

STAY SAFE MN

COVID-19 & MN LGBTQ Community

COVID-19 Testing

Symptoms of COVID-19:

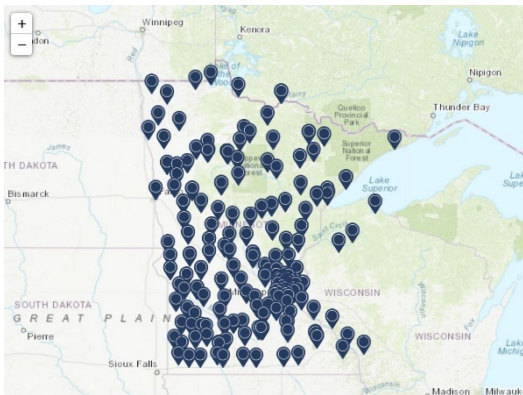
- Fever
- Cough
- Shortness of breath
- Chills
- Headache
- Muscle pain
- Sore throat
- Loss of taste or smell
- Less common symptoms include nausea, diarrhea, and vomiting.



If you have symptoms, you should get tested! The CARES Act requires COVID-19 tests to be covered at no charge to you.

Visit **Minnesota COVID-19 Response** <http://www.mn.gov/covid19> to find testing locations near you. Call your testing site ahead of time. You may need to schedule an appointment.

As always, contact your health care provider with any questions about your health.



- **Interactive Map of COVID-19 Testing Sites**
mn.gov/covid19/for-minnesotans/if-sick/testing-locations/

Health Care

Ask your provider about getting care online or over the phone.

- **Family Tree Clinic:**
651-645-0478
LGBTQ+ health clinic offering telehealth
- **Face to Face:** 651-772-5555
Youth health clinic offering phone and video medical visits



See if you can get 90-day supplies of your prescriptions delivered to you before you run out.

If you are HIV+, make sure you are taking your medications every day.

- **Minnesota AIDSLine** - 612-373-2437, 800-248-2437, or text "AIDSLine" to 839863

Some "elective" surgeries are now being offered. Call your health clinic or surgeon to see if they are now offering gender affirming procedures.

You have the right to health care without discrimination.

- **Minnesota COVID-19 Discrimination Helpline:**
833-454-0148
- **Lambda Legal:**
312-663-4413



Mental Wellbeing



- **Trans LifeLine:** 877-565-8860
Peer support and crisis hotline for trans folks
- **RECLAIM!:** 612-235-6743 info@reclaim.care
Mental health services for queer and trans youth ages 12-26
- **Edges Wellness:** www.edgeswellness.com
Mental health care specializing in the LGBTQ+ community
- **Face to Face:** 651-772-5555
Telehealth mental health support for ages 11-24
- **Sage LGBT Elder Hotline:**
877-360-LGBT (5428)
24/7 support hotline for LGBT older people
- **Center for Sexual Health:** 612-625-1500
Mental and sexual health services for LGBTQ people of all ages
- **JustUs Health Behavioral Health:**
612-373-9160 clinic@justushealth.org
Mental, chemical, and sexual health services for LGBTQ people and people living with HIV

Financial Support & Workplace Safety



- **Outfront MN COVID:**
<https://www.outfront.org/coronavirus>
List of emergency relief and mutual aid funds as well as other LGBTQ+ specific resources
- **Minnesota Unemployment Insurance:**
www.uimn.org
Online unemployment application and basic information
- **US Small Business Administration:**
www.sba.gov/coronavirus
Small business loans and other resources
- OSHA: 651-284-5050 or 877-470-6742
Hotline to report businesses not following COVID-19 safety guidelines

Housing and Homelessness



- **Adult Shelter Connect:**
612-248-2350
Shelter assessment and placement in Minneapolis for single people over 18 in Hennepin County
- **Avenues for Homeless Youth:**
avenuesforyouth.org
Emergency shelter and housing for youth ages 20 and under
- **HOME Line:** 612-728-5767
Free, confidential legal aid for renters
- **Minnesota Housing:** www.mnhousing.gov
Rental assistance and other housing resources

Ask your mortgage lender about forbearance from payments during the COVID-19 pandemic.

Food Access



- **Supplemental Nutrition Assistance Program (SNAP):**
applymn.dhs.mn.gov/
- **Hunger Solutions:**
www.hungersolutions.org/find-help
Search engine for food shelves, free meals, and other food support
- **Women, Infants & Children (WIC) Program:**
<https://www.health.state.mn.us/wic/>
- **Free Meals for Kids Mobile App:**
<https://hungerimpactpartners.org/>
Free mobile app with up-to-date locations of free meals for kids 18 and under



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