



## Overview

We understand that the COVID-19 may be having an effect on your personal finances, career, and education. Therefore, we've put together a comprehensive guide with a few tips and advice for staying financially well during the COVID-19 pandemic. Stay safe and know that we're here to help in any way that we can.

If you find yourself needing financial help, consider potential sources that may be able to assist you like family members, friends, your local/state/federal government, Sacramento State resources, non-profit organizations, and houses of worship.

### ASI Food Pantry

University Union, Room 1246  
T/Th: 10AM-1PM; Wed: 1PM-4PM

### CARES Office

University Union, Room 1260  
Mon - Fri, 8am - 5pm

(916) 278-5138

[cares@csus.edu](mailto:cares@csus.edu)

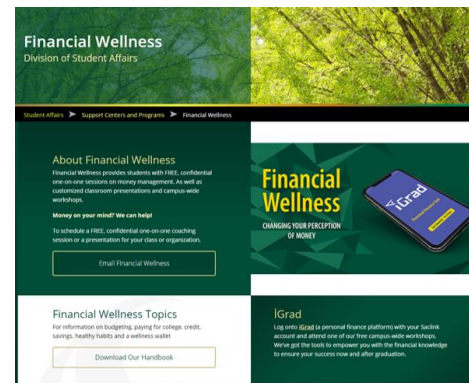
## Contact Us

**Office Hours:** Mon-Fri, 8am-5pm

**Phone:** 916-278 -4192

**Email:** [green2gold@csus.edu](mailto:green2gold@csus.edu)

To make an appointment, visit us at <https://www.csus.edu/student-affairs/centers-programs/financial-wellness/> and select the "Schedule an Appointment" button.



**Financial Wellness**  
at Sacramento State

# COVID-19 AND YOUR FINANCIAL HEALTH

*Tips and Advice for staying financially well during the COVID-19 pandemic.*



## CREATE A PAYMENT STRATEGY THAT'S MINDFUL OF YOUR CREDIT

Prioritize your bill payments according to what you need the most and what you have to lose if you don't pay.

1. Pay for the assets and services you cannot do without such as rent, heat, water, etc.
2. Pay any debts that are backed by assets, because you can lose assets if you don't pay the monthly bills.
3. Pay any noncollateralized and unsecured debts, such as credit cards, personal loans, and student loans. Failure to make these payments does not put you in immediate hardship but be aware that interest may continue to accrue.
4. Pay all your minimum payments first before paying anything above your minimum payments. This allows you to avoid having missed payments on your record and maintaining good credit.

## BUDGETING AND HANDLING EXPENSES

During this time of uncertainty, it's crucial to budget and spend accordingly. You can track expenses by writing them down or using apps, such as Mint or EveryDollar. Continue to cut out all extra spending on things you do not need and find ways to save on necessary expenses, such as groceries.

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*Keep Calm during COVID-19. We wish you and your loved ones health and safety during this time.*

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## ASSISTANCE FOR THOSE WHO ARE FACED WITH A REDUCTION IN INCOME

Companies are beginning to implement plans to assist employees who may be affected by COVID-19. Check with your company or institution to see how they are specifically handling this situation.

There are also a variety of government and state resources available to assist with unemployment and emergency relief if you are financially affected by COVID-19.

Visit this link for additional information:  
<https://www.csus.edu/student-affairs/crisis-assistance-resource-education-support/resources.html>



## EMERGENCY FUND

If you already have an emergency fund in place, continue to put money into it to give yourself wiggle room in uncertain times.

If not, now is a great time to start building one. We realize that finances may be especially tight because of COVID-19, but small contributions over the next few months and years to come can add up to a sizable fund that can give you some peace of mind in the future.

1. Put a designated amount of your paycheck into an emergency fund before you spend it on discretionary items.
2. Reallocate the money you would normally use on things like going out to eat or extracurriculars toward your emergency fund.
3. Use rewards credit card or a cash-back app, when making any purchases to stock up on necessary items and then putting the cash back into an emergency fund.
4. Cancel or re-evaluate any unused/unnecessary subscriptions, and place that money into your emergency fund.