

A STUDENT GUIDE TO SURVIVING COVID-19

#MakeItCount Vaughn Warriors



HOW TO GET MONEY

If you lost your job or need support paying for living expenses, there are resources that could help:

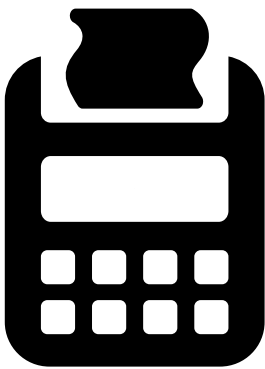
- [Unemployment insurance](#)
- [Workers' compensation](#)
- [Vaughn College Student Assistance Fund*](#)
- [Tax refunds](#)
- [New York temporary assistance](#)
- Grocery stores and other essential businesses are now hiring



HOW TO RELOCATE OR FIND A PLACE TO LIVE

Companies and organizations are working to offer additional support for students:

- [Storage discounts](#)
- Alternative housing options:
 - Hotels
 - Motels
 - Local residents



HOW TO REDUCE YOUR BILLS

Different institutions and companies are offering payment alternatives during the pandemic. Here are some ideas to consider:

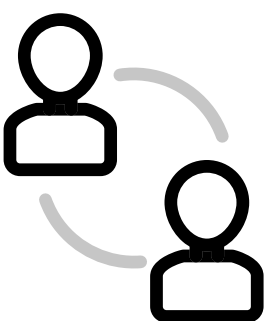
- [Financial aid & student accounts assistance*](#)
- Credit card and recurrent bills payment arrangements
- Student loans and other debt
- Low-cost or free food:
 - [NYC Department of Education](#)
 - [Supplemental Nutrition Assistance Program \(SNAP\)](#)
 - Food pantries
 - [Women, Infants and Children \(WIC\)](#)
- [Internet and computer access](#)
- Utility bill assistance



HOW TO PROTECT YOUR HEALTH

With stress and anxiety, your health may suffer. Making informed decisions and learning about your options will be helpful:

- Testing for COVID-19
- In-person care vs. telehealth
- [Free online counseling services*](#)
- [OMH emotional support hotline](#)
- Health insurance coverage
- Practice social distancing
- Participate in [virtual campus events](#) (games, fitness and more)*



REMEMBER, YOU ARE NOT ALONE!

We encourage you to seek assistance from the college.

- [Vaughn College Zoom Front Desk*](#)

*Vaughn College specific resources