



Cooperative Development Institute

Transforming Ownership of the Economy so that All People Can Meet their Basic Needs

COVID-19 Stimulus Relief Guide

Coronavirus Stimulus Package F.A.Q.

Find answers to both employees and employers most frequently asked questions in this [NYTimes](#) article listing information for stimulus checks, unemployment benefits, and the \$2 trillion relief Coronavirus bill.

Small Business Administration (SBA)

- [SBA Disaster Assistance](#) in Response to the Coronavirus
 - To get started with Disaster Assistance - you must first [register](#) with SBA
- COVID-19 Guidance for [Vermont Businesses](#)
- [CDF Disaster Recovery Fund](#) The Disaster Recovery Fund helps cooperatives and cooperators get back on their feet after disasters or other emergency hardship situations.
- [Cooperative Fund of New England \(CFNE\)](#) Cooperative Fund of New England remains fully open for business.
- New York [Unemployment Insurance](#) with specific COVID 19 changes
- [NYC small business COVID 19 resources](#)

Unemployment

- How to file for [unemployment benefits](#) if you lose your job during the coronavirus pandemic. Each state administers a separate unemployment insurance program, but all states follow the same guidelines established by federal law:

Apply To Your State:

- [Massachusetts](#)
- [Maine](#)
- [Vermont](#)
- [New Hampshire](#)
- [New York](#)

- [Connecticut](#); Tips for [faster CT claims processing](#)

Self-Employment Assistance (freelancers/independent contractors)

- [Self-Employment Assistance](#) offers dislocated workers the opportunity for early re-employment
- [Freelancers Union Guide](#) - Freelancers Union offers a guide for freelancers, self-employed, and independent contractors affected by the Coronavirus.
- [Freelancers Union Relief Fund](#) - Freelancers Union offers funding for freelancers and independent contractors affected by the Coronavirus.
- Freelancers, self-employed, and independent contractors *may* be eligible for unemployment benefits.
 - [Check with your state's unemployment insurance program](#) regarding the rules in your state.