Summary of all stimulus measures for individuals, businesses, and areas impacted:

<https://taxfoundation.org/cares-act-senate-coronavirus-bill-economic-relief-plan/>

Summary of expanded the $100,000 401(k)/IRA penalty free withdrawal and loan guidelines:

<https://www.irahelp.com/slottreport/cares-act-relief-retirement-distributions-and-plan-loans>

Federal Tax filing & payment extensions (+2019 individual IRA and Roth contribution is now July 15)

State Tax filing deadlines vary by state. This USA Today article has compiled a comprehensive list:

<https://www.usatoday.com/story/money/2020/03/30/taxes-2020-when-my-state-taxes-due/2925791001/>

Small Business CARES Act Loan and Grant Assistance Overview:

<https://www.sba.gov/funding-programs/loans/coronavirus-relief-options>

Economic Injury Disaster $10,000 Grant Application (online app)

<https://covid19relief.sba.gov/#/>

Payroll Protection Program (PPP) Detailed Description and Flow Chart for Loan Terms and Forgiveness

<https://www.uschamber.com/sites/default/files/023595_comm_corona_virus_smallbiz_loan_final.pdf>

Payroll Protection Program (PPP) Application (download pdf and submit to a qualified lender):

<https://www.sba.gov/document/sba-form--paycheck-protection-program-borrower-application-form>

SBA Lender List (It’s unclear which lenders have been approved yet, but here are their 100 most active)

<https://www.sba.gov/article/2020/mar/02/100-most-active-sba-7a-lenders>

To defer your 6.2% Payroll Tax Payments through December 2020 (to be paid in 2021 and 2022):

-Simply contact your payroll tax provider and ask them to do so. (note: You CAN’T do both the PPP forgivable loan and also defer your payroll taxes in 2020. It’s one or the other)

[Add your message here]