



COVID-19 Miami Community Resources

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This document was compiled to consolidate the resources available in Miami to help our community during this time. You can use Ctrl+F to search for specific information as well. Please email contracovid@gmail.com if you see any inaccurate information or if you'd like to add any additional content.

This document will be updated frequently with new information as it becomes available. Last updated 09/20/2020

Translation: [Español](#) | [Kreyòl ayisyen](#) |

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Additional Resources

Daily updates, COVID-Hotline, official information

City of Miami

For the latest updates and comprehensive information about **schools, utilities, business relief, social services, event cancellations, and additional resources.**

- Miami Link: [COVID-19 Updates](#)
- Use this number if you believe you have been exposed to COVID-19 prior to traveling for medical attention. **(305) 324-2400**
- **COVID-19 Hotline** - call **1-866-779-6121**
 - **Available 24/7** to provide information about coronavirus, if you should get tested, how to get tested, how to request PPE for hospitals/clinics, etc
 - **Translators available for every language** including Spanish, Creole, and Portuguese!!
- **COVID/Coronavirus Fact Sheets (translated into 30+ languages)**
 - <https://covid19healthliteracyproject.com/>
- **Emergency alerts:** text **Join MDC to 34292**
- **Business resources and updates:**
 - <https://www.beaconcouncil.com/solutions/small-business/covid-19-updates-and-resources/>
- **Over 65+ In-Home COVID Testing:**
 - If you are a City of Miami resident over the age of 65 and experiencing COVID19 symptoms, the City of Miami Fire-Rescue is offering free, in-home testing for seniors without transportation. Call **305-960-5050** for assistance.

Miami-Dade County

- Call **2-1-1** on your landline telephone or cell phones 24hrs/day anywhere in Miami County to connect to the **United Way**



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- Specialists provide immediate and **confidential** short-term crisis intervention, emotional support, comprehensive information & **referral to over 2,000 human services available in Miami-Dade County**, including resources for:
 - **basic needs for food, rent, clothing, shelter and utilities,**
 - relationship counseling,
 - senior services,
 - health and substance abuse issues,
 - depression and suicide,
 - teenage issues,
 - parenting help,
 - disaster assistance,
 - legal affairs and financial support.
- **Hotel Isolation Program**
 - To protect multigenerational families from the spread of COVID-19, Miami-Dade County residents who need temporary hotel rooms to isolate during the COVID-19 pandemic can call a new “help line” for assistance.
 - The number to call is **305-614-1716** between 8 a.m. and 5 p.m. daily.

State of Florida

- **Florida Department of Health COVID-19 Call Center is Available 24/7**
 - Call: **1 (866) 779-6121**
 - Email: COVID-19@FLHealth.gov
 - For additional information and helpful links regarding COVID-19, please visit the [Florida Department of Health COVID-19 website](#)
- **Florida's Price Gouging Hotline** has been activated. If you experience price gouging or scams related to COVID-19 commodities, call **1-(866)-9NO-SCAM, or 1-866-966-7226** to file a report.
- [State of Florida COVID-19 Response Information:](#)
 - If you are experiencing symptoms, contact your primary care provider or local health center. To find a local health center, go to [this link](#)
- General info on prevention, symptoms, screening, and testing (in English, Haitian Creole, and Spanish) available [here](#).

National

- Visit the [Centers for Disease Control and Prevention \(CDC\) website regarding COVID-19](#)



Food Resources and delivery options

Restaurants open for take-out and delivery

- [Link to a live document with timings, delivery/takeout options, and special deals on over 300 Miami restaurants](#)
- [Link to list of restaurants in Miami offering delivery and take-out deals](#)
- **Uber EATS:** free delivery for independent restaurants.
 - [Access link here](#)
 - Customers can find the independent restaurants by looking for the EAT LOCAL banner in the app. Delivery Fees will be automatically waived on all applicable orders.
- **Grubhub:** For delivery options: <https://www.grubhub.com/delivery/fl-miami>

Grocery delivery services:

- **Grocery Delivery**
 - **Buddy System Miami** is offering to run errands/deliver groceries for the elderly, immunocompromised, and other at-risk groups
 - Email: buddysystemmia@gmail.com
 - Call **English:** 203-858-4653 **Spanish:** 786-340-7720
- Instacart: <https://www.instacart.com/grocery-delivery/miami>
- Amazon Fresh: <https://www.amazon.com/fmc/learn-more>

Food for all

- **Feeding South Florida**
 - Website: <https://feedingsouthflorida.org/covid19/>
 - Address and timings of food distributions: [click here](#).
 - Find the food distribution agency closest to you: [click here](#). *Please be sure to call the agency first to find out when they will be open.*
 - [Link to facebook](#)
- **For more food pantries close to you, visit** <https://www.foodpantries.org/ci/fl-miami>
- **Food Distribution**
 - **Gibson Park, Overtown - Monday through Friday 8:30am; 1st Come, 1st Serve**
 - **Tropical Park (Bird Rd/40th St Entrance) - Every Tuesday 9am; Arrive Early; 1st Come, 1st Serve**



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- **Amelia Earhart Park (401 East 65th Street, Hialeah, FL 33013) - Every Thursday 9am; 1st Come, 1st Serve**
- **Farm Share**
 - Farm Share is hosting numerous drive-thru food distribution events throughout Florida (full list: <http://farmshare.org/food-distributions/>)
 - Upcoming events (NOTE: The official list changes frequently. Be sure to check the Farm Share calendar on their website the day before an event to ensure it wasn't cancelled)
- **Curley's House - Food Bank**
 - Address: 6025 NW 6th Court Miami, FL 33127
 - Phone Number: (305) 759-9805
 - Food Distribution Hours: 11 AM to 2 PM Tuesday to Friday
 - Undocumented status not an issue, but *must bring some form of identification*
 - Clients receive 1 food box per month. Breads and sweets are distributed Monday, Wednesday, and Friday first come, first serve.
 - Called and verified they operate during COVID-19
- **New Vision Church - Food Bank**
 - Address: 921 E 47th Street Hialeah, FL 33013 <http://www.iamnewvision.com/>
 - Phone Number: (305) 688-5126
 - Food Distribution Hours: 4-6 PM Thursday only
 - Undocumented status not an issue.
 - Called and verified they operate during COVID-19
- **Jewish Community Services (JCS) Food Bank**
 - Scheduled appointments to select non-perishable foods and fresh produce
 - Jewish organization that serves both Jewish population and community at large
 - Must call JCS Access professionals to set up appointment and evaluate need:
 - 305.576.6550 from 9 a.m. – 5 p.m. Mon - Thurs; 9 a.m. to 4 p.m. on Friday
 - <http://jcsfl.org/jcs-access/>
 - Operating during COVID-19
- **Expensify.org reimbursements for SNAP Recipients**
 - Expensify.org has set up COVID-19 emergency relief and temporarily redirected all Expensify.org funds to emergency support for families in the SNAP food program.
 - Reimbursement of SNAP grocery purchases up to \$50 per family to purchase additional essential goods
 - Instructions here:
 - <https://www.expensify.org/hunger>



Hot Meals for all

- [Meals on Wheels](#)
 - provides free meals for residents of Miami, including the elderly and homebound.
- [Food Rescue Miami](#)
 - provides free hot meals Monday, Wednesday and Friday from Noon to 4p
- [Miami Lakes United Methodist Church](#)
 - provides free hot meals from 9a until supply runs out daily
- [Miami Marlins Foundation](#)
 - contactless drive-thrus, recipient must attend in a vehicle
- [Moore Park](#)
 - recipients must be in enclosed vehicle, meals given on first come, first serve basis from 9a-11a
- [BH3](#)
 - provides free hot meals on Fridays from Noon until supplies run out. Recipients must be in enclosed vehicle for the drive-thru

Food for children and youth

- Find free meals for kids 18 and younger in Florida in [this link](#)
 - Or Dial 2-1-1
 - Or Text **FOODFL** to **877-877**
- **Healthy Body, Healthy Mind; Miami-Dade Public Libraries**
 - Participating branches are offering kids under 18 free, nutritious breakfast and lunch.
 - List of participating libraries and times :
<https://www.mdpls.org/programs/free-lunch-program/>
 - Parents can pick up meals without their child present using one of these:
 - Student ID
 - Report card or progress report
 - Student Portal access
 - Birth certificate
 - Insurance card
 - VPK registration
- **Grab-and-Go feeding sites:**
 - This summer, Tuesdays and Fridays 10am-1pm, Miami-Dade public schools are offering free grab-and-go breakfasts and lunch for school-aged kids

- Parents can get meals for multiple days at a time
- Locations: freeschoollunch.info

Food for the elderly (60+)

- **Meals on Wheels of** Miami will continue to provide services for seniors.
 - Call: (786) 469-4707
 - Eligible Meals On Wheels of Miami participants receive seven free frozen meals each week at their residence, along with fresh fruit, milk, and other food items. The meals are delivered between 8 am and 5 pm on weekdays.
- If you are a senior citizen and you have any problems getting meals, please call the **Miami-Dade's County 3-1-1 Call Center** and you will be immediately patched in with out Emergency Operations Center and get you the meals or other services that you may need.
- The elderly and caregivers in Florida can contact the **Senior Connection Center** for **SHINE/Medicare, long term care, home health, housing, transportation, food, legal, respite,** and many other types of assistance.
 - Call **1-800-96-ELDER (1-800-963-5337)**
 - Monday - Friday, 8 am to 5 pm.
- **Senior or high-risk customer grocery shopping:** source [link 1](#), [link 2](#)
 - **Fresco y Mas and Winn-Dixie:**
 - The stores now welcome seniors and high-risk customers from **8 to 9 a.m. Monday through Friday**. Pharmacies are also open.
 - **Publix:**
 - Starting March 24, those 65 and older can shop from **7 to 8 a.m. each Tuesday and Wednesday** until further notice. Pharmacies will also be open.
 - **Walmart:**
 - The stores will invite customers 60 and older from **6 to 7 a.m. Tuesdays** beginning March 24 through [the end of May](#). Pharmacies and vision centers will also be open.
 - **Target:**
 - **8 - 9 AM Wednesdays**
 - **The Fresh Market**
 - **every week day from 8 a.m. to 9 a.m.**
 - **Whole Foods**
 - Beginning March 18, all Whole Foods will begin **opening one hour earlier** exclusively for customers who are 60 and older
 - **Sedano's**
 - Starting March 19, Sedano's stores have been dedicating an hour from **7am to 8am** to shoppers aged 65 and over as well as those who are immunocompromised



Food for healthcare workers

- Frontline workers in the healthcare industry who are responding to the coronavirus can get a **free tall brewed or iced coffee at Starbucks**. [\(link to news article\)](#)
 - Police officers, firefighters, paramedics, doctors, nurses, hospital staff and researchers can get a free beverage in stores **until May 3**
- **Free meals and discounted Uber rides to members of the health care union 1199SEIU** who are helping respond to the COVID-19 outbreak. [\(link to news article\)](#)
 - 20% off rides to and from their facilities
 - Meal codes have been given to union to distribute

Health

Insurance and mandated COVID coverage

- [Families First Coronavirus Response Act](#) was passed on March 18th **mandating that Medicare, Medicaid, other government plans, and most private plans cover COVID-19 testing — and all testing-related services — entirely, which means no co-pays, no deductibles, no co-insurance charges.**
 - HOWEVER, if your visit does not result in a COVID-19 test, if you get tested somewhere that is not in your insurance plan's network, or if you're treated in any way besides just getting a test, **you could end up with a bill.**
 - If you are experiencing any symptoms at home, **please CALL your primary care provider or a local health center to learn whether you should get tested or not for COVID-19, before going to a doctor's office.** More coverage on what is or what is not covered by the law available [here](#).
- The Florida Medicaid Program announced coverage of commercial testing for COVID-19 for dates of service back to February 4. [News link here](#).
- [Florida received Medicaid waiver from the Center for Medicare and Medicaid Services](#)
 - This waiver removed prior authorization requirements, streamlined provider enrollment processes to ensure access to care for beneficiaries, allowed care to be provided in alternative settings in the event a facility is evacuated to an unlicensed facility, and extended deadlines for appeals and state fair hearing requests.
- **Florida Blue coverage**
 - As long as the coronavirus continues to be a health concern, **members under 65 who buy their own coverage and many members who get insurance through their employers, will have \$0 cost share for virtual visits with Teladoc.**



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- If you get insurance through your employer, check with your company's benefits administrator to see if this service is part of your health plan.
- Virtual care is available 24/7 and is ideal for conditions such as sinus infections, sore throats, allergies and upset stomachs. You need to set up an account, including sharing your medical history. If you haven't done that yet, take a few minutes to create your account so it's ready when you need it.
 - For faster Teladoc support, we encourage you to use **teladoc.com** or download Teladoc's app from the Apple App or Google Play stores.
 - If you have questions, please call us at **800-352-2583**.
- Please note: You cannot get a referral for the coronavirus test from Teladoc. Please consult with your local doctor by phone for a referral and local COVID-19 testing locations. These tests must be completed in person. If you need help find a doctor, call us at 800-352-2583, or 800-926-6565 for Medicare members. You also can use our online provider directory by logging into your account on floridablue.com.
- **Sanitas Medical Center patients can initiate virtual visits using their mySanitas app.**
 - Doctors are available 7 a.m.-8 p.m. seven days a week.
 - Patients can download the app from Apple App or Google Play stores. Care is available in English and Spanish.

Medications, Refilling prescriptions, Delivery

- [FloridaBlue](#) has waived early medication refill limits on 30-day prescription maintenance medications and is encouraging members to use the 90-day mail order benefit. If you need help with mail order, please call 800-352-2583, or 800-926-6565 for Medicare. Please say "Pharmacy" when you call.
- If you need medications delivered, call your local pharmacy for delivery options. Both CVS and Walgreens have medication delivery options. For Walgreens, click [here](#). For CVS, click [here](#).
- **NovoNordisk Patient Assistance Program - Free Insulin**
 - If you lost your job or health insurance because of COVID-19 *and* take the insulins Tresiba, Levemir, Fiasp, NovoLog, NovoLog 70/30, or Novolin, or other injectable medicines Victoza, Ozempic, Xultophy, Glucagen you may be eligible to receive Novo Nordisk insulin free of charge for at least 90 days
 - Application Link: <https://www.novocare.com/diabetes-overview/let-us-help/pap.html>

Employment

Information for employers and businesses

- The [Short Time Compensation Program](#) is a voluntary employer program designed to help employers maintain their staff by reducing the weekly working hours during temporary slowdowns instead of temporarily laying off employees. If an employer establishes a Short Time Compensation Plan, and an employee meets the qualifications to file a re-employment assistance claim in the state of Florida, the employee will receive a partial re-employment check to supplement their reduced paycheck.
- [Economic Relief Task Force](#)
 - Up to \$50,000 per eligible small business. Loans of up to \$100,000 may be made in special cases as warranted by the need of the eligible small business.
 - Loans will be interest-free for the loan term (1 year). The Interest rate will be 12% per annum on the unpaid balance thereafter, until the loan balance is repaid in full.
 - Applications will be accepted through May 8, 2020, contingent on the availability of funds.
 - To apply, access [this link](#) and scroll down to "To get started"
 - For more assistance, call the **Florida SBDC at FIU at 305-779-9230**.
- Business owners should fill out the **Florida Business Damage Assessment Survey**
 - Link found [here](#).
 - The results from this survey will allow Governor DeSantis to request that the federal government declare Miami Dade County a federal disaster area, which will **open-up additional sources of business funding through the Small Business Administration, FEMA and federal agencies**.
- The [U.S. Small Business Administration](#) includes several loans to assist small businesses:
 - [Economic Injury Disaster Loan Program](#) (click [here to apply](#)):
 - Provide targeted, low-interest loans to [U.S. agricultural businesses](#) that have been severely impacted by the Coronavirus (COVID-19). The SBA's Economic Injury Disaster Loan program provides small businesses with working capital loans of up to \$2 million that can provide vital economic support to small businesses to help overcome the temporary loss of revenue they are experiencing.
 - [Paycheck Protection Program](#) - loan program for loan forgiveness by temporarily expanding the SBA 7 loan program
 - [SBA Express Bridge Loans](#) - small businesses who have a relationship with an SBA Express Lender can access up to \$25,000 quickly
 - [SBA Debt Relief](#) - SBA will pay 6 months of principal, interest, and fees that borrowers owe for current 7(a), 504, Microloans



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- Several [loan programs](#) for access to capital and lending partners
 - [Lender Match](#) is a free online referral tool that connects small businesses with participating SBA-approved lenders within 48 hours.
- For **Miami-based nonprofits** that may be in need of financial assistance:
 - Email Lindsey Linzer at llinzer@miamifoundation.org and complete the [interest form](#)
 - The [COVID-19 Rapid Response Migration Fund](#) is providing emergency mini-grants to frontline organizations responding to the immediate needs of migrants and refugees in response to the coronavirus pandemic.

Emergency Financial Assistance

Reduced Hours / Unemployment benefits

- [FedEx stores will provide free printing and mailing of Florida unemployment applications](#)
- [Unemployment benefits \(reemployment assistance program\)](#)
 - Eligibility includes:
 - Individuals who are quarantined by a medical professional or a government agency,
 - Those who are laid off or sent home without pay for an extended period by their employer due to COVID-19 concerns; and
 - Those who are caring for an immediate family member who is diagnosed with COVID-19
 - Self-employed, gig economy workers, contractors, and non-profit workers may [apply now](#)
- Start your application [here](#), available in multiple languages, including Spanish, English, Chinese, Haitian Creole and others.
 - Current provisions stipulate that workers who lose their jobs are eligible for up to \$275 a week. Reemployment Assistance lasts up to 12 weeks.
 - The State of Florida is allowing **paper application forms** to be submitted. Paper applications can be printed or picked up at a local library
 - **NOTE: Paper applications could potentially take longer to process than completing an online application.**
 - Paper application in [English](#)
 - Paper application in [Español](#)
 - Paper application in [Kreyol](#)
 - List of libraries where an application can be picked up:
<https://www.miamidade.gov/releases/2020-04-06-library-unemployment-benefits-forms.asp>
 - Applications should be mailed to:
Florida Department of Economic Opportunity
P.O. Box 5350



Tallahassee, FL 32314-5350

- Individuals whose employment has been impacted, but are still receiving wages through paid leave are not eligible to receive Reemployment Assistance.
- [Requirement that applicants show proof they are looking for jobs to keep benefits has been waived](#)
- If an employer establishes a [Short Time Compensation Plan](#), and an employee meets the qualifications to file a re-employment assistance claim in the state of Florida, the employee will receive a partial re-employment check to supplement their reduced paycheck
- [Emergency Paid Sick Leave Act](#) stipulates that all employees of employers with fewer than 500 employees, regardless of the length of their tenure with their employer, are eligible for paid sick leave under the Emergency Paid Sick Leave Act.
 - You qualify if:
 - You are quarantined due to COVID-19 (whether diagnosed or seeking a diagnosis due to symptoms)
 - You are caring for an individual who is in isolation due to COVID-19
 - You are staying home to take care of your child
 - Full-time employees receive 80 hours of paid sick leave. Part-time employees receive the equivalent of the number of hours they would work, on average, during a two-week period.
 - **The law will come into effect on April 2**
- [Emergency Family and Medical Leave Expansion Act \(FMLA Expansion Act\) \(Link\)](#)
 - provides eligible employees whose child's school or place of care has closed due to the COVID-19 public health emergency with a new **federal source of paid leave**
 - Available to all employers with fewer than 500 employees, who have worked for at least 30 days
 - An eligible employee may take **up to 12 weeks of leave** if he/she is unable to work (including telework) because the employee must care for his/her child who is under 18 years of age and whose school or place of care has closed due to the COVID-19 public health emergency
 - **The initial 10 days of leave are unpaid**, but the employee may elect to use his/her accrued paid sick leave and/or accrued vacation during this otherwise unpaid period. **After the initial 10-day period, an employee is entitled to receive from the employer two-thirds of his/her normal wages for the number of hours he/she would be regularly scheduled to work, up to a maximum of \$200 per day and \$10,000 in total.**
- The [Miami Pandemic Response Fund](#) provides immediate aid to families and small businesses through a network of nonprofit partners, including food supplies, utilities, rent/mortgage assistance, and micro-grants to small businesses.
 - **Application form**
 - (English): <https://uwcfs219638.typeform.com/to/YMTFxV>
 - (Español): <https://uwcfs219638.typeform.com/to/C8IW7j>
 - (Kreyol): <https://uwcfs219638.typeform.com/to/q8WKIH>



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- **If a patient is undocumented**, the Florida Immigrant Coalition Hotline may be able to connect the patient to resources
 - Call 1-888-600-5762

Loans

- <https://studentaid.gov/announcements-events/coronavirus>
 - To provide relief to student loan borrowers during the COVID-19 national emergency, federal student loan borrowers can be placed in an administrative forbearance, which allows you to temporarily stop making your monthly loan payment.

Service workers

- [ROC Disaster Relief Fund](#) (for documented and undocumented workers)
 - Apply for this fund [here](#).
- [ONE FAIR WAGE](#) (restaurant workers, delivery drivers)
 - Cash assistance to restaurant workers, delivery drivers, and other tipped and service workers. Please complete the application form in [English](#) or in [Spanish](#).
- [Bartender emergency assistance program](#)
 - Eligibility includes being a bartender or the spouse of a bartender. Apply for funds [here](#).
- [CORE Gives \(for COVID-positive service workers with children\)](#)
 - This fund provides assistance to service employees who have tested POSITIVE for COVID-19/Coronavirus and have a child living in the home. If you have tested positive and have medical documentation, you can access the application [here](#).
- [Restaurant Workers Community Foundation](#) launched the RWCF COVID-19 Emergency Relief Fund. The fund provides relief to individual workers affected by the coronavirus and to create zero-interest loans to businesses.

Relief for Artists

- COVID-19 Resources for Artists and Arts Organizations:
 - [Freelance artists](#): directs you to other resources especially tailored to help freelance artists

Jobs Hiring

[Additional list of places hiring in the Miami area amid coronavirus outbreak](#)

Job search sites: hiring in Miami

[Google jobs](#)



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[Indeed](#)

[Snagajob](#)

[SimplyHired](#)

[ZipRecruiter](#)

[Glassdoor](#)

[CareerBuilder](#)

[Craigslist](#)

Publix: They announced on March 20th, 2020 that they plan to hire “thousands” of new employees this month amid the coronavirus pandemic. The positions would be in stores and distribution centers and come as demand is increasing as coronavirus spreads.

Dollar Tree are also looking for additional employees

- <https://www.local10.com/news/local/2020/03/21/publix-walmart-dollar-tree-need-more-workers/>

Milam’s Market is looking to [fill various roles](#), including clerks, cashiers and stockers.

Sedano’s Super Market intends to hire 400 laid-off workers from Versailles, La Carreta and 12 other Valls Group restaurants. They want to hire other non-Valls Group workers as well.

Winn-Dixie plans to accelerate their hiring process for workers at Fresco y Más, BIL-LO and their own stores as well.

Whole Foods plans on hiring an extra 5,000 people across the country.

Alorica (work from home): “We know there are tons of hard-working people who are normally employed at this time, but are temporarily out of work due to local and state mandates regarding the coronavirus,” Alorica vice president of talent acquisition Teri Morse said in a statement. “We’re looking to hire customer-centric and service-minded people who are passionate about being part of something bigger and who are looking for a great company to build a career or work until you can get back to your other job.”

Applicants must have at least a high school diploma or GED.

[Link to news article](#)

Walmart: they plan to hire 150,000 U.S. hourly workers for its stores and distribution centers through the end of May as online orders surge with households stocking up. The jobs are temporary, but many will become permanent, said spokesman Dan Bartlett. He said that the company is reaching out to industry groups in the restaurant and hospitality industry, both of which are getting slammed by lockdowns and travel bans.

[Link to news article](#)



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Domino's: Domino's Pizza said it is hiring about 10,000 workers in the U.S. to meet rising demand for delivery and carryout. Domino's put out the call for delivery drivers, pizza makers, managers and truck drivers. Domino's U.S. stores remain open for carryout and it is also offering contactless delivery.

[Link to news article](#)

Amazon: Amazon is hiring 100,000 people across the U.S. to fulfill orders. The online retailer said it will also temporarily raise pay by \$2 an hour through the end of April for hourly employees. That includes workers at its warehouses, delivery centers and Whole Foods grocery stores, all of whom make at least \$15 an hour.

[Apply for Amazon](#)

[Apply for Amazon Flex \(delivery program\)](#)

Costco: On Twitter, images of notes from Costco management have started circulating asking for recommendations for job candidates to help manage spikes in sales and foot traffic. On its website, Costco says it is currently hiring for a wide variety of jobs across the US.

[Link to news article](#)

Aldi: currently hiring in "all stores and warehouses," according to its website.

[Link to news article](#)

CVS: CVS plans to immediately fill 50,000 full-time, part-time and temporary roles in locations around the US. The company says it will use virtual job fairs and interviews to hire store associates, home delivery drivers, distribution center employees and customer service representatives.

[Link to news article](#)

7-Eleven said it wants to hire approximately 20,000 people "to meet increased demand."

Housing

Temporary Housing and Emergency Shelter

- [List of Miami Homeless and Emergency Shelters and Services](#)
- Rental assistance from Miami [Community Resource Center](#)s which includes:
 - Housing assistance
 - Emergency Food and Shelter

Mortgage and Evictions

- 06/30/2020 - Governor Ron DeSantis announced an executive order on April 2, 2020 that all foreclosures and evictions are suspended in the state for 45 days. That was extended on June 30, 2020 until August 1, 2020. [Source](#).
- 03/18/20 - The administration's freeze, announced last week, applies to those with mortgages insured by the **Federal Housing Administration**, which backs up affordable home loans. The Federal Housing Finance Agency also said it had ordered **Fannie Mae and Freddie Mac** to suspend all foreclosures and evictions for at least 60 days (until end of April 2020)
 - [Press Release](#)
- Mortgage assistance:
 - **Ally Bank** is allowing existing customers to defer mortgage payments for up to 120 days. No late fees will be charged, but interest will accrue.
 - **Bank of America** mortgage customers who find themselves struggling financially due to coronavirus [can defer their payments](#); this applies to both mortgages and home equity loans. To defer payments, mortgage holders need to request deferment directly through the bank and the waived payments will be added to the end of their loan term.
 - As of now, there are no guidelines in place on how many payments can be waived or for how long. The deferments will be approved on a case-by-case basis.
 - **Citibank**: some mortgage customers may be eligible for a hardship program through Cenlar FSB, the bank's service provider. For assistance, call Cenlar FSB at 855-839-6253 (Mon–Fri, 8:30 a.m.–8 p.m. ET or Sat, 8:30 a.m.–5 p.m. ET).
 - **Quicken Loans** is offering [temporary forbearance](#) to borrowers who might be unable to make mortgage payments due to financial hardship from the coronavirus pandemic. Borrowers who have conventional loans won't have their credit score impacted during the forbearance; a filled out form is needed to apply.
- The Miami Dade Police Department has temporarily suspended **all eviction activities and water service cut-offs** until further notice. The action means officers won't assist landlords in removing tenants or serving court papers. [Source](#)

Utilities

Electric and Gas

- FPL has offered [multiple services](#) to help customers who need help paying their electric and gas bill. They are suspending electrical disconnections, providing payment extensions and waiving certain late payment fees for customers in a hardship situation. <https://www.fpl.com/help.html>
 - [Apply for a payment extension](#)



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- [Bill payment assistance](#)
- **Light Bill Assistance** programs:
 - The [Low-Income Home Energy Assistance Program \(LIHEAP\)](#) provides assistance with energy cost. Miami-Dade County receives federal funds administered through the Florida Department of Economic Opportunity (DEO). Check eligibility and requirements through the link.
 - The [Florida Power & Light \(FPL\) Care to Share Program](#) was implemented to provide emergency assistance funds to Miami-Dade County customers experiencing crisis situations. The households are low income and in imminent danger of having their services disconnected and are unable to make payment due to hardship or lack of funds. Applicants are screened for processing at the Community Resource Centers. Eligible applicants can receive a one-time assistance within a 12 month period, up to \$600.00.
 - Must go to the Community Resource Centers to apply

Internet

- [Keep Americans Connected Pledge](#)
 - Broadband service providers such as AT&T, Atlantic Broadband, Comcast, Sprint, T-Mobile, Verizon, and 63 other companies have signed a pledge on 3/13/2020 to uphold the following for the next 60 days:
 - (1) not terminate service to any residential or small business customers because of their inability to pay their bills due to the disruptions caused by the coronavirus pandemic
 - (2) waive any late fees that any residential or small business customers incur because of their economic circumstances related to the coronavirus pandemic
 - (3) open its Wi-Fi hotspots to any American who needs them
 - Check with your provider for details on fee waivers
- [Comcast Internet Access: 60-Day Free Trial](#), application available [here](#)
 - Qualification Requirements:
 - A. You are eligible for public assistance programs such as the National School Lunch Program, Housing Assistance, Medicaid, SNAP, SSI and others.
 - B. You do not have outstanding debt to Comcast that is less than a year old. Families with outstanding debt more than one year old may still be eligible.
 - C. You live in an area where Comcast Internet service is available but have not subscribed to it within the last 90 days.
 - After 60-days, families can cancel or will begin getting charged monthly rate
 - May take 7-10 days after application for approval
 - Has English and Spanish hotlines to call
 - English: 1-855-846-8376
 - Spanish: 1-855-765-6995



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- [Charter Communications \(Spectrum\) to Offer Free Broadband, WiFi Access to Families with Elementary, College Students](#)
 - offer free broadband and wifi access for 60 days to families with K-12 students or college students who do not already have a Spectrum subscription. The company is also waiving its installation fees for new subscribers.
 - To enroll in the free broadband and wifi program, you can call 1-844-488-8395.

Childcare

News: as of March 19th, 2020, Governor DeSantis does not plan to close childcare centers due to the coronavirus.

- **YMCA** – will be providing child care services for kids of first responders, healthcare workers as well as city and county staffers
 - <https://www.gmvymca.org/news/covid-19>
- Early Learning Coalition of Miami-Dade/Monroe- offer child care referrals that meet families' unique needs, information on finding help paying for child care and resources for child care programs.
 - Contact Info:
2555 Ponce de Leon Blvd., Suite 500
Coral Gables, FL, 33134-6019
Phone: (305) 646-7220
Email: info@elcmdm.org

Maternal Health Resources

Miami Dade Women's Health Services

- [Camillus Health Services](#): Located in downtown Miami, Camillus Health services offers to the poor men, women and children of the area. Services offered are:
 - Adult primary care
 - Pediatrics
 - Women's preventive health
 - Oral health
 - Behavioral health services
- [Miami Beach Community Health Center](#): offers various services, including OB/GYN, mental health, pediatrics, vision and hearing, general medicine, counseling, etc. Nominal fee to see a specialist is \$35, but health insurance is also accepted for those that are



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covered (Medicaid/Medicare). Currently offering free COVID-19 testing, and not charging for any visit that resulted in the order of the test.

- [Ponce Family Health Center](#): operates on a sliding scale, meaning the services may not be free depending on income; This health center can cover services such as checkups, treatment, pregnancy care (where applicable), immunizations and child care (where applicable), prescription medicine and mental and substance abuse where applicable.
- [Norland Medical Center](#): sliding scale; provides checkups, prenatal care, and general health
- Family Health Center North: sliding scale; can provide prenatal care, immunizations, general health services

Overall Maternal Health Resources

- [Healthy Start Coalition of Miami-Dade](#)-
 - The Healthy Start legislation provides screening for all of Florida's pregnant women and infants to identify those at risk for poor birth, health and developmental outcomes. They also have other services such as outreach, breastfeeding education and support and childbirth education. This program is offered to all pregnant women regardless of marital, economic or immigration status. There are two locations in Miami and one in Coral Gables, Florida. For more information call 305-541-0210.
- [Miami-Dade WIC](#)
 - The Miami-Dade WIC provides services for migrant and military families, foster parents and legal guardians with eligible children. They not only provide healthy food and nutrition education but also provide breastfeeding support and family resources.
- [The Jasmine Project](#)-
 - This is a program that promotes the health and well being of pregnant people, parents, babies and families. They provide comprehensive health promotion and support services that increase community awareness and decrease infant and maternal mortality in the Jasmine Project communities. Some of the services they offer are pregnancy and childbirth education, breastfeeding education and support and will give referrals for counseling services. They are located at the University of Miami Department of Pediatrics. They serve the communities of Miami Gardens, Opa-Locka and North Miami. For more information, you can contact them at JasmineProject@med.miami.edu or call (305) 243-4078.

Free birthing / breastfeeding classes

- [Free Labor Confidence with Lamaze](#)
 - This online class introduces six simple practices that have improved birth outcomes for mom and babies. They also have evidence-base comfort techniques that help minimize discomfort and pain during labor.
- [Pampers Childbirth Education Classes](#)
 - This is a 9-part video series that provides in-depth information for new parents on all stages of childbirth. It is free to register and view the videos.
- [La Leche League](#)
 - They help parents, families and communities to breastfeed their babies and have parent-to-parent support. They encourage, inform, educate, support and promote breastfeeding and the bond it creates with their child. Currently, meetings have moved to an online platform because of COVID-19.
- [Tucson Medical Center](#)
 - This is a 5-part video series by the Tucson Medical Center that is free and available on Youtube.
- [Managing Pain During Labor without Medication](#)
 - Tips to manage pain during labor provided by a registered nurse and clinical educator from Eastern Idaho Regional Medical Center.
- [Becoming Mama](#)
 - This class will help you prepare for birth that is taught by a certified nurse-midwife. In response to COVID-19, they have made their online birth class free. Participants must register and will get a link emailed to them.
- [Lactation Link-](#)
 - The 6 free email course covers the basics of breastfeeding and how to overcome problems that may occur.

Mental Health Counseling for Moms

- [Violeta Parilli-](#)
 - She works with birthing people and their partners as they struggle with issues during pregnancy and after pregnancy. She offers English and Spanish psychotherapy and serves all of South Florida which includes

Coral Gables, Coconut Grove, South Miami and others. She does offer a sliding scale for those who need it. She can be reached at (727) 666-0394 or through email at violeta@violetiaparilli.com.

- [Healthy Start Coalition of Miami-Dade-](#)
 - The healthy start legislation provides screening for all of Florida's pregnant women and infants to identify those at risk for poor birth, health and developmental outcomes. They also have other services such as outreach, breastfeeding education and support, childbirth education and psychosocial counseling. This program is offered to all pregnant women regardless of marital, economic or immigration status. For more information, call (305) 541-0210.
- [Naomi S RosenKranz-](#)
 - She is a marriage and family therapist intern who specializes in pregnancy, prenatal and postpartum, infertility and grief. Sessions can range from \$125-\$150. She does not take insurance but will work on a sliding scale if needed. She can be reached at (305) 901-7350, email: naomisrosenkranz@gmail.com, or through the [contact form](#).
- [MomsWell-](#)
 - This is a virtual support group that is moderated by a team of postpartum advocates that help new and expecting moms who may be experiencing a perinatal mood disorder or one who is scared or stressed. The virtual support group will allow moms on a Zoom call with professionals. They will be able to have the chance to talk, listen, and discover new coping techniques. It is free to join, but participants will have to register.
- [Tamara Taitt-](#)
 - She uses a systemic and holistic method to support her clients in their relationships, improving communication, resolving conflict and creating new healthier behaviors. She specializes in pregnancy, prenatal, postpartum, women's issues, and relationship issues. She accepts Aetna, Cigna and Out of Network insurance. She also provides a sliding scale for those who need it. She can be reached at (305) 782-2507.
- [Toledo Counseling & Consulting-](#)
 - Lismerys (Lis) is a bilingual (Spanish/English) licensed clinical social worker in Florida. Not only does she specialize in parent-child attachment and children & adolescents, she also has a pre and post pregnancy support for individuals and couples. She can be contacted at (305)



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423-9671 or email services@TccTherapy.com. Cost per session is \$70-\$100.

- [Florida Mental Health Practitioners LLC-](#)
 - Dr. Yolanda Gonzalex PSYD, LMHC is a psychotherapist in Miami, FL. Her practice specializes in different topics which includes Maternal Mental Health Disorders. She accepts certain insurance and offers self-pay and a sliding scale to those who qualify. She can be contacted through phone (786) 648-4447 or email at dryoly@fmhpllc.com.
- [Muriel Medina-](#)
 - She is a clinical social work/therapist who works with individuals, family and group therapy using evidence based treatment. She helps with different issues which include pregnancy, prenatal and postpartum. She also speaks Spanish. Her estimated cost can be up to \$100 or more and offers a sliding scale. She can be contacted at (786) 756-7463.

Education

[News:](#) Governor Ron DeSantis announced that all remaining assessments for school readiness and voluntary prekindergarten and all testing requirements for K-12 will be cancelled for the 2019-2020 school year.

[News:](#) The federal government is temporarily suspending collection of student loan payments for at least 60 days, President Donald Trump said. He encouraged borrowers to contact their lenders for more details. Interest on federally-held student loans is also temporarily waived.

Educational materials

- Miami-Dade Public Schools: <http://www.dadeschools.net/>
- Miami-Dade Public Library Resources: <https://www.mdpls.org/>
- Miami University Library Resources: <https://www.lib.miamioh.edu/>
- Online resources
 - Access [this link](#) for a vast list of educational resources
- MIND Research Institute is offering no cost access to a free math instructional program for students in grades K-8 (For more information, click [here!](#))
- Scholastic offers free, online learning experiences for children of all ages (For more information, click [here!](#))
- Access [United Way](#) for free downloadable education activities for children
- Access [this link](#) for the best education YouTube channels for kids



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- M-DCPS Support Lines:
 - District Emergency Operations hotline: 305-995-3000
To answer questions from students, parents and other community members about school district-related coronavirus response efforts.
Hours of Operation: M – F from 8 a.m. – 4 p.m.
 - Instructional Learning Plan hotline: 305-995-HELP (4357)
To support students, parents and teachers in engaging in distance learning.
Hours of Operation: M – F from 8 a.m. – 4 p.m.
- Access [this link](#) for the internet essentials update for Miami-Dade County schools

Well-Being

Info sheets

- These are some helpful info sheets for dealing with the mental health impact of COVID-19, social distancing, and quarantine:
 - **General information** [here](#)
 - **For talking about COVID-19 with children** [here](#).

Local support groups *(online groups people can join / websites for miami residents that can help people stay mentally healthy / cope w/ COVID)*

- [National Alliance on Mental Illness Miami-Dade](#): support for people with mental illness and their family members
 - **Peer Support Group**: free, confidential, and safe peer-led support group led by a trained facilitator for adults living with mental illness.
 - Meets bi-weekly, weekly or monthly basis online for the duration of March and April
 - English- and Spanish-speaking groups
 - [Find a local group at this link](#)
 - **Family Support Groups**: free, confidential, and safe family-peer-led support group for family members, caregivers and loved ones of individuals living with mental illness.
 - Meets online for the duration of March and April
 - English- and Spanish-speaking groups
 - [Find a local group at this link](#)
- **Baptist Health South Florida**: virtual classes
 - BHSF has everything from **daily meditation, zumba, and boot camp to yoga!**
 - [Link with updated virtual class schedule for this week](#)

Emergency Support

- Suicide and crisis hotlines
 - Anxious about Coronavirus, **text HOME to 741741** on the [Crisis Text Line](#)
 - [Samaritans](#): (877) 870-HOPE (4673), call or text 24/7.
 - [National Suicide Prevention Lifeline](#): 1-800-273-8255.
 - **Ayuda en español**: 1-888-628-9454
 - **Deaf/ Hard of Hearing**:
 - Video relay Service – Dial 800-273-8255
 - TTY – Dial 800-799-4889
 - Voice/Caption Phone – Dial 800-273-8255
 - Web chat available [here](#).
 - [The Trevor Project](#): 1-866-488-7386. Geared towards young people and Queer folks.
- Addiction support
 - AA, NA, Smart Recovery, and other addiction support meetings have online options.
 - [General resources](#)
 - [AA Resources](#)
 - [Smart Recovery Resources](#)
- Therapy/ counseling
 - **Free bilingual helpline 24 hours, 7 days a week**, open to provide emotional support during the COVID-19 health crisis.
 - Call (toll-free): 833-848-1762
 - For questions about COVID-19 testing or treatment: 800-352-2583 or 800-926-6565 for Medicare members.
 - [Visit FloridaBlue website](#)
 - Access [TalkSpace](#) for online therapy services
 - Access [this link](#) for free online emotional support
 - [Disaster Distress Helpline](#)
 - Bilingual, trained crisis counselors. Call for confidential emotional distress help related to COVID-19 or any hardship
 - Call 1-800-985-5990. Press 2 for Spanish. (toll-free, operates 24/7)
 - [Suicide Prevention Hotline](#)
 - Call 1-888-628-9454 (toll-free, operates 24/7)
 - If you're already receiving psychotherapy, **ask your therapist/ counselor what your options are for virtual sessions if you feel comfortable with remote therapy.**



- Domestic violence and abuse resources

- For folks already dealing with DV, social distancing can have added risks.
- For Domestic Violence Assistance, visit:
 - https://www.miamidade.gov/global/service.page?Mduid_service=ser1502483183449106
- **Florida Domestic Violence Hotline:** (800) 500-1119 | (800) 621-4202 (TDD)
- **National DV Hotline:** 1-800-799-7233. Webchat accessible [here](#).
 - **Ayuda en español:** <https://espanol.thehotline.org/>
 - **Deaf/ Hard of Hearing:**
 - TTY: 1-800-787-3224
 - Web chat at <https://www.thehotline.org/>
- **The Network / La Red (DV hotline):** Focus on LGBTQ/T, Poly, and SM communities 617-742-4911, 800-832-1901 (Toll-free). **Hablan español.**
- **RESPOND, Inc:** (617) 623-5900. **Hablan español.**
 - **Deaf/ Hard of Hearing:** TTY/TDD 800-439-2370
 - **Folks w/ Speech Difficulties:** Speech to Speech 866-645-9870
- To find an emergency domestic shelter, visit:
 - <https://www.domesticshelters.org/help?q=miami&latitude=25.7616798&longitude=-80.1917902&page=1>

- Free workout classes at home (No equipment needed)

- Total Body Workouts
 - **Planet Fitness Live** - Each day at 7PM ET on [Facebook Live](#), Planet Fitness trainers (and sometimes celebrity guests) will lead you in a quick 20-minute workout to do in your home. They are also available on demand on their [YouTube channel](#).
 - **Nike Training Club** - This app lets you download free 15-, 30-, and 45-minute workouts designed by Nike trainers. Most of the workouts are equipment-free and use GIFs to demonstrate how to do each exercise — from squats, to walkouts, to lunges.
- Dance
 - **305 Fitness**- Cardio dance live streams come to you twice a day (12PM and 6PM ET) on YouTube hosted by studio founder Sadie Kurzban.
 - The Fitness Marshall - Dance Workouts with 60min workouts, strength workouts and more!
 - **STRONG by Zumba** - Combines bodyweight, cardio and muscle conditioning training synced to music. Options include 7-minute, 20-minute and 30-minute classes.
- Yoga



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- [CorePower Yoga](#) - If you need to relax and flow, dip into the free offerings of yoga and meditation in these guided instructional videos.
- [YogaWorks](#) - Over 80+ daily live stream sessions.
- [Down Dog](#) - This app features yoga for beginners, HIIT, Barre, and 7-minute workouts. It is completely free until May 1st.
 - They are extending free access until July 1st for all students and teachers (K-12). [Register here.](#)
 - They are extending free access until July 1st for all healthcare professionals. [Register here.](#)
- [Cosmic Kids! Yoga](#) - Yoga, mindfulness and relaxation designed specially for kids aged 3+, used in schools and homes all over the world.
- Pilates
 - [Blogilates](#) - Full length POP Pilates, PIIT28 and fun Bootcamp Sculpting workouts with certified fitness instructor Cassey Ho aka Blogilates!
- Meditation
 - [Headspace](#) - Regular mindfulness practice is a proven tool for the effective management of high stress levels. This meditation app is offering free mindfulness practices that you and your loved ones may find helpful during these uncertain times.

Resources for Immigrants (*programs, websites, groups offering assistance or services to immigrants*)

● Immigration Related FAQs:

- **I'm worried about seeking medical care and getting deported/arrested because I'm undocumented:**
 - ICE announced on 3/18/2020 that they will halt enforcement in the US except against those with a criminal history saying, they will "delay enforcement action" and use "alternatives to detention"
 - "During the COVID-19 crisis, ICE will not carry out enforcement operations at or near health care facilities"
- **I'm worried about getting tested for coronavirus because it might hurt my immigration case or because of the "public charge" rule?**
 - US Citizenship and Immigration Services announced on March 14, 2020 that "USCIS will neither consider testing, treatment, nor preventative care (including vaccines, if a vaccine becomes available) related to COVID-19 as part of a public charge inadmissibility determination"

● Groups Offering Help

○ United Way

- Call the switchboard at 2-1-1 and you can get referred to many different services (*open 24/7, all languages*)
- **COVID-19 Resource Center:** <https://unitedwaymiami.org/coronavirusresources/>
- Counseling services, domestic violence, food support, etc. Their job is to connect you to *any community resource need* in Miami-Dade.
- Pandemic Response Fund For United Way (Operation Helping Hands):
 - For people needing *financial help*
 - **Application form**
 - (English): <https://uwcfs219638.typeform.com/to/YMTFxV>
 - (Español): <https://uwcfs219638.typeform.com/to/C8IW7j>
 - (Kreyol): <https://uwcfs219638.typeform.com/to/q8WKIH>

○ Sant La Haitian Neighborhood Center

- Sèvis Nou Bay (services we offer): <https://www.santla.org/svis-nou-bay>
- Facebook page: <https://www.facebook.com/santlahaitian/>

○ Hispanic Unity Florida

- Website: <https://www.hispanicunity.org/>
 - For info related to COVID-19: <https://hufsafety.org/>
- Facebook page: <https://www.facebook.com/hispanicunity>

○ Miami-Dade County Government List of Community Resources

- https://www.miamidade.gov/global/service.page?Mduid_service=ser1542309305236810

○ Miami-Dade Democratic Party list of community resources for COVID-19

- https://www.miamidadedems.org/covid?fbclid=IwAR1zIld7gPVaPE_knjyuRmbMi26zzFHph1a0c5HM1Q-Sb1ueNRt4kuFYsRc#florida

● Legal Assistance

○ Legal Services of Greater Miami:

- 305-576-0080 or go to <https://www.legalservicesmiami.org/spanish-language> and click “Obtener ayuda”
- For legal questions and resources specifically related to COVID-19 and shutdowns visit www.legalservicesmiami.org/covid-19

○ Catholic Legal Services:

- For info on this free service visit: <https://cclsmiami.org/index.html>
- Make a remote, online appointment at: <https://tinyurl.com/CCLSAPP>
- Call 305-373-1073 and dial 0 for the operator



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- **Financial Assistance - Florida Immigrant Coalition**
 - For immigrants who have lost their job due to Covid-19 and are unable to apply for Reemployment Assistance, Florida Immigrant Coalition may be able to connect you to resources
 - Phone Number: 1-888-600-5762
- **Catalyst Miami**
 - This organization offers free help applying to social and financial services, tax filing, benefits enrollment, health insurance enrollment, and more
 - Website: <https://catalystmiami.org/covid19/>
 - **Hotline (leave a message if they don't answer):** 786-527-2580

Additional Resources

- Zip-code specific community resources including food, shelter, transportation available on [AuntBertha](#)
- <https://www.miamiherald.com/news/coronavirus/article241261631.html>
- **Community Resource Centers:** offers a variety of social services to economically disadvantaged individuals and families interested in achieving self-sufficiency.
 - Locations in multiple areas in Miami with lots of loans, grants, programs that can help those in need during emergencies.
- [Community resources list from the Miami Herald](#)
- [Community resources list from Hispanic Unity](#)

Resources for Anti-racism Protests/Advocacy

- Compiled Master-documents with various resources
 - [Masterlist of resources/actions](#)
 - [Masterlist of what to carry / be aware of](#)
 - [Petitions, ways to donate, education, contact info of government officials](#)
- Miami Curfew Hours
 - Effective Wednesday, June 3 until further notice, there is a **countywide curfew** from midnight to 6 a.m. ([Source](#))



- How to Find Protests in Miami

- Check Instagram for information, #miamiprotest
- Friday (6/5/20): Panther Cafe (2390 NW 2nd Ave) at Wynwood at 4pm

- What to wear and bring to a protest

- NOTE: This information includes safety for if protests become violent and/or if police start using force. We promote peaceful protesting. Please note almost every protest in Miami has been peaceful and there are no intentions by protest organizers to break the peace.
- What to wear ([source](#))
 - A mask:
 - **We are still mid-pandemic so wear a mask to prevent getting sick.** A mask can also help hide your identity if you end up in any videos/pictures of a protest. It can also protect you from RCAs.
 - If you do not have a mask, [this video shows a great way](#) to use a t-shirt to conceal your identity/protect against tear gas.
 - Long sleeved shirts and long pants:
 - The more your skin is covered, the less it could be exposed to Riot Control Agents (RCAs)
 - make sure anything you wear is 100% cotton/wool, synthetic fibers can catch on fire in an instant and will melt directly into your skin.
 - MAKE SURE THEY ARE NOT BODYCON AND HAVE NO LOGOS/WORDS! Law enforcement will use almost any type of identification to find protestors, that includes brands and your physical build.
 - Hong Kong protestors have been wearing all black and changing into new sets of colored clothes as soon as they are away from the protests to avoid being detected
 - A bicycle/construction helmet:
 - This can protect against anything being thrown, falling debris, police batons, etc.
 - Work gloves:
 - Heavy duty gloves will protect your hands if you need to get out of a building through a broken window and can protect against burns from teargas canisters.

- Oven mitts can also be used in cases of picking up canisters.
- Work/hiking boots:
 - Sturdy boots will support your ankles and protect against any glass or any sharp objects on the ground
- Protective eyewear:
 - Eyewear that is meant for scientists/woodworkers will protect against anything being thrown/fired into the air (RCAs, teargas canister fragments, rubber bullets, etc.).
 - It is crucial to make sure the eyewear you choose is shatterproof. There have been many cases of people losing their eyes to rubber bullets.
 - Swim goggles have been worn by Hong Kong protestors and are made with polycarbonate (aka shatterproof) lenses which makes them a great choice for individuals with glasses.
- Elbow/Knee pads:
 - These will protect you if you fall or have to crawl anywhere
- What to bring ([source](#))
 - A backpack:
 - This can be used to carry any/all of the items on this list. It can also be used as a shield by putting one arm through the straps.
 - Carry a large hardcover book in the pocket closest to your back, this can be pulled out and used as extra protection
 - **If you're planning on going to a protest in Las Vegas, make sure you DO NOT bring a backpack, fanny pack, drawstring, etc.** They have been banned and you can be fined up to \$1,000 and face up to 6 months in jail. Some cargo pants might actually come in handy for once.
 - A bandana:
 - This can be used as a bandage, washcloth, dust mask, and a makeshift tourniquet
 - Water:
 - It is very easy to become dehydrated while standing outside for hours and it is very likely you won't have immediate access to water. Carry a squirt water bottle full of cold water.



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- Plain water can be used to help wash teargas out of someone's eyes, DO NOT USE MILK!!
- Snacks:
 - It is as important to stay nourished as it is to be hydrated. Maintaining your blood sugar throughout the day is extremely important, you do not want to start feeling lightheaded and nauseous. It can be extremely dangerous to pass out in certain situations.
- Cell phone:
 - Make sure to save your phone battery as much as possible, bring a portable charger if needed. Your phone can be used to call help, a ride, an attorney or someone to bail you out if you are arrested.
 - You can also videotape or take pictures of any human rights violations you see.
 - Download and activate a VPN if you bring your personal phone or invest in a prepaid one sold at most gas stations
- A small flashlight:
 - If the power goes out and your phone is dead or does not have a flashlight, this can be used to travel safely
- A first aid kit:
 - Pack a full kit to help treat minor wounds, such as bruises or cuts. If your kit does not include an ice pack, make sure to grab one as this can help welts caused by rubber bullets.
- Cash:
 - Bring money to pay for public transport, parking, or if you need to purchase something.
 - DO NOT use atms (they have cameras) or debit/credit cards, this can be used to track you down later
- Government Issued ID:
 - Providing an ID can help you a lot if you are detained/arrested. Common examples of a government issued ID are valid drivers licenses/permits, passports and social security cards.
- Apple cider vinegar/lemon juice:

- You can douse the bandana in either of these substances and hold it tightly against your mouth and nose if you get trapped in a smoke cloud from an RCA
 - Attorney's Business Card:
 - This is not mandatory because if you are arrested you are legally allowed a lawyer but if you have your own, make sure you bring their card/know their number just in case. If you do not have their number memorized, write it down somewhere on your body in case your phone dies or the card is lost.
 - A laser:
 - Hong Kong protestors have used lasers to confuse/distract cops, mess with facial recognition devices and stop people from taking pictures that could jeopardize others identities
 - An umbrella:
 - Protestors in Hong Kong have used umbrellas to conceal activities/identities and for extra protection against RCA's, rubber bullets, etc.
-
- **How to treat mace/tear gas exposure**
 - Active Ingredient: Oleoresin capsicum (oil-based)
 - Symptoms last 5-20 minutes.
 - Stay calm. Keep breathing slow.
 - Do NOT rub eyes or nose.
 - Flush eyes with copious water.
 - Wipe forehead if chemical is dripping into eyes from there.
 - No milk.
 - Video demonstration:
<https://www.facebook.com/Savlenns/videos/10158568370194343/>
 - [Source for Street Medic Training](#)
 - Graphics:

HOW TO DECONTAMINATE EYES FROM CHEMICAL WEAPONS

tinyurl.com/ProtestGraphics

Stay calm
Easier said than done, try to remain calm. If you can, move away from the source of the chemical weapon.

Considerations with asthma
If people near the chemical weapon have asthma, they might need their inhaler. You can help them find it and/or use it, but do not use or give an inhaler not prescribed to the person using it.

You'll need:
1. A water bottle with a squirt top
2. Gloves
3. Consent to treat and touch the person affected

There are many things people use to flush eyes, but **plain water is the safest, easiest, and cheapest.** Liquid antacid (without alcohol) + water at a 1:1 ratio is often used to flush eyes. It will neutralize quickly and needs to be mixed day-of.

Have people approach you
"If you can hear the sound of my voice, please walk toward me."

Plain water is the most effective, safe, and accessible liquid to flush eyes

Milk is not sterile and baking soda can cause chemical burns

 brought to you by your friendly neighborhood street medic

HOW TO DECONTAMINATE EYES FROM CHEMICAL WEAPONS

tinyurl.com/ProtestGraphics

Always ask consent before treating and touching someone. 1.

Contact lenses need to be removed before flushing eyes. This is best done by the person wearing them, but help them wash their hands with soap and water first. 3.

Ask them to tilt their head to one side. Use your thumb to pull their eyelid so their eye is open. (This part can be hard—the eye reflexively wants to close!) 5.

Have them tilt their head to the other side and flush the other eye. 7.

Wear gloves to keep you and others safe, and to avoid spreading the irritant. 2.

It is easier if the person is kneeling on the ground or has their hands on their knees. 4.

Use a squirt bottle to flush from the inside corner of the eye (nose side) to the outside corner (toward the ground). 6.

Chemical irritants can often get in the mouth. Having them swish around some water or antacid wash can be helpful. 8.

 brought to you by your friendly neighborhood street medic

The eye flush is not to "neutralize" the chemical; it is to physically push the irritant out of the eye.

■ [Source](#)

- Legal information about your rights during protests/potential arrest
 - Per the ACLU, [your rights attending a protest](#):
 - Your rights are strongest in what are known as “traditional public forums,” such as streets, sidewalks, and parks. You also likely have the right to speak out on other public property, like plazas in front of government buildings, as long as you are not blocking access to the government building or interfering with other purposes the property was designed for.
 - Private property owners can set rules for speech on their property. The government may not restrict your speech if it is taking place on your own property or with the consent of the property owner.
 - Counterprotesters also have free speech rights. Police must treat protesters and counterprotesters equally. Police are permitted to keep antagonistic groups separated but should allow them to be within sight and sound of one another.
 - When you are lawfully present in any public space, you have the right to photograph anything in plain view, including federal buildings and the police. On private property, the owner may set rules related to photography or video.
 - You don’t need a permit to march in the streets or on sidewalks, as long as marchers don’t obstruct car or pedestrian traffic. If you don’t

have a permit, police officers can ask you to move to the side of a street or sidewalk to let others pass or for safety reasons.

- **What to do if you believe your rights have been violated**
 - When you can, write down everything you remember, including the officers' badge and patrol car numbers and the agency they work for.
 - Get contact information for witnesses.
 - Take photographs of any injuries.
 - Once you have all of this information, you can file a written complaint with the agency's internal affairs division or civilian complaint board.
- **What happens if the police issues an order to disperse the protest?**
 - Shutting down a protest through a dispersal order must be law enforcement's last resort. Police may not break up a gathering unless there is a clear and present danger of riot, disorder, interference with traffic, or other immediate threat to public safety.
 - If officers issue a dispersal order, they must provide a reasonable opportunity to comply, including sufficient time and a clear, unobstructed exit path.
 - Individuals must receive clear and detailed notice of a dispersal order, including how much time they have to disperse, the consequences of failing to disperse, and what clear exit route they can follow, before they may be arrested or charged with any crime.
- **What if I was stopped by the police while protesting? ([Your rights](#)):**
 - Stay calm. Make sure to keep your hands visible. Don't argue, resist, or obstruct the police, even if you believe they are violating your rights. Point out that you are not disrupting anyone else's activity and that the First Amendment protects your actions.
 - Ask if you are free to leave. If the officer says yes, calmly walk away.
 - If you are under arrest, you have a right to ask why. Otherwise, say you wish to remain silent and ask for a lawyer immediately. Don't say anything or sign anything without a lawyer.
 - You have the right to make a local phone call, and if you're calling your lawyer, police are not allowed to listen.
 - You never have to consent to a search of yourself or your belongings. If you do explicitly consent, it can affect you later in court.
 - Police may "pat down" your clothing if they suspect you have a weapon and may search you after an arrest.
 - Police officers may not confiscate or demand to view your photographs or video without a warrant, nor may they delete data under any circumstances. However, they may order citizens to

cease activities that are truly interfering with legitimate law enforcement operations.

- **What to do if you believe your rights have been violated**
 - When you can, write down everything you remember, including the officers' badge and patrol car numbers and the agency they work for.
 - Get contact information for witnesses.
 - Take photographs of any injuries.
 - Once you have all of this information, you can file a written complaint with the agency's internal affairs division or civilian complaint board.

● Pro-Bono Lawyers in Miami

- Neil W. Blackmon
 - "If you are arrested in protests tonight in Miami or tomorrow in Fort Lauderdale I will be happy to represent you pro bono or assist you in finding representation"
- Rier Jordan, PA (305-899-1212)
 - "If you are arrested for protesting in Miami contact us for free pro bono representation"
- Lalanne Law PLLC (305-537-6623)
 - "As I stated in my previous posts, I will represent individuals that are arrested as a result of protest taking place in Broward and Dade county PRO BONO for the arrests that arise as a result of their participation in the protest!!"
- Josh Jones: (305)-239-4878 (on national resource if detained in Miami)
- Saam Zangeneh: (305)-441-2333 (on national resource if detained in Miami)

● Protesting as an undocumented person

- An arrest, no matter what your immigration status (DACA, greencard visa), can prevent you from accessing immigration status or accessing US citizenship in the future.
- An arrest, particularly if you are undocumented, can lead to deportation proceedings.

- If arrested, remember that you have the same rights as a US citizen, including your right to remain silent and your right to a free attorney.
- If arrested, avoid mentioning your place of birth. No matter how many times you are questioned about it. Remember that you have your right to remain silent and avoiding sharing your place of birth might help you in your deportation proceedings in the future
- If arrested, use your one call to contact an attorney at (833)-346-6322. If detained by immigration, call 212-577-3300 to get a free immigration attorney.
- For the reasons, it's recommended that people who are not US citizens do not engage in any actions that could lead them to be arrested, for example staying protesting beyond the curfew time. There are many ways in which you can get your voice heard without risking arrest. We need you here! You are important to us and we want to keep you around!
- Source: [English](#) / [Spanish](#)

● General Social Media Tips

- Avoid posting and resharing photos that could help police, organized and unorganized white supremacist groups, and employers identify the people protesting.
 - [Click here](#) if you're not sure how to blur people's faces, tattoos, and other identifying attributes.
- Do not use your social media page to discourage looting or "violent protest". It's counterrevolutionary to use your platform this way. Human lives are never worth less than property. There is no purpose in engaging this discussions.
 - A quick response: *"Violence aimed at the recovery of human dignity and at equality cannot be judged by the same yardstick as violence aimed at maintenance of discrimination and oppression."* - Walter Rodney
 - Reading Material: ["In Defense of Looting"](#) by Vicky Osterweil
 - Reading Material: ["There's No Such Thing as a Pretty Protest"](#) by Tirhakah Love



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- Do not share videos and photos of the murder of George Floyd or any other Black person who has been murdered police - or anyone for that matter! These videos are the lynching postcards of our time.
 - Reading Material: [“White Witness and the Contemporary Lynching”](#) by Zoé Samudzi
- Do the work to unlearn and to fight all of your racist conditioning re: innocence and criminality.
 - Check out the education materials listed below

● Funds to donate to

- Memorial Funds of Victims: <https://blacklivesmatters.carrd.co/#victims>
- Florida Bail Fund (Florida Justice Center): <https://www.floridajc.org/bail/>
- Miami Bail Fund ((F)empower MIA, <https://twitter.com/fempowermia>)
 - Venmo: @fempowermia
 - Paypal: <https://www.paypal.me/freethemall>
- Community Bail Funds for Each State (Google Doc): <https://docs.google.com/document/d/1GsfJnX62CLaYtZ3Ewd0VVgh7J-W6vldUBC0x4qsvA8c/mobilebasic>
- NAACP Legal Defense Fund: <https://www.naacpldf.org/>
- Reclaim the Block: <https://secure.everyaction.com/zae4prEeKESHBBy0MKXTIcQ2>
- Black Lives Matter Fund: https://secure.actblue.com/donate/ms_blm_homepage_2019
- Other organizations to support: <https://blacklivesmatters.carrd.co/#org>

● Take action to get justice for police brutality victims

- [Justice for GEORGE FLOYD contacts](#)
- [Justice for REGIS KORCHINSKI-PAQUET contacts](#)
- [Justice for BREONNA TAYLOR Contacts](#)
- [Justice for TONY MCDADE contacts](#)
- [Justice for DION JOHNSON contacts](#)
- [Justice for JAMES SCURLOCK contacts](#)
- [Call for defunding police \(templates and contacts\)](#)

- Black-owned businesses to support

- Nationally:
 - List of Black-owned businesses impacted by the demonstrations:
<https://blacklivesmatters.carrd.co/#business>
- Local to Miami:
 - Extensive List:
<https://www.miamidade.gov/advocacy/library/black-world-guide.pdf>

- Educational Resources on Racism

- English:
 - Scaffolded Anti-Racism Resources (Articles, Podcasts, Books, Videos, etc.):
https://docs.google.com/document/d/1PrAq4iBNb4nVlcTsLcNIW8zjaQXBLkWayL8EaPlh0bc/preview?fbclid=IwAR3oEnVx0apHCzLK5pYpimvWfnBnhraUf67-5GmQ2RT50ObGC3VuQ9PsPmo&pru=AAABcp-a12o*vvZuCoLvuh6rUZmmb2lQfA#
 - Reading Material: [“In Defense of Looting”](#) by Vicky Osterweil
 - Reading Material: [“There’s No Such Thing as a Pretty Protest”](#) by Tirhakah Love
 - Why shouldn’t I share videos and photos of the murder of George Floyd or any other Black person who has been murdered police - or anyone for that matter!
 - These videos are the lynching postcards of our time.
 - Reading Material: [“White Witness and the Contemporary Lynching”](#) by Zoé Samudzi
 - Reading Material: [“Black is Crime: Notes on Blaquillegalism”](#) by Dubian Ade
[Thread](#) of documentaries to watch to understand US policing



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- Reading Material: A [reading list](#) for people being radicalized by the protests taking place. Political education accompanies the work being done in the street!
- (For Vietnamese Communities) Reading Material: [AntiBlackness in Vietnamese Communities](#).
- (For Allies) Reading Material: A [Guide to Allyship](#)
- *Book Recommendations:*
 - “Why Are All the Black Kids Sitting to Together in the Cafeteria” by Beverly Tatum
 - “The New Jim Crow” by Michelle Alexander
 - “White Fragility” by Robin D’Angelo
 - “How to Be an AntiRacist” by Ibram X. Kendi
- o Spanish: Will be added soon.
 - Have resources for us? Email us at contracovid@gmail.com

● Florida and Miami Voting Dates

- o Statewide (Florida) and Federal:
 - State Election:
 - Florida Primary Election: **Aug 18, 2020**
 - Early Voting: **Aug 8, 2020 - Aug 15, 2020**
 - In-Person Absentee Voting: Not available
 - Voter Registration Deadline: **Mon Jul 20, 2020**
 - Deadline to Request an Absentee Ballot: **Received by Sat Aug 15, 2020**
 - Deadline to Return Completed Absentee Ballot: **Tue Aug 18, 2020 7:00PM EDT**
 - Federal Election:
 - Florida General Election: **Nov 3, 2020**
 - Early Voting: **Oct 24, 2020 - Oct 31, 2020**
 - In-Person Absentee Voting: Not available
 - Voter Registration Deadline: **Mon Oct 5, 2020**
 - Deadline to Request an Absentee Ballot: **Received by Sat Oct 31, 2020**



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- Deadline to Return Completed Absentee Ballot: **Tue Nov 3, 2020 7:00PM EST**

- **Local:**

- Florida Local Elections
 - County Election Calendar Here:
<https://dos.elections.myflorida.com/calendar/>
- Find your County Supervisor of Elections Here:
<https://dos.elections.myflorida.com/supervisors/>