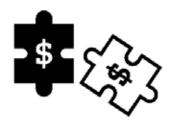




## Tools to cope with the financial impact of COVID-19

## If you...

Are about to lose your job or have already lost your job.



## First steps to take

- Add up any savings you have and how long you can get by before it runs out.
- Find out if you qualify for unemployment insurance and then apply if you can.
- Make a list of your concerns. Place a mark next to those concerns you want to deal with first. The others can wait while you work on your priorities first.
- When applying for public benefits, it often takes time for the assistance to come through. Check into other resources and focus on steps you can take while you wait.

## Resources

Dealing with a drop in income: https://go.wisc.edu/2s54tr

Applying for unemployment benefits: https://dwd.wisconsin.gov/uiben/apply/

Other ideas or people I want to contact:

Know that you will not have enough money to pay a bill this month (rent, mortgage, utilities, phone, etc.).



- Prioritize which bills you need to pay first in order to meet your living needs, like rent/mortgage and electric.
- Contact your landlord, utility, or other creditors to see if they have hardship programs.
- Call 211 to find public assistance for which you may qualify.
- Consider changing the due dates on your bills to better match the dates you have money coming in. You can look into a change in due date by calling your creditor or going to their website.
- If you know you'll miss a payment, contact the company to try to work out a plan as soon as you can.
- If bill collectors are calling, you might need to ignore them for a short time while you're taking care of necessities first. Don't pay collectors first just because they're making the most noise.

For public and private assistance programs: Call 211 or go to 211.org

Money Matters – see When You Can't Pay Your Bills: https://go.wisc.edu/ym1h1k

From the Consumer Financial Protection Bureau: Five Tips for When You Can't Pay Your Bills: https://go.wisc.edu/26ti59

Other ideas or people I want to contact:

If you	First steps to take	Resources
Need health coverage or food assistance.	<ul> <li>Call 211 to find out what services you're eligible for.</li> <li>Visit food banks or pantries in your area.</li> <li>Visit WisCovered to find out about health insurance options.</li> <li>Apply for FoodShare using the ACCESS website. You'll also be able to apply for other benefits on this website.</li> <li>Visit the Extension web site listed to the right to find food resources to help get through COVID-19.</li> </ul>	WisCovered: https://wiscovered.com ACCESS: https://access.wisconsin.gov/access/ Food resources to help get through COVID-19: https://go.wisc.edu/2ol6cv Other ideas or people I want to contact:
Have monthly expenses that exceed your cash inflows.	<ul> <li>Make a monthly spending plan.</li> <li>Keep track of your spending.</li> <li>Look for ways to cut back on spending or put off less important expenses.</li> <li>Explore ways to increase your income.</li> <li>Contact your creditors and make realistic offers to them of what you can do.</li> <li>Some people may need to use credit cards or borrow money. Don't take on new debt if you can avoid it because this will cost you more in the future.</li> </ul>	Cutting back and keeping up when money is tight: https://go.wisc.edu/6926c1  Money Matters – see Making a Spending Plan: https://go.wisc.edu/ym1h1k  Other ideas or people I want to contact:
Are struggling with stress caused by the pandemic and other current situations.	<ul> <li>Reach out to others and nurture your relationships.</li> <li>Take time to reconnect with things you enjoy in nature, music, or art. Think about what you like to do that is free and takes your mind off problems for a bit.</li> <li>Find support through social and economic resources.</li> <li>Call 211 to referrals to community resources</li> </ul>	9 Keys to Resilience: https://go.wisc.edu/dt046m Other ideas or people I want to contact:
Have other concerns not covered above.	Check out our Financial Resources to Help Get through COVID-19 web page	https://go.wisc.edu/5sd9m2