



Services and Supports for Longer-Term Impacts of COVID-19: Quickstart Guide

If you have Long COVID, or are a family member or caregiver for someone with Long COVID, you may need a variety of services, supports or reasonable modifications to access health care and treatment, work, go to school, and stably live in the community. The [Services and Supports for Longer-Term Impacts of COVID-19 Report](#) provides a catalog of federal programs, supports and services that can help individuals with Long COVID and their families and caregivers. Some of the resources in this guide may also support individuals, their families and caregivers who are experiencing the longer-term impacts of the COVID-19 pandemic, such as mental health and substance use challenges, and bereavement.

The Department of Health and Human Services has divided Chapter 2 into ten sections for easier access. Click below for relevant programs, supports and services for each topic.

[Know Your Rights](#)

If you are disabled due to Long COVID, learn about the federal civil rights laws that protect you.

Not sure where to start?

Q. Long COVID may constitute a disability under civil rights laws. Do you believe that you have been discriminated against because of your disability, or because of your race, color, national origin, age, gender, or religion?

A. Visit the [Office for Civil Rights | U.S. Department of Health and Human Services \(hhs.gov\)](#) or [Contact the Civil Rights Division | Department of Justice](#) or the [U.S. Equal Employment Opportunity Commission \(eoc.gov\)](#).

Q. Do you have a complaint about housing, law enforcement, labor, education or employment discrimination?

A. Find [other Federal civil rights agencies that can help you or](#) visit [Contact the Civil Rights Division | Department of Justice](#).



[Health Care Coverage and Access](#)

If you have Long COVID, your health care needs may have changed. Learn about different programs and networks that can help you with:

- Health Insurance Coverage
- Health Insurance Support after Job Loss
- Community Health Centers and Health Care for Underserved Communities
- Home Medical Equipment
- Telehealth and Long COVID
- Long COVID Study Enrollment

This section also has resources for these communities:

- Veterans, Military Service Members, and Military Families
- Tribal Communities

Not sure where to start?

Q. *Need health insurance coverage because you are uninsured?*

A. Contact a Health Insurance Navigator and Assister. [Search - Local Assistance for Health Insurance Application | \(HealthCare.gov\)](#).

Q. *Need help paying for your health care costs?*

A. Find out if you might save on Marketplace premiums, or qualify for Medicaid or Children's Health Insurance Program (CHIP), based on your income at [Saving Money on Healthcare Costs | \(HealthCare.gov\)](#).

Q. *Need assistance with Medicare coverage, enrollment, or costs?*

A. Contact Medicare at 1 (800) MEDICARE or 1 (800) 633-4227 and 1 (877) 486-2048 (TTY). [Welcome to Medicare | Medicare \(medicare.gov\)](#)

Q. *In need of health insurance coverage after job loss?*

A. Contact a Benefits Advisor. [Ask EBSA | U.S. Department of Labor \(dol.gov\)](#).

[Community Services and Supports](#)

If you have Long COVID, you may need assistance to do things you did by yourself in the past. You also may need to make changes in your life or to your home to adapt to the changes in your abilities. There are networks and programs that offer a wide range of services and supports to meet your needs:

- Services to Assist with Activities of Daily Living, such as eating, dressing, mobility, and bathing
- Transportation
- Assistive Technology, ranging from “low tech” (e.g., modified handle on spoon to improve ability to grasp) to “high tech” (e.g., computers controlled with eye movement)
- Community Economic Development



Not sure where to start?

Q. Looking for information about community-based supports and services that you are eligible to receive?

A. Contact the Disability Information and Access Line (DIAL). To use DIAL, call (888) 677-1199 Monday through Friday, 9:00 a.m. to 8:00 p.m. ET or email DIAL@usaginganddisability.org. Learn more at acl.gov/DIAL.

Q. Are you an older adult or a caregiver for an older adult looking for local support resources?

A. Call the Eldercare Locator at 1 (800) 677-1116 or visit eldercare.acl.gov to chat live or browse resources.

[Income and Financial Assistance](#)

People experiencing Long COVID may need financial assistance due to lost wages or unemployment. There are federal programs to help you address financial difficulties that are the result of Long COVID:

- Disability and Survivor Benefits
- Unemployment Benefits
- Tax Credits
- Retirement Benefits
- Assistance Programs for Families with Children

Not sure where to start?

Q. Lost your job and want to know whether you are eligible for unemployment benefits?

A. Find out about the programs in your state by visiting [Unemployment Benefits Finder | CareerOneStop.org](https://www.unemploymentbenefitsfinder.com).

Q. Does your family need some financial assistance since you were diagnosed with Long COVID?

A. Find out if your family is eligible to participate in the Temporary Assistance for Needy Families (TANF) by contacting a program in your area by visiting [Help for Families | The Administration for Children and Families \(hhs.gov\)](https://www.hhs.gov/help-for-families).

[Job Assistance](#)

People experiencing Long COVID may need accommodations in the workplace or assistance with finding a new job. There are federal programs to help you address job-related needs—whether in your search for a new job or issues dealing with your current job/employer—that are the result of Long COVID:

- Workplace Accommodations
- Job Training and Reemployment Assistance
- Support for Employers



Not sure where to start?

Q. *Need accommodations to perform your job since being diagnosed with Long COVID?*

A. Contact the Job Accommodation Network (JAN). JAN is a free service that provides confidential guidance to individuals regarding job accommodations and disability employment issues. For more information contact JAN at 1 (800) 526-7234 (VOICE) and 1 (877) 781-9403 (TTY). You can also reach JAN via online chat, email or JAN on Demand by visiting [Information By Role \(askjan.org\)](https://askjan.org).

Q. *Recently unemployed and unsure of what benefits you may be entitled to?*

A. Find unemployment programs and benefits in your state by visiting [Unemployment Benefits Finder | CareerOneStop](#).

Housing

Individuals experiencing Long COVID may need protection under the Fair Housing Act, financial assistance to maintain their home, or housing assistance to find affordable housing. If you are experiencing housing insecurity due to the loss of a loved one from COVID, then you may have options through federal supports. Several federal programs are available that can help:

- Assistance for Renters
- Assistance for Homeowners
- Affordable Housing Programs
- Utilities Assistance

Not sure where to start?

Q. *Worried about falling behind on rent for your home?*

A. Find emergency rental assistance programs in your area by visiting [Find Help with Rent and Utilities | Consumer Financial Protection Bureau \(ConsumerFinance.gov\)](#).

Visit the HUD Housing Counseling Office at [Office of Housing Counseling | HUD.gov / U.S. Department of Housing and Urban Development \(HUD\)](#).

You can also visit the Office of Fair Housing and Equal Opportunity to [File a Complaint – Main Page | HUD.gov / U.S. Department of Housing and Urban Development \(HUD\)](#).

Q. *Are you homeless or have you recently lost your home?*

A. Reach out to the Housing Authority in your state at [PHA Contact Information - HUD | HUD.gov / U.S. Department of Housing and Urban Development \(HUD\)](#).

Find Homeless Assistance programs in your area by visiting [Need Homeless Assistance? - HUD Exchange](#).



Food and Nutrition Support

People with Long COVID may be unable to continue to work and earn money, putting them at risk of being unable to afford food or getting enough nutrition for themselves and their families. If you or your immediate family members need help purchasing food, there are several federal programs that can help you put nutritious food on your family's table:

- Child and Family Nutrition Programs
- Food Distribution Programs
- Nutrition Program for Seniors

Not sure where to start?

Q. *Concerned about being able to feed your family?*

A. Find emergency food distribution programs in your area: [Contact Map | Food and Nutrition Service \(usda.gov\)](#).

Q. *Wondering if you are eligible for the Supplemental Nutrition Assistance Program (SNAP) which can help you purchase healthy foods for your family?*

A. Find your local SNAP office and talk to them about whether you are eligible: [SNAP State Directory of Resources | Food and Nutrition Service \(usda.gov\)](#).

Q. *Are you an adult 60 years and older in need of food?*

A. Reach out to Eldercare Locator: call 1 (800) 677-1116 or visit [Eldercare Locator \(acl.gov\)](#) to chat live.

Child Care and Early Childhood Development and Education

Individuals experiencing Long COVID may need assistance with child care or preschool. In addition, young children with Long COVID might need services, supports or accommodations. This section describes federal programs that may be able to help.

Not sure where to start?

Q. *Worried about paying for child care?*

A. To find out more about child care financial assistance resources in your state, visit [See Your State's Resources | Childcare.gov](#).

Q. *Worried about finding affordable learning opportunities for your preschool age children?*

A. Reach out to the Head Start Programs and check your eligibility. Call 1 (866) 763-6481, Monday through Friday, 8:00 a.m. to 6:00 p.m. ET. Visit [How to Apply | ECLKC \(hhs.gov\)](#).



Education Supports

Students with Long COVID may need supports, services and accommodations to succeed in school. They also are protected against discrimination by federal laws, including the Americans with Disabilities Act, Section 504 of the Rehabilitation Act and may receive special education services under the Individuals with Disabilities Education Act.

Not sure where to start?

Q. Do you need more information about education supports for someone, age birth to 26 years, with Long COVID?

A. Find your Parent Center by visiting [Find Your Center | \(ParentCenterHub.org\)](https://parentcenterhub.org).

Q. Do you need an advocate or attorney to assist with accessing services, supports or accommodations?

A. Connect with a Protection & Advocacy System by visiting [Member Agencies | NDRN \(ndrn.org\)](https://ndrn.org).

Caregiving and Family Support

Learn about navigating the systems that support families and caregivers, including:

- Family and Medical Leave and Sick Leave
- Respite Care
- Individual Counseling and Support Groups
- Child Welfare

Not sure where to start?

Q. Wondering what support services are available for caregivers in your area?

A. Call the Eldercare Locator at 1 (800) 677-1116 or visit [Eldercare Locator \(acl.gov\)](https://eldercare.locator.acl.gov) to chat live or browse resources.

Q. Are you caring for a Veteran or are you a Veteran caring for a Non-Veteran family member?

A. Call the Caregiver Support Line at 1 (855) 260-3274 or visit [Caregivers Support Line \(CSL\) - VA Caregiver Support Program](https://caregiversupportline.org).