [Find NYC Mutual Aid Groups](#)
 - [Undocumented and coronavirus: 'No one will record your information or ask about immigration status'](#)
 - [Coronavirus Resource Kit](#)
 - [NYC United Against Coronavirus - Resources and Information](#)
 - [NYC Borough-Based Mutual Aid Networks](#)
 - [NYC Support - Prioritizes Undocumented Folks](#)
 - [Sri-Lankan Mutual Aid](#)
 - [Bay Ridge Cares - South Brooklyn Helping Hand](#)

- [North Carolina \(Triangle-Area\) Mutual Aid Form](#)
- [PDX Mutual Aid Forms](#)
- [Pittsburgh Mutual Aid SpreadSheet](#)
- [Philadelphia Mutual Aid Google Form](#)
- [Providence Community Mutual Aid *INTAKE*](#)
- [Rockford Mutual Aid Volunteer *INTAKE*](#)
- [Seattle #covid19mutualaid links](#)

V. Other Resources

Miscellaneous

- [Demands from Grassroots Organizers Concerning COVID-19 - Kelly Hayes, Transformative Spaces](#)
- [How is COVID-19 and school closures impacting Title IX cases - Know Your IX](#)
- [COVID-19 Legal Resources - Brumley Law Firm](#)
- [CivicTechHub](#) - International list of hackathons and civic tech communities trying to find solutions against COVID-19
- [COVID-19 Slack / Discord / Telegram workspaces \(+ hackathons\): International list](#)

Self Isolation/Quarantine - Free things to do (taken from Bay Area COVID-19 Resource List)

- **Yoga:**
 - [Down Dog app](#) is free until April 1st - if student, can extend through July 1st
 - [Yoga for Beginners app](#) (same makers as Down Dog) free until April 1st - if student, can extend through July 1st
 - [Yoga with Adriene on Youtube](#) - always free online
 - [CorePower Yoga](#) Class Pack - free online classes during this time
 - [YogaWorks](#) - free online classes during this time
 - [Touchstone Fitness](#): Free online yoga through FB Live, varying schedule - check the website
 - [Lululemon](#) - some free online videos
- **More (HIIT, dance, barre, circuits, more):**
 - [Barry's Bootcamp](#) - free on Instagram Live at 6AM, 9AM, and 12PM PDT (9AM, 12PM, 3PM EDT). Workouts are saved on the IGTV if you miss it
 - [Rumble Boxing](#) - free on Instagram Live at 9AM EST. Workouts saved on IGTV
 - [Planet Fitness free live workout sessions](#) - during this time

- [Les Mills Free Workouts](#) - during this time
- [HIIT app, Barre app, 7 Minute app](#) (same makers as Down Dog) free until April 1st- if student, can extend through July 1st
- [Pamela Reif on Youtube](#) - always free
- [Chloe Ting 2 Week Shred](#) - always free
- [Blogilates at home pilates](#) - always free
- [Popsugar Fitness](#) - always free
- [Fullstop Dance](#) - 12PM stretch and dance videos live on Instagram
- Support dancers by venmoing @fullstopdance
- **Meditation:**
 - Headspace is offering free meditations [on their website](#) and on their app
 - [The East Bay Meditation Center](#)
 - Free 5-day online [Buddhist wisdom summit](#) with Thich Nhat Hanh (March 25-29)
- **File your taxes online:**
 - [Credit Karma](#)
 - [E-file](#)
 - [With the IRS](#)
- **Online Classes:**
 - [Coursera](#) offers classes in a variety of subject areas. [Free to students \(not gen public\)](#)
 - Free courses online for adults: <https://www.classcentral.com/collection/ivy-league-moocs>
 - Free classes in variety of subjects: Khan Academy - <https://www.khanacademy.org/>
- **Online games**
 - Help solve the COVID-19 crisis by interacting with the 3-D compositions of protein structures. It's part game, part science. You don't actually have to be a scientist - <https://fold.it/> (*it's a computer game*)
 - Video Chat with friends while playing games through the **Bunch** app: https://play.google.com/store/apps/details?id=live.bunch.group.video.chat.party.games&hl=en_US
- **Books / Reading**
 - [Scribd](#) - free for 30 days [no credit card/no commitment]
 - [Haymarket Books](#) - 10 free ebooks [if you're unable to get them, email cheyenne.cheng@ecaasu.org and they'll send you an epub]
 - [JSTOR opens its access](#)
 - [A few readings from the Intercollegiate Radical Study Group](#)

Accounts/People to Follow

[@covid19mutualaid](#) on Twitter

[@AltGovCOVID19](#) on Twitter

[@frontline.covid19](#) on Instagram (stories from health care workers on the front line)