

Hello Everyone,

I understand that this has been a stressful few days, weeks, or months for all of us, and that as APIDA students we may be going through our own unique set of struggles as well. I tried my best to compile all the resources floating around for anyone who may need it, and while most of these will apply only to students still in California, I will continue searching for resources for students outside of California. Please share the resources you have or know by sending them to minsolk@usc.edu, and I can add it to this list. Please reach out if you need any additional help, and I will try my absolute best to connect you with the right resources. Lastly, PLEASE support your local APIDA businesses!!!

RESOURCES

1. USC Mutual Aid Spreadsheet

https://docs.google.com/spreadsheets/d/1keFuGf8tN3auAkBd30rdLIUI-p_UpfDGLJ_Gia6W9As/edit?fbclid=IwAR3uPYZutHw4Lvl8GZfZx7Y0XvXnapGBdDoQTDs1vtZ0tuZuGRdPulOV9go#gid=1727309836

- An incredibly comprehensive, organized, and helpful spreadsheet put together by Veronica Marks
- Includes a place to find housing, food, pet/child care, and transport resources, as well as a list of other useful resources.
- You can provide help and also ask for help

2. LA Community Resources Document

https://docs.google.com/document/d/1S-WJaMa4q3yNrEBfSFKEdSQArcNc_MTI2LiUA63Ycyg/edit?fbclid=IwAR19HLszKYmfmojoV6h0mLTy02e5gnTg_ID0_hh_AA2HMcf2L99DNTyQLW0

- Includes resources for food, employment, housing, health, transportation, and education

3. LA Mutual Aid Google Form

https://docs.google.com/forms/d/e/1FAIpQLSdGfypKKirsvUQCX5eVix86nIrTaf5atsnhn8bWxpCRn_IM9Q/viewform

- You can either request help or provide help
- They will deliver help to you
- For those providing help, you can provide anything from hygiene supplies, food, shelter and clothing, medical supplies, and general services

4. Local USC Moms and Dads on Call Facebook Group:

- A group started last year where parents and students provide support and share resources for any Trojan that may need it
- If you find yourself in a compromised situation on campus especially now that it may be difficult to find some basic necessities, the group is full of parents living nearby that have proven to be very willing to help. There are always parents willing to grocery shop for you if you are unable to!

5. An Instagram Resource Compilation

https://www.instagram.com/p/B91vZSjlyF6/?utm_source=ig_web_button_share_sheet

- Put together by abril.dozal
 - Resources on unemployment, housing, utilities, food services, student meals, and education
6. **National Domestic Violence Hotline**
<https://www.thehotline.org>
 - If you find yourself quarantined or stuck with an abuser, please call 1-800-799-7233 or text LOVEIS to 22522
 7. **211 LA County**
<https://211la.org>
 - 211 is a “central source for providing information and referrals for all health and human services in LA County.” They are always open and are available in 140 languages
 - If you have been a victim or witness of xenophobia or racism due to corona, you can report it at <https://new.211la.org/form/anti-hate> to be connected to resources who can guide you on the next steps
 8. **US Small Business Administration (SBA)**
<https://disasterloan.sba.gov/ela>
 - The SBA is offering low-interest federal disaster loans to small businesses suffering from “substantial economic injury as a result of the novel coronavirus.” Might be especially helpful to those who work or own a restaurant that has been suffering due to racism
 9. **USC Office of International Services**
<https://ois.usc.edu>
 - If you have any issues or questions with your visa, please call OIS and they will be able to answer your questions. Unfortunately, according to my call with them many things are just too uncertain right now.
 10. **Anxiety and Depression Association of America**
https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources?fbclid=IwAR1HafenS1shRg5AzAIRB6kA1zk1H5ZrTkyUae07qk-Z_RmRISXyiELEIZI
 - Many people are experiencing heightened levels of anxiety and or depression during this period. Please check out the many COVID19 specific resources available here!

HOW TO S

1. Testing

If you or someone you know has symptoms and are looking for tests, call your doctor. Your doctor will advise you on your next steps and request a test if appropriate. However, this process may take a lot of time or sometimes is not an option at all due to the limited number of testing kits. Some resources (that aren't members only) that can be looked into as backup:

- **Project Baseline:** <https://www.projectbaseline.com/study/covid-19/>
- **Carbon Health:**
<https://patient.carbonhealth.com/#/schedule?practiceId=5bdaef44-8ff0-439f-99d7>

[-3285afcc6911&virtual=true&instant=true&&apptReasonId=a516b4f7-339d-47bc-910d-3b89b81e2e9a&utm_campaign=cat&utm_medium=blog&utm_source=medium](https://www.labcorp.com/information-labcorp-about-coronavirus-disease-2019-covid-19)

- **Labcorp:**

<https://www.labcorp.com/information-labcorp-about-coronavirus-disease-2019-covid-19>

- **Quest Diagnostics:** <https://www.questdiagnostics.com/home/>

2. **Filing for unemployment in California**

The 1 week waiting period is now waived:

https://www.kqed.org/news/11806938/how-to-file-for-unemployment-in-california-during-the-coronavirus-pandemic?fbclid=IwAR2kZF4G2PrLfSG42Udnt4PnycwnaYug4Vh2_AeRCmEkCnZXCbZXZ_nbDpA

ADDITIONAL RESOURCES

1. **Bay Area Specific:**

<https://docs.google.com/document/d/1R9y8KLbU-oZTJheoqobmqg6TJxkwSjTkJvm6WywHURk/preview?fbclid=IwAR04rMzTdBpetpZjNeMwt5b35vvX0UBPK3F9iPRCyfxU6j4gke2WRYQY0YA>