

Support Resources for our Employees

Accessing Essentials

While you are under isolation, you may need to access essential items such as groceries and medications. Austin Public Health has compiled a list of resources to assist.

Food/Personal Items

- [HEB Curbside](#)
 - Fee: Free for First-time users. Service is free or \$4.95
- [Walmart Pick-Up](#)
- [Favor](#)
 - Fee: \$7.95 for delivery with \$4.95 personal shopper fee
- [Instacart](#)
 - Fee: Free delivery on your first order, \$3.99 if order is over \$35.00, \$7.99 if order is under \$35.00 (They also charge 3% fee to the price of each product, 5% service fee and 5% for tip for the driver)

If you do not drive or have a friend, family or neighbor who can pick up items and deliver them to your home or if you need help buying food, please call 512-972-6240.

Medication

- [Walgreens](#)
 - Delivery Fee: Free if order is over \$35
- [CVS](#)
 - Delivery Fee: Many locations are waiving fees due to COVID-19
- [HEB](#)
- [Walmart](#)
 - Fee: Free Standard Delivery (5-7 business days), \$8 2nd Day Delivery, \$15 Overnight Delivery

If your pharmacy does not have a delivery option, check if they have a drive-thru location. You may call the pharmacy and find out if they can transfer your refill to another location for a one-time pick-up.

Finances

Some banks may work with you on delaying payments. Please contact your bank for questions. If you would like help with other resources, please ask your Public Health Monitor for a referral.

Emotional Support

Your emotional needs are important and if you are worried or upset, there is help. You may be feeling anxiety and worry, sleeping troubles, over or under eating, or sadness and depressed mood. If you have any of these symptoms, please reach out to:

- Integral Care 24-Hour Crisis Hotline: 512-472-HELP (4357)

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- National Alliance for Mental Illness Helpline: 1-800-950-NAMI (6264) or text NAMI to 741741
 - Monday-Friday 10:00 a.m.-6:00 p.m. ET
- [National Suicide Prevention Lifeline](https://www.nimh.nih.gov/health/helpdesks/24-hour-helpline): 1-800-273-8255

If you have additional concerns or questions and would like a follow-up from a Case Manager, please notify your Public Health Monitor.

At-Home Entertainment Resources

- **Austin Public Library** has a “Virtual Library” where you can read, listen, watch on your computer or mobile device 24/7 when you download or stream eBooks, eAudiobooks, magazines, movies and music. For more information, visit library.austintexas.gov/virtual.
- **Austin ISD Learning-At-Home** provides optional resources to include a range of ideas for online and offline activities that student can work on at home independently, with family members, or with other adults. Additional resources will be added, please check back periodically. For access, visit <https://sites.google.com/austinisd.org/aisd-learning-at-home>
- **UT Biodiversity Center** has a live falcon camera to observe the UT Tower, which is home to a female Peregrine Falcon, nicknamed “Tower Girl.” For more information, visit biodiversity.utexas.edu/resources/falcon-cam.
- **Google Arts & Culture** has a virtual collection available to explore iconic locations in 3D, including iconic museums and monuments. For more information, visit artsandculture.google.com/project/openheritage.
- **Monterrey Bay Aquarium** has ten live webcams to watch various ocean experiences, including coral reefs, jellyfish, and penguins. For more information, visit montereybayaquarium.org/animals/live-cams.
- **Smithsonian National Zoo** has four live webcams to watch their naked mole rats, lions, giant pandas, and elephants. For more information, visit nationalzoo.si.edu/webcams
- **Smithsonian National Museum of Natural History** has virtual tours available of their current exhibits. For more information, visit naturalhistory.si.edu/visit/virtual-tour/current-exhibits
- **Smithsonian Institute** has online resources for kids. For more information, visit www.si.edu/kids.

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- **Scholastic** is offering at-home learning resources for children. For more information, visit classroommagazines.scholastic.com/support/learnathome.html.