



CRISIS RESOURCE LIST

Panama

Government Resources

Ministerio de Salud de la Republica de Panamá

- [Health Information](#) – Click on the link below to find out more about current health information.
 - <http://www.minsa.gob.pa/>
- [#169](#) – On March 7th the Ministry of Health activated line 169, which will serve to clarify doubts and guide those people who come from affected countries or have any type of symptoms (cough, fever or respiratory problems). If you have any questions feel free to call, the line is active 24 hours a day.

Food Assistance

- [Plan Panama Solidario](#) – The Panamanian government is providing qualified households with a bag of food valued at \$80 along with bonuses. The Plan Solidario will benefit the most vulnerable Panama residents as identified by the Panama government.
 - <http://www.panamasolidario.gob.pa/> Utility Assistance

Alorica Resources (for Alorica Employees only)

- [Pan-American Life Insurance de Panama \(Palig\)](#) – If you're enrolled in the Alorica medical plan administered by Palig and don't feel well (for any reason), you are able to go to a private hospital and get checked.
 - <https://www.palig.com/panama-coronavirus>

General Resources

- [Pan American Health Organization/World Health Organization](#) – Updates on COVID-19.
 - <https://www.paho.org/en/topics/coronavirus-infections/coronavirus-disease-covid-19>
- [Centers for Disease Control and Prevention](#) – Talking to children about Covid-19.
 - https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-withchildren.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019ncov%2Fcommunity%2Fschoools-childcare%2Ftalking-with-children.html
- [Panama Domestic Violence Hotline](#) – (507) 507-3498
- [Psychological Assistance](#) – (507) 674-9695