The COVID-19 outbreak may affect many aspects of your military life, including financial readiness.

If you and your family are experiencing challenges, there are a number of services to help you take control and minimize financial distress.

- **Military OneSource**
  Provides confidential, short-term counseling to address financial issues such as basic budgeting, money management and debt.

- **Navy Marine Corps Society**
  When you have urgent financial needs, our Quick Assist Loans can help. There’s no application fee or appointment needed to get interest-free loans of up to $500. See if you qualify at https://www.nmcsr.org/pages/quick-assist-loan-qal.

- **Federal Employee Education and Assistance Fund (FEFA)**
  The only independent, nonprofit 501c3 organization devoted solely to providing emergency financial assistance and scholarships to our dedicated civilian federal and postal public servants and their families. More information can be obtained at: https://fefa.org/our-programs/

- **The Office of Financial Readiness**
  Support a mission ready force through policy, programs and advocacy.
  For more information call 1-833-200-0035 or email support@usalearning.net

**FOR MORE INFORMATION ON COVID-19 PLEASE VISIT: WWW.CDC.GOV/COVID19**

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.