

We have moved this guide to a webpage version:

www.1degree.org/covid-19

Our new webpage version will be more accessible to the growing number of viewers and more mobile-friendly. Thank you! - One Degree team

One Degree COVID-19 (Coronavirus) Resource Guide

Updated March 24, 2020

Help your community by suggesting more resources to add to this guide.

This is a living document and we need your help to make it as comprehensive as possible.

We will be updating the guide Monday- Friday by 2PM PST with new resources as they become available. Please check back often. Spanish version coming soon - and hopefully other languages, too!

Do you work for an organization that is offering essential services to support the community during this crisis? Do you know of organizations or other resource lists of essential resources being provided in the Bay Area or Los Angeles?

Please share them with us by [completing this form](#) or emailing help@1degree.org.

Please note: To ensure high-quality and accurate information for our community, this resource guide is currently not open for comments or edits. However we are responding to suggestions via the form and email within one business day. Thank you so much for your understanding and patience.

How to use this Resource Guide

At One Degree we always strive to provide comprehensive, updated and accurate community resource information. During the COVID-19 outbreak we maintain that same commitment and are happy to provide this guide as a quick and effective reference to resources you might need during this period. A Spanish version of this guide will also be available very soon!

Please note that the resources listed on the website (www.1degree.org) and apps may be unavailable or have limited availability. If you have urgent resource needs that may be impacted by office closures, please reference this Resource Guide.

You may also email us at help@1degree.org (English and Spanish, respond within 1 business day) if you need help beyond this guide. You can also reach us on Live Chat by clicking the yellow box on the bottom right of any page on www.1degree.org.

Please share this **Resource Guide** with your networks, friends and loved ones. You can [share the URL of this Google Doc](#), or you can [share this PDF version](#).

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CA State Wide & National

Food Support

- **Access a local food bank**
 - California Association of Food Banks
 - California Association of Food Banks and its food bank network will continue to work to ensure that our most vulnerable communities have consistent and safe access to nutritious food.
 - Locate a food bank here by entering your zip code: [Find a Food Bank](#)
 - More: [Information on COVID-19 \(Corona Virus\)](#)

Financial Support

- **Get an extension on filing your tax return and making payments**

- Franchise Tax Board
- Taxpayers affected by COVID-19 are granted an extension to file California tax returns and make certain payments until June 15, 2020. The Franchise Tax Board will also waive any interest and late filing/payment penalties that would otherwise apply.
- If you're claiming the COVID-19 relief, write COVID-19 in black ink at the top of your tax return. If you're e-filing, follow the software instructions to enter disaster information.
- Tax filing and payment deadlines that occur on March 15, 2020 through June 15, 2020 are extended to June 15, 2020.
- More info: [Franchise Tax Board news release](#)
- **Get fee waivers and waived penalties for Citibank customers**
 - Citibank
 - Starting March 9, 2020 and effective for an initial 30 days, Citibank Retail Bank customers can get fee waivers on monthly service fees and waived penalties for early Certificate of Deposit withdrawal. Citibank Retail Bank Small Business customers can get fee waivers on monthly service fees and remote deposit capture and waived penalties for early Certificate of Deposit withdrawal.
 - Call the phone number on the back of your card to inquire about account assistance. If you currently work with a Banker or Financial Advisor, you can contact them during their regular business hours.
 - Assistance is available 24/7 via the phone number on the back of your card.
 - More info: [Citibank online announcement](#)
- **Get financial assistance for individuals and their families in the alcohol industry**
 - USBG National Charity Foundation
 - Eligible if worked for at least one year directly serving or in the production, promotion or distribution of alcoholic beverages, or the spouse or child of someone in the industry
 - Apply with online [form](#)
 - More info: [COVID-19 Relief](#)
- **Get low interest loans for small businesses and nonprofits**
 - US Small Business Administration
 - These loans may be used to pay fixed debts, payroll, accounts payable and other bills that can't be paid because of the disaster's impact. The interest rate is 3.75% for small businesses without credit available elsewhere; businesses with credit available elsewhere are not eligible. The interest rate for non-profits is 2.75%
 - Apply Here: [Online Application](#)
 - More info: Call **1-800-659-2955** or email disastercustomerservice@sba.gov
- **Get paid leave for Get paid leave for caretakers**

- Paid Family Leave (PFL) provides up to six weeks of benefit payments to eligible workers who have a full or partial loss of wages because they need time off work to care for an ill or quarantined family member with COVID-19. Diagnosis by a medical professional is required. Benefit amounts are approximately 60-70% of wages (depending on income) and range from \$50-\$1,300/week.
- File online: [How to File a Paid Family Leave \(PFL\) Claim in SDI Online](#)
- More info: [Coronavirus 2019 \(COVID-19\)](#)
- **Claim unemployment benefits**
 - Employment Development Department
 - Employees who lost their job or had their hours reduced due to COVID-19 can claim Unemployment Insurance (UI) to get partial wage replacement benefit payments. Workers are expected to return to work with their employer within a few weeks, are not required to actively seek work each week, and must remain able and available and ready to work during their unemployment for each week of benefits claimed. Benefits range from \$40-\$450 per week.
 - File online here: https://edd.ca.gov/Unemployment/Filing_a_Claim.htm
 - More info: [Coronavirus 2019 \(COVID-19\)](#)
- **Get cash assistance for service workers**
 - One Fair Wage
 - Restaurant workers, delivery drivers, and other tipped workers and service workers who are seeing their income decline or aren't able to work because of quarantines or other health concerns can request cash assistance.
 - Submit request online: <https://ofwemergencyfund.org/help>
- **Get cash assistance for bartenders**
 - Bartender Emergency Assistance Program
 - Bartenders who are experiencing a catastrophic event or emergency hardship can request financial assistance.
 - Apply online: <https://www.usbgfoundation.org/beap-application>
 - Full eligibility requirements: <https://www.usbgfoundation.org/beap>
- **Get cash assistance for DJs**
 - The Beat Goes On Fund
 - One-time financial stipend of up to \$400 to help active working club DJs who are experiencing financial hardship due to a loss of gigs from COVID-19. Must have a Venmo or Paypal account.
 - [Visit the link](#) and complete and submit the online form to apply for a stipend.
 - Email: iknowfranchise@gmail.com (Felix Flores [DJ Franchise]).
 - More info: [The Beat Goes On Fund homepage](#)
- **Get cash assistance for artists and arts administrators of color**
 - Arts Administrators of Color Network

- One-time \$200 stipend for US-based artists and arts administrators (consultants, facilitators, box office staff, seasonal/temporary employees, etc.) who have been financially impacted due to COVID-19. Must self-identify as black, indigenous, or a person of color. Funds distributed on a first-come, first-served basis.
- [Visit the link](#) and complete and submit the online form to apply for funds.
- Email: emergencyfund@aacdmv.org
- More info: [Our Response to COVID-19](#)
- **Access a free financial planning session for freelancers**
 - Freelance Financial Planning
 - Free 45-minute virtual financial planning session for freelancers affected by COVID-19. Topics may include identifying sources of emergency funding, brainstorming ways to cut spending, and questions about retirement savings.
 - Email ben@freelancefp.com to schedule a session. Phone #: 402-979-6473; email: ben@freelancefp.com.
 - More info: [Freelance Financial Planning MailChimp announcement](#)
- **Apply for cash assistance for experimental artists**
 - Foundation for Contemporary Arts
 - The COVID-19 Relief Fund is distributing \$1000 grants to US-based experimental artists who have had performances or exhibitions cancelled or postponed due to COVID-19. [Click here](#) for eligibility.
 - [Visit the link](#) and complete and submit the online form to apply for funds.
 - Phone #: 212-807-7077; email: info@contemporary-arts.org.
 - More info: [COVID-19 Relief Fund Application page](#)
- **Apply for cash assistance for individuals who work behind the scenes in the entertainment technology industry who have been hospitalized with COVID-19**
 - Behind the Scenes Charity
 - Behind the Scenes is accepting applications for emergency financial assistance from behind-the-scenes workers in the entertainment technology industry who have been hospitalized with COVID-19 and have financial need. [Click here](#) for eligibility.
 - [Visit the link](#) and complete and submit the application form by email, fax, or mail to apply for funds.
 - phone #: 212-244-1421; fax #: 646-713-2308; email: info@btshelp.org.
 - More info: [Apply for a Basic Needs Grant](#)
- **Apply for cash assistance for musicians with cancelled work due to COVID-19**
 - Equal Sound
 - Financial assistance for US-based musicians who have had gigs cancelled due to COVID-19. Must submit W-9 form and proof of gig cancellation.
 - [Visit the link](#) and complete and submit the online form to apply for funds.
 - Email: corona@equalsound.org.
 - More info: [Corona Relief Fund FAQ](#)

- **Apply for cash assistance for music industry professionals**
 - MusiCares
 - Financial assistance of up to \$1000 for rent/mortgage costs for music industry professionals who have had work cancelled due to COVID-19. Must submit proof of cancellation and copy of rent/mortgage agreement/statement.
 - [Visit the link](#) and complete and submit the application form by email or fax to apply for funds.
 - Fax #: 615.327.0876; email: MusiCaresRelief@MusiCares.org.
 - More info: [MusiCares COVID-19 Relief Fund](#)
- **Apply for cash assistance for queer writers of color**
 - Shade Literary Arts
 - Financial assistance of \$100-\$500 for queer writers of color impacted by COVID-19. Priority given to trans women and individuals with disabilities.
 - [Visit the link](#) and complete and submit the online form to apply for funds.
 - Email: info@shadeliteraryarts.org
 - More info: [Queer Writers of Color Relief Fund GoFundMe page](#) and [Twitter announcement](#)
- **Apply for cash assistance for theater writers**
 - Dramatists Guild Foundation
 - Emergency financial assistance for theater playwrights, composers, lyricists, and book writers. Applications will be reviewed based on severity of need, especially as relates to COVID-19.
 - [Visit the link](#) and complete and submit the online form to apply for funds.
 - Phone #: 212-391-8384; email: applications@dgf.org.
 - More info: [Emergency Grants page](#)
- **Apply for cash assistance for artists working in craft disciplines who require intensive medical care due to COVID-19**
 - CERF+
 - Emergency \$3,000 grants for artists working in craft disciplines who are infected with COVID-19 and require intensive medical care. [Click here](#) for eligibility.
 - [Visit the link](#) and complete and submit the Emergency Assistance Inquiry form to inquire about receiving assistance. If you are determined to be eligible, you will be invited to submit an application.
 - 535 Stone Cutters Way, Suite 202, Montpelier, VT 05602; phone #: 802-229-2306; email: info@craftemergency.org.
 - More info: [CERF+ new release](#) and [Emergency Grants and Resources for Artists page](#)
- **Get Workers' Compensation for employees who are exposed to and contract COVID-19 during regular work**

- State of California Department of Industrial Relations
- Workers' Compensation is available when a doctor says you can't do your usual work for more than three days or you are hospitalized overnight. COVID-19 diagnosis by a medical professional required. And proof that an employee was exposed to and contracted COVID-19 during regular work.
- Benefits in general pay two-thirds of gross wages lost while recovering.
- File online: [File a Workers' Compensation Claim](#)
- More info: [Workers' Compensation Guidebook and Eligibility](#)
- **Get an interest free loan for Jewish residents of Northern California**
 - Hebrew Free Loan
 - Hebrew Free Loan is offering interest free loans to help manage financial difficulties related to COVID-19. Assisting with needs such as lost wages, child care costs, small business losses, or cancelled study abroad programs.
 - Call (415) 546-9902 x 110 or email info@hflasf.org with any questions.
 - [Visit the link](#) and submit the application to apply for a loan.
 - More info: [Hebrew Free Loan](#)

Childcare Support

- **Find on site child care support vital employers**
 - Tootris
 - Technology enabled service providers that connected parents to high-quality Child Care that lost their child care availability due to closures of schools and programs during Covid-19.
 - New Programs that assist working parents who cannot obtain Child Care due to the COVID-19 health crisis: Emergency Enrollment Services - helps impacted parents. Operating Temporary Employer Sponsored Child Care -Program creates partnerships with regional employers that want to set up on site Child Care pods (up to 10 children). They are brought in early children educational staff to deploy and run these temporary on site care sites with no cost to employers. FCC/Parent Informational kit-Provides families hygiene posters to kids in both english and spanish to educate about COVID-19.
 - Contact person : Jasmin Belisario O: (858) 208-4044 x 104 M: (858) 880-6029 email: jbelisario@tootris.com, Monday- Friday 6am-5pm
 - More info: <https://tootris.com/contact/> [TOOTRiS Announces Measures to Support Child Care for Parents Impacted by COVID-19](#); [Tootris On-Demand Child Care - Home](#)

Housing/Eviction Prevention Support

- **Supporting Eviction bans for Tenants**
 - California Apartment Association

- Webinars are available through CAA to help address challenges that are faced by housing providers. Webinars are available online.
- CAA's Safe at Home Guidelines - Freeze Rent on all Residents, waive late fees, Halt evictions, flexible payment plans, direct renters to available resources, and communicate with residents proactively. Toll number : 800-967-4222
- More info: CAA on COVID-19: www.caanet.org

Mental Health Support

- **Free, emotional support line for people with mental health challenges**
 - California Peer-Run Warm Line
 - Everything is virtual, mobile based since COVID-19. Operates everyday Covid related. Phone number: (855) 845-7415.
Chat is available at <https://www.mentalhealthsf.org/peer-run-warmline/>
More info: <https://camhpro.org/category/california-warmlines/>

Tax Preparation Support

- **Filing the taxes for free and with our support**
 - United Way- California Region
 - Households that earned 60,000 or less in 2018 can receive free tax help in person from United Way's Free Tax Prep Program. Information : <https://www.yourlocalunitedway.org/free-tax-preparation>
Schedule appointments by calling 2-1-1 or toll free 800-500-4931.
The new federal tax deadline is July 15, 2020
Check out this site : Youfreetaxprep.org, for other information
Hours of operation is Monday-Friday 8am-4:45pm
More info: <https://www.yourlocalunitedway.org/covid-19-response>

Employment/Unemployment Support

- **Protect workers from Coronavirus**
 - Department of Industrial Relations (DIR)
 - Cal/ATD requires protection for employees working in healthcare facilities and other services mentioned in the link. [Cal/OSHA Guidance on Requirements to Protect Workers from Coronavirus](#).
 - To protect workers and to prevent exposure to the virus, employers must develop and maintain the required programs and plans for their facility or operation. Any questions please contact infocons@dir.ca.gov
 - Link : [Cal/OSHA Guidance on Requirements to Protect Workers from Coronavirus](#)

Health Support

- **Take paid sick leave from your job if you or a family member is sick with COVID-19**
 - State of California Department of Industrial Relations (DIR)
 - If you have worked for the same employer for at least 30 days within a year in California and have passed a 90-day employment (probationary) period, you are generally entitled to a certain amount of paid sick leave paid to you at your regular rate of pay or an average based on the past 90 days. [Check eligibility here](#).
 - Give notice of your sick leave to your employer as soon as is practical. If your accrued sick leave is denied by your employer, [click here](#) to learn how to file a wage claim.
 - More info: [Coronavirus \(COVID-19\) - FAQs on Laws Enforced by the California Labor Commissioner's Office](#) and [California Paid Sick Leave: Frequently Asked Questions](#)

Homeless Support

- **Find homeless shelters, a warm place to stay, groceries, or financial support**
 - Salvation Army
 - Temporary shelters provide homeless individuals with food and lodging while equipping them with the resources and support.
 - Please contact your local Salvation Army to see what services are available in your area. Search by Zip code here: [COVID19](#)

Other Support

- **Get disability insurance for employees diagnosed with COVID-19**
 - Employment Development Department
 - Disability Insurance (DI) provides short-term benefit payments to employees who are unable to work due to having or being exposed to COVID-19. Diagnosis by a medical professional required. Benefit amounts are approximately 60-70% of wages (depending on income) and range from \$50-\$1,300/week.
 - File online: [SDI Online](#)
 - More info: [Coronavirus 2019 \(COVID-19\)](#)
- **Get free internet service for two months**
 - Comcast
 - New families who connect to Comcast's Internet Essentials program will get free internet service for two months. The Internet Essentials program is normally available to qualified low-income households in Comcast's service area for \$9.95/month (check for <https://www.internetessentials.com/> for eligibility requirements). You can cancel at any time (no contract and no term) if you don't want to continue the program after the first two months.
 - Visit <https://www.internetessentials.com/> to sign up online or call 1-855-846-8376 (English) and 1-855-765-6995 (Spanish) to sign up over the phone. After you

sign up, Comcast will mail you a free self-install kit with a cable modem and a Wi-Fi router.

- Phone #: 1-855-846-8376 (English) and 1-855-765-6995 (Spanish); web: <https://www.internetessentials.com/>.
- More info: [Comcast press release](#)

- **Access free fitness videos**

- YMCA
- The YMCA recorded and posted their instructor-led fitness classes online that can be accessed via tablet or computer.
- View videos online: [YMCA 360: Your Virtual YMCA](#)

- **Get free storage space for college students**

- U-Haul
- U-Haul is offering 30 days of free storage space, usage of U-Box portable moving, and storage containers for college students impacted by unforeseen schedule changes at their universities. Offer valid for new customers with college IDs.
- Visit link to find a participating location: <https://www.uhaul.com/Storage/>
- More info: [College Students U-Haul Offers 30 Days Free Self Storage amid Coronavirus Outbreak](#)

- **Call or message a non-emergency peer-run warm line for emotional support**

- Mental Health Association of San Francisco (MHASF)
- Call or message a free peer-run warm line for non-emergency emotional and mental health support. The line can also help connect you to local emergency, mental health, or social services. All calls are confidential.
- Call the warm line at 1-855-845-7415 or [visit the link](#) and start the webchat to receive emotional support.
- More info: [MHASF press release](#)

- **Get free internet access for households with students**

- Charter Communications
- Free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription and at any service level up to 100 Mbps. Installation fees are waived.
- Call to enroll: 844-488-8395
- More info: [Charter to Offer Free Access to Spectrum Broadband and Wi-Fi For 60-Days For New K-12 and College Student Households and More](#)

- **Get free video communications for students and staff**

- Zoom

- All K-12 schools can request a free basic account for online video communications with no time limits using their school's email address.
- [Sign up here](#)

Education Support

- **Join online social studies lessons for children and youth**
 - Sonia Lewis
 - Teach In Time With Revolutionary Minds is an online education resource offered to children and youth via Zoom video conference while schools are closed.
 - Black-centered curriculum including a structured social studies lesson and social interaction. Each group will meet twice a week for 90 minutes on Zoom. Free; donations accepted.
 - [Visit the link](#) to find the Zoom video meeting link and join a meeting at scheduled class times. You may need to install the Zoom app on your computer.
 - Young Scholars (ages 5-12 years) meet Tuesday and Thursday at 11:00am and Big Gins (ages 13-19 years) meet Wednesday and Friday at 11:00am for 90 minutes each. Meetings are currently scheduled until April 17.
More info: [Announcement on Sonia Lewis' Facebook page](#)
- **Receive help with obtaining smartphones, hotspots, and laptops for current or former foster youth**
 - iFoster
 - iFoster can support with getting smartphones/hotspots with unlimited data to stream classes, & tablets, chromebooks & laptops. You MUST be a current or former foster youth & current student at a college, high school or middle school.
 - Complete the application here: <https://www.tfaforms.com/4811639>
 - [More info](#)
- **Access free virtual museum resources, e-learning, and online collections**
 - MCN
 - List of free, public, web-based museum resources, e-learning, and online collections.
 - More info: [The Ultimate Guide to Virtual Museum Resources, E-learning, and Online Collections](#)

San Francisco Bay Area Wide

Financial Support

- **Apply for a low-interest loan for small business owners**

- Small Business Development Center (SBDC)
- Offers low interest loans for those businesses who have been impacted economically.
- Apply online at [apply online with PTAC](#) or call 707-646-1017
- More info: [COVID-19 Resources for Businesses - March 13, 2020](#)
- **Get cash assistance for artists**
 - Bay Area Safety Net
 - Bay Area Safety Net is distributing grants to artists (performing artists, musicians, visual artists, event producers, etc.) during the COVID-19 crisis. Maximum \$500 grant per/artist month; number of grants given will depend on donations to fund. No repayment required. [Click here](#) for eligibility, including eligible zip codes
 - [Visit the link](#) and complete and submit the online form to apply for a grant.
 - More info: [The Safety Net Fund blog post](#)
- **Get cash assistance for queer nightlife workers**
 - SF Bay Area Queer Nightlife Fund
 - The Queer Nightlife Fund is distributing funds to workers in the SF Bay Area queer nightlife industry for expenses such as rent, electricity/gas, phone/internet service, food, and medical/insurance expenses. Annual/monthly income should be considered low for the SF Bay Area.
 - [Visit the link](#) and complete and submit the online form to apply for assistance.
 - More info: [SF Bay Area Queer Nightlife Fund homepage](#)

Housing/Eviction Prevention Support

- **Get legal advice regarding COVID-19 tenant or employment issues**
 - Legal Services of Northern California (LSNC) provides civil representation to clients in 23 counties in Northern California for eviction actions and employment issues. LSNC offers legal advice on matters including cost and access to health care and medications during the COVID-19 crisis, Medicare coverage for COVID-19 care plus lost wages and state disability due to the COVID-19 crisis including what to do if you cannot go to work because of school closures and qualifying for unemployment if your hours are reduced due to COVID-19.
 - At this time due to the COVID-19 crisis LSNC does not have walk-in hours. Please call the Vallejo office at 707-643-0054 for more information and to schedule an appointment.. Office hours are 8:30 AM to 5 PM (closed 11:45 to 1 PM for lunch). After office hours please call (866) 815-5990 to leave a message and someone will return your call within one to two business days.
 - More info: <https://lsnc.net/coronavirus-covid-19>

Alameda County

Food Support

- **Free meals for students in Alameda County**
 - Meals for youth up to age 18. No ID needed. Meals to be picked-up.
 - Walk-in to various locations ([See pick-up sites](#))
 - Hours: vary ([See pick-up sites](#))
 - More info: [Meal Services by Alameda County School District](#)
- **Get free food**
 - Alameda County Community Food Bank
 - Visit food bank location: 7900 Edgewater Drive Oakland, CA 94621
 - Hours: 9am-4pm
 - More info: [COVID-19 Response Update](#)
- **Get free groceries**
 - Davis Street
 - Davis Street's Emergency Food Pantry is offering drive-through grocery pick up weekdays 10AM – 5:30PM.
 - Call 510-561-9042 to schedule a pick up or come to the warehouse: 3081 Teagarden Street, San Leandro, CA 94577
 - More information: [More info](#)
- **Access a food pantry**
 - Berkeley Food Network
 - The food pantry is open to Berkeley and Albany city residents. Bring your own bags.
 - Visit 1925 Ninth St., Berkeley during pantry hours:
 - Monday – Thursday 10am – 2pm
 - Monday and Wednesday 5 – 7pm
 - First and third Saturdays 10am – 12pm
 - More information: [On-Site Pantry Currently Open During COVID-19 Containment Period](#)
- **Pick up free packaged meals for students**
 - Hayward Unified School District
 - Families can drive up to each location and meals will be served to all students under 18 years of age. No identification required, but student(s) must be present.
 - Visit the participating locations during 11AM-12PM
 - [More info](#)
- **Get meals delivered for homebound seniors**
 - SOS Meals On Wheels

- Seniors age 60 and older in Oakland and Central Alameda County can have meals delivered to their homes on weekdays. Hand sanitizer and disinfectant wipes for use during meals are also provided.
- For service in Castro Valley, Hayward, San Leandro, or San Lorenzo, call Deborah Kuehner at 510-582-1263 x 114.
- For service in Oakland, call Kathy Gonzales at 510-582-1263 x 101.
- More information: [More info](#)

Financial Support

- **Coronavirus 2019 (COVID-19) Business and Worker Resources**
 - City of Oakland
 - Resources for Oakland businesses, nonprofits and workers to plan, prepare and respond to COVID-19
 - Visit link for federal, state, and local resource listings
 - More info: [Coronavirus 2019 \(COVID-19\) Business and Worker](#)

Childcare Support

- ***One Degree is working on gathering resources in this area.*** Do you work for an organization that is offering essential services to support the community during this crisis? Do you know of organizations or other resource lists of essential resources being provided in the Bay Area or Los Angeles? Please share them with us by [completing this form](#) or emailing help@1degree.org.

Health Support

- **Get free curb-side testing for COVID-19**
 - LifeLong Medical Care
 - LifeLong is hosting three curbside testing centers for patients who have been screened by LifeLong staff. Results will be provided as soon as possible.
 - Call the Call Center to get screened: 510-981-4100
 - More info: [COVID-19 Updates](#)
- **Get free screening and testing for COVID-19**
 - City of Hayward
 - The Coronavirus testing center is open to anyone regardless of where they live or immigration status.
 - Hours and location
 - 9AM-6PM
 - Hayward Fire Station #7: 28270 Huntwood Ave, Hayward
 - More information: [Coronavirus testing center](#)

Mental Health Support

- **Get outpatient mental health services**

- La Familia
- The Outpatient Department continues to help adults and children dealing with mental and emotional issues such as trauma, abuse, domestic violence, discrimination and stress related to poverty and immigration.
- Visit the clinic Monday-Thursday 9AM-8PM, Friday 9AM-5PM
 - 26081 Mocine Avenue, Hayward, CA 94544
- More information: <https://www.lafamiliacounseling.org/>

Other Support

- **Request support in meeting basic needs for individuals with disabilities and elderly individuals**
 - Disability Justice Culture Club
 - Volunteer-run support network offering help with basic needs such as grocery shopping, laundry/light housekeeping while a caregiver is sick, medication pick-up, errands, and mental health support. Available for individuals with disabilities and elderly individuals, with priority given to black, indigenous, and people of color who need to limit interactions with others due to health concerns.
 - [Visit the link](#) and complete and submit the online form to request support. A member of the Disability Justice Culture Club will reach out to you within 48 hours.
East Bay, CA.
 - More info: [Disability Justice Culture Club Facebook page](#)
- **Get support meeting basic needs for elderly and immunocompromised individuals**
 - Oakland at Risk Match
 - Oakland at Risk Match matches elderly (60+ years) and immunocompromised individuals with healthy, low-risk volunteers who will provide support meeting basic needs, including delivery of essential supplies (groceries, meals, prescriptions, etc.) and regular check-ins by phone or email. Currently accepting Oakland, Piedmont, San Leandro, and Alameda residents.
 - [Visit the link](#) and complete and submit the online form to request support. You will be matched with a volunteer as soon as one becomes available in your zip code. If you need help signing up or can't sign up online, contact Oakland at Risk Match via phone (510-306-4973) or email (OaklandAtRisk@gmail.com).
Phone #: 510-306-4973; email address: OaklandAtRisk@gmail.com.
More info: [Oakland at Risk Match homepage](#) and [flyer](#)
- **Get help with daily errands for high-risk seniors in Fremont, Newark, and Union City**
 - LIFE ElderCare
 - Seniors can request to have their groceries or prescriptions picked up or get checked up on by healthy volunteers from their community.
 - Sign up at [here](#)

- More information: [Tri City at Risk](#)

Contra Costa County

Food Support

- **Free meals for students**
 - West Contra Costa Unified School District
 - Meals for youth up to age 18. No ID needed. Meals to be picked-up.
 - Walk-in to various locations ([See pick-up sites](#))
 - Hours: Monday through Friday 11am-1pm
 - More info: [District Closure Update: Student meals available at nine schools from 11 am-1 pm, starting Monday, March 16](#)
- **Free “grab and go” meals for students**
 - Antioch Unified School District
 - Multiple meals at a time can be picked up at Marsh Elementary (2304 G St, Antioch, CA 94509) 10:00 AM - 12:00 PM or Deer Valley High School (4700 Lone Tree Way, Antioch, CA 94531) 10:00 AM - 12:00 PM
 - <https://www.antiochschools.net/>

Financial Support

- **Guidance for employers and workers**
 - California Labor & Workforce Development Agency (LWDA)
 - More info: [Coronavirus 2019 \(COVID-19\) Resources for Employers and Workers](#)

Childcare Support

- ***One Degree is working on gathering resources in this area.*** Do you work for an organization that is offering essential services to support the community during this crisis? Do you know of organizations or other resource lists of essential resources being provided in the Bay Area or Los Angeles? Please share them with us by [completing this form](#) or emailing help@1degree.org.

Other Support

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Marin County

Food Support

- **Get free lunch for children during the school week**
 - Tommy's Salsa
 - Kid-size meals at lunchtime Monday-Friday until school resumes.
 - Call or come in and request the free little amigo RBC burrito at lunchtime Monday-Friday.
 - 1553 South Novato Bl. #F, Novato, CA 94947; phone #: 415-898-1351; opens at 11:00am Monday-Friday.
 - More info: [Announcement on Tommy's Salsa Facebook page](#)
- **Get food from a food bank or food pantry**
 - SF-Marin Food Bank
 - Use the link [Find Free Food](#) to find a food bank or food pantry near you using your zip code; SF-Marin Food Banks are remaining open
 - More info: [San Francisco-Marin Food Bank](#)

Get free food

- Fairfax Food Pantry
- Residents can pick up pre-bagged food every Saturday 8:30-10:30am.
- Visit during pantry hours: The Community Church 2398 Sir Francis Drake Blvd, Fairfax.
- More information: <https://www.townoffairfax.org/food-pantry/>
- **Get free food**
 - West Marin Community Services
 - The resource center (food pantry) is open weekdays 9AM-5PM (closed 12-1PM).
 - Visit 11431 State Route One Point Reyes Station CA 94956.
 - More information: <https://westmarincommunityservices.org/>
- **Get free food**
 - North Marin Community Services
 - Novato residents can pick up food Tuesdays 1-3PM at 1907 Novato Blvd.
 - Call 415-897-4147 to begin the intake process.
 - More information: <https://www.northmarincs.org/news-events/coronavirus-update/>
- **Get free pre-packaged food for seniors**
 - Whistlestop
 - Seniors can pick up healthy, fresh produce, meats and staple food items every Friday at 11:30AM.
 - Bring bring proof of Marin residency to 930 Tamalpais Avenue, San Rafael, CA 94901.
 - More information: <https://whistlestop.org/nutrition/brown-bag-pantry/>
- **Get meals delivered to individuals who are immunocompromised**
 - Whistlestop

- Individuals in Marin County suffering from chronic or life-threatening illnesses can request up to seven meals per week for a suggested donation of \$3.50/meal. No one is denied services. Deliveries take place on Monday, Wednesday, & Friday.
- Call 415-456-9062 x 176 to sign up.
- More information: <https://whistlestop.org/nutrition/whistlestop-nourish/>
- **Get meals delivered to seniors**
 - Whistlestop
 - Seniors in Marin County can get meals delivered to their homes for a suggested donation of \$3.50/meal.
 - Call 415-457-4636 to sign up.
 - More information: <https://whistlestop.org/nutrition/meals-on-wheels/>
- **Get cooked meals, groceries, and other supplies delivered**
 - Jewish Family and Children's Services
 - Seniors and disabled individuals who are isolated and homebound can receive delivered meals, groceries, and other essential supplies.
 - Call (415) 449-3700 for assistance.
 - More info: [Jewish Family and Children's Services](#)
- **Get free packaged food**
 - Marin Community Clinic
 - Individuals can drive through and pick up pre-packaged food 2:30-5:30PM at:
 - 3110 Kerner Blvd., San Rafael
 - 6090 Redwood Blvd., Novato
 - More information: <https://www.marinclinic.org/>

Financial Support

- **Get short term financial assistance including rent, security deposits, utilities, etc.**
 - Adopt a Family of Marin
 - Physical location is closed, please call, **(415) 456-7805**, and leave a message, and they will return your call.
 - [More info](#)
- **Get emergency funding for nonprofit organizations**
 - West Marin Fund
 - Local nonprofits can apply for \$2,000-\$15,000 in emergency funding, depending on their current needs and priorities.
 - Visit the link to apply: <http://app.westmarinfund.org/emergency-funding-request>
- **Get financial assistance with rental or mortgage payments**
 - North Marin Community Services
 - Residents of Novato who meet income requirements experiencing trouble making their next rent or mortgage payment may be eligible for rental, mortgage or security deposit assistance.

- Call 415-897-4147 x 112 to determine eligibility.
- More information: <https://www.northmarincs.org/news-events/coronavirus-update/>

Childcare Support

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General Health Support

- **Get urgent medical and behavioral health services over the phone**
 - Marin Community Clinic
 - Patients can have telephone appointments with medical providers.
 - Call 415-448-1500.
 - More information: <https://www.marinclinic.org/>
- **Get medical and behavioral health services over the phone**
 - Marin City Health & Wellness Center
 - Medical and behavioral health services are available by phone. New patients welcomed.
 - Call 415-339-8813 weekdays 9AM-5PM.
 - More information: <https://www.marincityclinic.org/>

Homeless Support

- **Get emergency shelter for families and individuals who are homeless**
 - Homeward Bound of Marin
 - Families and single adults can get emergency shelter.
 - Contact the Family Shelter for families:
 - 430 Mission Avenue, San Rafael, CA 94901 or 415-457-2115
 - Contact the Mills Street Center for single adults:
 - 190 Mill Street, San Rafael, CA 94901 or 415-457-9651 or 800-428-1488
 - More information: <https://hbofm.org/services-continue-in-shelter-and-housing-programs/>
- **Access hygiene stations for individuals who are homeless**
 - Marin Health & Human Services
 - Marin County has designated handwashing, restroom, and shower stations.
 - See the locations and hours here: <https://housingfirst.marinhhs.org/>

Other Support

- **Call a Covid19 resource hotline for community questions**
 - Marin County Public Health staff and Marin Medical Reserve Corps will answer questions or concerns related to COVID-19. Callers with medical concerns will be

referred to their healthcare provider. A three-way phone line will be used to assist non-English speakers.

- Call **415-473-7191** at 9:30am-12:00pm and 1:00pm-5:00 pm Monday-Friday. Recorded information is available at that number all other times of the day and on weekends.
- More info: [County of Marin news release](#)

- **Access the Marin County Free Library from home**

- Marin County Free Library
- Access digital materials and online services (including eBooks, audiobooks, digital magazines and news, streaming movies and TV, and online services) for free from the Marin County Free Library. Library card needed.
- Visit <https://marinlibrary.org/access-to-online-services/> for instructions on how to access digital materials and online services. You'll need your library card number and your password/PIN (if you've forgotten your password or don't know if you have one, you can reset it).
- Available 24/7.
- More info: [Marin County Free Library blog post](#)

- **Get free transit services for the elderly and individuals with disabilities**

- Marin Transit
- Marin City residents can get free curb-to-curb service in accessible vans using the Marin Transit Connect app beginning Friday, March 20th, and until shelter-in-place restrictions are lifted.
- Download the app.
- More information: <https://marintransit.org/>

- **Get free transit services for the elderly and individuals with disabilities**

- Whistlestop
- The CarePool program offers Marin County residents free curb-to-curb transportation services, help with unloading groceries, walking riders into their doctor's appointment, and waiting for them until the appointment ends.
- Call 415-454-0927 or email carepool@whistlestop.org to sign up.
- More information: <https://whistlestop.org/transportation/carepool/>

- **Get help with daily errands for Fairfax residents**

- City of Fairfax
- The 1 to 1 Volunteer Matching Program helps Fairfax residents in need request help from other residents with activities during the shelter in place order such as shopping, getting prescriptions filled, picking up take-out or dog walking.
- Fill out the form to request assistance:
<https://www.townoffairfax.org/1-to-1-volunteer-matching-program/>

- **Get computers for students in the Lagunitas School District**

- Lagunitas School District
- The District is providing computers to students who do not have access to the internet for educational purposes.
- Call the school at 415-488-4118.
- More information: [Lagunitas School](#)
- **Get immigration support and consultation over the phone**
 - Canal Alliance
 - Clients can get consultation over the phone regarding asylum, U and T Visas, VAWA, naturalization, deportation, DACA, permanent resident cards, and more.
 - Call Thursdays 415-306-0437 during 9AM-12PM to make an appointment.
 - More information: [Canal Alliance Program Updates](#)

Mental Health Support

- **Get mental health counseling**
 - North Marin Community Services
 - Current clients can get mental health counseling.
 - Call and leave a voicemail at 415-892-1643 x 239.
 - More information: <https://www.northmarincs.org/news-events/coronavirus-update/>
- **Call a 24/7 warmline for emotional support**
 - Institute on Aging
 - The Friendship Line is a free suicide prevention warmline for seniors who are feeling depressed, sad, or going through any kind of emotional crisis.
 - Call 800-971-0016 or text HOME to 741741
 - More information: <https://www.marincil.org/>

Napa County

Food Support

- **Free meals for NVUSD students**
 - Napa Valley Unified School District
 - Meals for youth up to age 18. No ID needed. Meals to be picked-up. Students must be present in order to pick up a meal.
 - [See pick-up sites](#)
 - Hours: Monday through Friday 11:30 am - 12:30 pm
 - More info: [NVUSD Emergency Food Program starts Tuesday, March 17](#)
- **Get free groceries**
 - Community Action of Napa Valley Food bank
 - Times vary depending on location, see food pantry sites [here](#)
 - [More info](#)

Financial Support

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Childcare Support

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Housing/Eviction Prevention Support

- **Get free legal assistance on evictions and housing related issues**
 - Bay Area Legal Aid
 - While all in person interactions, classes etc are postponed, conversations can be held over the phone
 - For the Napa office 575 Lincoln Avenue, Suite 210, Napa, CA 94558 (707) 259-057. Monday through Friday: 9:00 am – 12:00 pm and 1:00 pm – 5:00 pm
 - More info: [BayLegal's COVID-19 Response and Resources](#)

Other Support

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San Francisco County

Food Support

- **Free meals for SFUSD Youth**
 - San Francisco Unified School District
 - Meals for youth up to age 18. No ID needed, no proof of school enrollment required but a child must be present
 - Pick-up breakfast, lunch, supper, fresh fruit, vegetables and milk to take home
 - Walk-in to 18 locations ([See all locations](#))
 - Hours: Monday through Friday 9-10am pick-up

- **1 free pre-packaged to-go meal/person**
 - St Anthony's
 - Everyone welcome, dining room is closed but pick-up available (see [update](#))
 - Pick-up at 45 Jones St. (& Golden Gate Ave.)
 - Every day:
 - 10:00am-11:45am for seniors (age 60+) & families with children
 - 11:30am-1:30pm for all
- **Get free meals**
 - GLIDE
 - Free hot meals in takeout containers three times/day during the week and at lunch on Saturday and Sunday. Everyone welcome; no intake form required.
 - Drop by during mealtimes to receive a hot meal on weekdays or a bagged lunch on weekends.
 - Location: 330 Ellis Street, San Francisco, CA 94102; Daily Free Meals phone #: 415-674-6040; mealtime hours: Monday-Friday: breakfast from 8:00am-9:00am, lunch from 12:00pm-1:00pm, and dinner from 4:00pm-5:00pm; Saturday-Sunday: bagged lunches from 12:00pm-1:00pm.
 - More info: [Daily Free Meals page](#) and [Glide's Response to Coronavirus \(COVID-19\)](#)
- **Get lunch "to-go" for seniors**
 - On Lok - 30th Street Senior Center
 - Take out lunches for seniors six days a week.
 - 30th Street Senior Center: 225 30th Street, San Francisco, CA 94131
 - Hours: Monday - Saturday 9:30am - 1:30 pm.
 - Call (415) 550-2210 to check meal availability.
 - More info: [30th Street Senior Center](#)
- **Get cooked meals, groceries, and other supplies delivered**
 - Jewish Family and Children's Services
 - Seniors and disabled individuals who are isolated and homebound can receive delivered meals, groceries, and other essential supplies.
 - Call (415) 449-3700 for assistance.
 - More info: [Jewish Family and Children's Services](#)

Financial Support

- **Up to 40 hours of additional paid sick leave time to employees beyond existing policies**
 - [Workers & Family First program](#)
 - No need of medical note to take a sick leave (see [updates guidelines](#))
 - Further guidance on the use of paid sick leave is available at www.sfgov.org/olse/pslo
 - Call the multilingual paid sick leave hotline at (415) 554-6271
 - Need more sick leave? The City will contribute up to one week (40 hours) at \$15.59 per hour (minimum wage) per employee, or \$623 per employee

- Pending “how to” [here](#) later this week in the Paid Sick Leave - Workers and Families First program section
- **Get legal assistance for tenants facing eviction**
 - Eviction Defense Collaborative
 - Eviction Defense Collaborative’s Rental Assistance Disbursement Component (RADCo) provides interest-free loans and grants to tenants residing in the City/County of San Francisco who have fallen behind in their rent due to a temporary financial setback. [See eligibility requirements here](#)
 - Visit the Drop-In RADCo Clinic during open hours if you have received a Summons & Complaint or Sheriff’s Notice to Vacate; otherwise, contact RADCo via phone (415-470-5211) or email (EDCRADCo@evictiondefense.org) to receive assistance (leave your name, phone number, and address and a staff member will contact you as soon as possible).
 - Location: 1338 Mission St, 4th Floor, San Francisco, CA 94103; RADCo Drop-In Clinic hours (for clients who have received a Summons & Complaint or Sheriff’s Notice to Vacate): Monday-Wednesday and Friday from 9:00am-11:00am; closed in the afternoons except by appointment (to make an appointment, you must come to the drop-in clinic first for an initial assessment).
 - More info: [Rental Assistance page](#) and [COVID-19 update](#)
- **Get cash assistance for individuals in the transgender community**
 - The Transgender District
 - Cash assistance for the trans community in the Tenderloin neighborhood and broader San Francisco area living in shelters, SRO’s or motel rooms. Assistance is meant to be used towards groceries, supplies, medications, or to order hot food.
 - Fill out the form: https://docs.google.com/forms/d/e/1FAIpQLScDfKWOFAJegRwgNtqw7xbJYR_QCQwTD038GFZyZRwzRrAcLw/viewform?vc=0&c=0&w=1

Childcare Support

- **Free emergency Child & Youth Care on invitation only for SF healthcare, disaster service workers, low income families**
 - Invitations were sent to Healthcare workers, city & county of San Francisco employees who have been activated as disaster service workers & to families on SF recreation & parks department’s scholarship list
 - Not open to public
 - [See Full eligibility criteria & to request invitation](#)
 - For further inquiries on eligibility, please email rpinfo@sfgov.org
 - [Register to be considered as eligible](#) (even if not eligible right now)
 - Rec and Park sites for grades K-5 are open from 7:30 a.m. to 6 p.m. Library sites for grades 6-12 will be open from 8 a.m. to 6 p.m. Children can attend during any portion of the day during open hours but must be registered.

- **Sign up for a mailing list to get notified about emergency child and youth care resources as they open up**
 - San Francisco Department of Children, Youth & Their Families (DCYF)
 - DCYF will keep members of the mailing list updated on the latest information and resources for families affected by school closures, including emergency child and youth care spaces as they become available.
 - [Visit the link](#) and submit the online form to sign up for the mailing list.
 - More info: [Emergency Child & Youth Care FAQ](#)

- **Free emergency Child & Youth Care for San Francisco families who are healthcare providers or delivering essential services and do not have the option to work from home.**
 - San Francisco YMCA's "Pop-Up Y Kids"
 - Offers emergency childcare for families who are healthcare providers or delivering essential services and do not have the option to work from home. People do not need to be Y members and there are no fees.
 - In order to be screened for enrollment please send a request to apply to the email address: PopUp2020@ymcasf.org
 - More info: Pop Up YKids

Health Support

- **Access an urgent care clinic for individuals experiencing symptoms of COVID-19**
 - Tom Waddell Urgent Care Clinic
 - Tom Waddell Urban Health Clinic operates an urgent care clinic serving adults experiencing homelessness, residents of supportive housing, and other Tenderloin community members. You must already be a patient at one of San Francisco Health Network's [14 primary care clinics](#) to receive urgent care services. The clinic accepts San Francisco Health Network, Medi-Cal, Medi-Care, and Healthy San Francisco. No patient will be denied services due to inability to pay.
 - Call the clinic at 415-355-7400. During business hours, follow the prompts to speak with the Nurse Advice Line. If necessary, your nurse may schedule you with an appointment at your clinic or with a provider over the phone. Outside of business hours, you will be transferred to an after-hours service. If necessary, an on-call doctor from your clinic will be available to speak with you.⁵⁰ Dr. Tom Waddell PI, San Francisco 94102; phone #: 415-355-7400; urgent care clinic hours: Monday-Thursday from 8:00am-6:30pm and Friday-Saturday from 8:00am-5:00pm.
 - More info: [San Francisco Health Network urgent care guide](#)

- **Find a handwashing station**
 - SF72

- Find a handwashing station in San Francisco.
- [Visit the link](#) to view a list of handwashing stations in San Francisco; view the Google Maps version [here](#).
- More info: [SF72 handwashing station map](#)
- **Get help meeting basic needs at a walk-in center**
 - GLIDE
 - GLIDE's Walk-In Center offers assistance in meeting basic needs, including shelter, hygiene, and emotional support. Walk-In Center services are now provided via a triage desk in the lobby to avoid congregating in the building.
 - Visit the Walk-In Center during open hours to receive assistance.
 - 330 Ellis Street, San Francisco, CA 94102; Walk-In Center phone #: 415-674-6012; general service hours: Monday-Wednesday and Friday from 8:30am-9:00pm and Thursday from 8:30am-2:00pm and 3:00pm-9:00pm; check [GLIDE's website](#) for hours for specific services.
 - More info: [Walk-In Center page](#) and [Glide's Response to Coronavirus \(COVID-19\)](#)
- **Get emergency shoes and clothing**
 - St. Anthony's
 - Free emergency shoes and clothing for individuals with an immediate need. Walk-in services or in-person appointments will not be provided; individuals will be served curbside on Golden Gate Ave.
 - Call the Clothing Program at 415-592-2826 for more information or drop by St. Anthony's (curbside on Golden Gate Ave). Location: 121 Golden Gate Ave, San Francisco, CA 94102; Clothing Program phone #: 415-592-2826. Clothing Program email: clothing@stanthonysf.org.
 - More info: [Free Clothing Program page](#)

Homeless Support

- **Get support for resources, and referrals for individuals experiencing homelessness**
 - Project Homeless Connect
 - Project Homeless Connect will continue to provide information, services, and referrals for clients but will move to virtual support methods (over the phone and through email) until April 7, 2020.
 - Call the Resource Line at 1-855-588-7968 or email the Resource Email at edc@projecthomelessconnect.org to get information, services, and referrals.
 - Resource Line phone #: 1-855-588-7968; Resource Email: edc@projecthomelessconnect.org. Calls and emails will be returned within 24 hours.
 - More info: [update covid-19](#)

Other Support

- **Call a resource center/social work center to get help accessing social services and resources**
 - St. Anthony's
 - Telephone support and appointments to help link individuals with the social services and resources they need. No walk-in services or in-person appointments.
 - Call the Resource Center/Social Work Center at 415-592-2855 to receive assistance.
 - Resource Center/Social Work Center phone #: 415-592-2855.
 - More info: [Resource Center/Social Work Center page](#)
- **Get a laptop for students who are foster youth and homeless**
 - John Burton Advocates for Youth
 - Campus programs and organizations working with foster and homeless youth impacted by in-person classes switching to online classes can request laptops for their students.
 - Fill out the request form:
https://docs.google.com/forms/d/e/1FAIpQLScdjNEjbmbok5_asJ35cFnskLiIAN-vHNOszdSnJD_s-BG9cg/viewform
 - More info: <https://www.jbaforyouth.org/covid-19-resources/>

San Mateo County

Food Support

- **Free meals for San Mateo County students**
 - San Mateo County School Districts
 - Refer to meal sites document for more information on hours, dates, and instructions for each site
 - Visit [School Closure Meal Sites 2020](#) to locate a site near you
 - Reference information here: <https://www.shfb.org/health-and-safety/>
- **Pick up free senior meals in the City of San Mateo**
 - City of San Mateo ([See updates](#))
 - Call 650-522-7490 to reserve your senior lunch in advance for pick up.
 - Pick up lunch at King Center (725 Monte Diablo Ave, San Mateo, CA 94401) on Tuesday, Wednesday, Thursday between 12:15 PM - 1:15 PM
 - Pick up lunch at Senior Center (2645 Alameda de las Pulgas, San Mateo, CA 94403) on Monday, Wednesday, and Friday between 12:15 PM - 1:15 PM
- **Pick up senior meals in the City of San Bruno**
 - City of San Bruno ([See updates](#))

- Pick up lunch at Doelger Senior Center (101 Lake Merced Blvd, Daly City, CA 94015)
- Pick up lunch at Lincoln Park Community Center (901 Brunswick St, Daly City, CA 94014)
- **Pick up grab and go senior meals in Pacifica**
 - City of Pacifica ([See updates](#))
 - Pick up grab and go lunches for seniors 60 years and older at the Pacifica Community Center (540 Crespi Drive, Pacifica, CA 94044) Monday thru Friday between 11:30 AM - 12:30 PM.
- **Pick up senior lunches or have them delivered in Redwood City**
 - Redwood City
 - Phone number: 650-780-7270
 - Pick up lunches for seniors at the Veterans Memorial Senior Center (1455 Madison Ave, Redwood City, CA 94061 Monday thru Friday between 11:00 AM - 1:00 PM.
 - More info: [Coronavirus \(COVID-19\)](#)
- **Get food and social services in Redwood City**
 - Redwood City - Fair Oaks Community Center
 - Phone number: 650-780-7500
 - The Fair Oaks Community Center (2600 Middlefield Rd, Redwood City, CA 94063) will remain staffed with safety modifications for providing essential human services, including food distribution, homeless support services, safety net information and referral services, etc.
 - More info: [Coronavirus \(COVID-19\)](#)

Financial Support

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Childcare Support

- **Seek support for children, families and education providers**
 - Child Care Coordinating Council
 - Providing referrals to programs and services that support children and families' needs including food, enhancing child care referrals
 - For Families seeking child care please contact 4Cs at (650) 517-1460 English and (650) 517-1461 Spanish, email: 4csresourcesandreferral@sanmateo4Cs.org
[More info](#)

Other Support

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Santa Clara County

Food Support

- **Free meals for Santa Clara County students**
 - Santa Clara County School Districts
 - Refer to meal sites document for more information on hours, dates, and instructions for each site
 - Visit [School Closure Meal Sites 2020](#) to locate a site near you
 - More info: <https://www.shfb.org/health-and-safety/>

Financial Support

- **Santa Clara County COVID-19 Financial Solidarity**
 - Archive408
 - This is a mutual aid project that allows individuals to give and request financial assistance in a transparent and public forum. Any questions or troubles with the form email submissions@archive408.com.
 - Submit a request for financial assistance here: [Santa Clara County COVID-19 Financial Solidarity](#)
 - [More info](#)
- **Call an advice line for help with worker's pay**
 - County of Santa Clara
 - Workers can get help to receive a portion of their wages due to COVID-19 impacting their work
 - Call the Office of Labor Standards Enforcement (OLSE) advice line: **1(866) 870-7725**
 - [More info](#)

Childcare Support

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Other Support

- **Request assistance following the COVID-19 outbreak**
 - South Bay Mutual Aid
 - If you are in need of assistance following the COVID-19 outbreak please fill out a survey. The information you provide will be shared with volunteers so they may contact you if they are able to help. To maintain privacy, your name is not required to accept aid. Only minimal information regarding health conditions is asked so we can keep our volunteers safe and prepared.
 - Complete the survey: [South Bay Mutual Aid Intake](#)
 - [More info](#)

Solano County

Food Support

- **Get food from a food bank or food pantry**
 - Food Bank of Contra Costa and Solano
 - Visit [Find Food in My City](#) to locate a food pantry near you; food banks are remaining open
 - To find services near you, please contact the Food Bank at **1-855-309-3663 (FOOD)** for help and information.
 - More info: [Coronavirus Volunteer Update](#)
- **Get home delivered meals for seniors in Solano County**
 - Meals on Wheels Lunch Program
 - Solano County's Meals on Wheels Lunch Program offers home delivered lunches to all seniors (age 60+) during the COVID-19 outbreak. Seniors do not have to be homebound to qualify. Cities served include Benicia, Dixon, Fairfield, Rio Vista, Suisun, Vacaville and Vallejo.
 - Call **707-426-3079** for more information and to request a delivery.
 - Office hours: M - F, 9 AM - 3 PM. Cost: \$3 per meal or \$15 per week. For more information visit link: <https://www.mealsonwheelssolano.org/>
- **Get meals for students during COVID-19 school closures in Benicia**
 - Benicia Unified School District
 - During the COVID-19 school closures, the Food and Nutrition Services Department will serve free meals for all Benicia students. Parents and students may drive or walk up to Robert Semple Elementary or Benicia High School to pick-up breakfast and lunch. If possible please bring your students to receive the meals. Each student will receive lunch for the day and breakfast for the next day. They will be all put together in a grab and go bag for your convenience.

- Please visit the link to learn more about the program. The District requests that parents email the District at tcourtney@beniciaunified.org if you would like your child(ren) to participate in this program and which of the two serving schools they will pick up their meals. Please include students' names, so the District can anticipate how many meals to prepare.
 - Participating schools: Start date: Tuesday, March 17 through Friday, March 27 - Robert Semple Elementary, 2015 E 3rd St, Benicia, CA 94510 (Entrance of the Staff Parking Lot) and Benicia High School 1101 Military W, Benicia, CA 94510 (Turn into Plaza de Oro and keep right past the gates until you see us). Time: 11:00AM – 1:00PM.
 - More info: [Food Service Communication](#)
- **Get free meals for students in Dixon during the COVID-19 school closures**
 - The Dixon Unified School District Food Services team will provide free lunches and breakfasts during the COVID-19 school closures. All children 18 years and younger may receive a free meal. No paperwork is required. Children do not need to attend Dixon Unified School District to receive a meal. Children must be present to receive a meal. The number of meals given is based on the number of children present. The program is only for meal pick-up.
 - Meals will be available Monday - Friday, March 16 - 27 from 11:30 a.m. - 12:00 p.m. [See pick-up sites here](#)
 - [More info](#)
 - **Get free meals for students in the Vallejo City Unified School District during COVID19 closures**
 - Vallejo City Unified School District
 - Offers meals to all students during the COVID19 closures beginning March 18 through Friday, March 27, 2020. The District will offer “grab and go” breakfast and lunch meals. Breakfast will be available from 8 AM to 9 PM and lunch from 11 AM to noon.
 - See pick-up sites here: <https://www.parentsquare.com/feeds/2731725>
 - Shelf stable provisions donated by the Food Bank will also be provided to families during meal services. Meals and provisions will be provided on a first come first serve basis
 - [More info](#)
 - **Get free food in Vallejo and Fairfield**
 - The Salvation Army of Northern California will provide food boxes to those in need. Food boxes will be distributed at drive-through style pickups at two locations: Vallejo Social Services Office, 630 Tuolumne St. in Vallejo - March 23 to March 27, Tuesday & Wednesday 9 AM to noon.
Fairfield Social Services Office: 1216 Missouri St. in Fairfield - March 23 to March 27, Tuesday, Wednesday and Thursday 9 AM to noon. Additional dates may be

added if warranted. For additional information call the Vallejo office at 707-643-8621 or the Fairfield office at 707-439-7980.

[More info](#)

Financial Support

- **Get assistance for business owners and laid off employees**
 - Workforce Development Board (WDB) of Solano County
 - Business owners who are facing potential layoffs or plant closures can get help through the Rapid Response program. Rapid Response teams will meet to discuss needs, help avoid layoffs where possible, and support workers with career counseling, job search assistance, help with filing unemployment insurance claims, and information about education and training opportunities.
 - Contact April Ziomek-Portillo, Sr. Manager of Business Services at 707-863-3569 or aziomek@solanowdb.org
- More info: [COVID-19 Resources for Businesses - March 13, 2020](#)

Childcare Support

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Other Support

- **Access a Shelter at Home Guide**
 - Solano County Public Health Department
 - Offers an online guide to sheltering at home including a discussion of what is meant by “essential activities”
 - Access 24 hours a day seven days a week. Spanish version offered.
 - Please visit the link for the guide: [nCoV](#)

Sonoma County

Food Support

- **Get food from a food pantry**
 - Redwood Empire Food Bank
 - Free food for individuals and families at several different pick-up locations. Self-verification of income required at Groceries to Go sites; nothing required at (except bags) at Produce Pantry sites. Food distribution remains open but some sites have been cancelled and others extended or beginning as soon as possible. Call Food Connections at 707-523-7903 with any questions.

- Walk-in to various locations ([visit the Food Finder page to find the closest location](#)).
- Various locations and pick-up schedules; [check Food Finder page for details](#); Food Connections phone #: 707-523-7903
- More info: <https://getfood.refb.org/>
- **Get free lunch for children in Santa Rosa during the school week**
 - Santa Rosa City Schools
 - Free drive-through/carry-out lunch service for Santa Rosa children under the age of 18 years during the school week
 - Drop by and pick up lunch at any of the [listed locations](#) on Monday-Friday between 11:30am-1:00pm starting on March 23rd. Your child does not have to attend one of the listed schools to receive lunch but must be present when picking up lunch.
 - [See list of pick-up locations here](#); available starting March 23 on Monday-Friday between 11:30am-1:00pm.
 - More info: [Santa Rosa City Schools online update](#)
- **Get cooked meals, groceries, and other supplies delivered**
 - Jewish Family and Children's Services
 - Seniors and disabled individuals who are isolated and homebound can receive delivered meals, groceries, and other essential supplies.
 - Call (415) 449-3700 for assistance.
 - More info: [Jewish Family and Children's Services](#)

Financial Support

- **Join a waitlist to get cash assistance for undocumented immigrants**
 - UndocuFund for Disaster Relief in Sonoma County
 - UndocuFund is opening a waitlist for undocumented immigrants in Sonoma County impacted by COVID-19 to receive cash assistance. Assistance is dependent on available funds.
 - [Visit the link](#) and complete and submit the online form to be added to the waitlist to receive funds. You will be contacted when funds become available.
More info: [UndocuFund FAQ](#) and [application page](#)

Childcare Support

- **Access free ebooks, newspapers, magazines, and audiobooks with Sonoma County Library Card**
 - Sonoma County Library
 - Library locations are closed, but all online services are available 24/7 to Sonoma County Library cardholders. Ebooks and Audiobooks are available through Overdrive, Libby, and Hoopla. Access to the NY Times Newspaper and many other magazines are available now, online.
 - Click link to visit [Sonoma County Library: Home](#)

- More info: [Library branches closed, digital library open](#)

Mental Health Support

- **Sign-up for a free phone counseling and check-in service for seniors**
 - Petaluma People Services Center
 - Petaluma People Services Center is offering a free program for seniors. You Are Not Alone to deal with the COVID-19 crisis. A screened volunteer will call every day and update you on the latest information, as well as talk to you about concerns you may have during this time. This service is free for adults aged 60 and up.
 - Call **707-765-8488** to sign up for service and for more information. Email notalone@petalumapeople.org to sign up for service and for more information
 - [More info](#)
-

Los Angeles County Wide

Food Support

- **Pick up free packaged meals for seniors**
 - Workforce Development Aging & Community Services
 - Seniors can pick up packaged/frozen meals once per week at selected locations
 - View participating locations: [Community and Senior Centers](#)

Other Support

- **Access free educational daytime programming for students**
 - PBS
 - Students in grades Pre-K - 12 can access free, educational PBS daytime programming designated for each grade level on weekdays.
 - Access the following channels:
 - Pre-K - 3rd grade on [PBS SoCal](#)
 - Pre-K - 12th grade on [KLCS](#)
 - 9th - 12th grade on [KCET](#)
 - [More info](#)

Antelope Valley (SPA 1)

Food Support

- **Free meals for LAUSD students**
 - Los Angeles Unified School District

- Meals for youth up to age 18. Meals to be picked-up. Each child can take home two nutritious meals
- [See pick-up sites](#)
- Hours: Monday through Friday 7 a.m. to 10 a.m
- More info: [Latest News / Resources for Families During School Closures](#)
- **Get free groceries and/or a hot meal**
 - Grace Resources
 - Hot meals are Wednesday and Friday at 5:30pm and Sunday at 1:30pm. Groceries are distributed Tuesdays and Thursdays at 10:00am and 1:00pm and Spanish-speaking groceries at 10:00am on Wednesdays.
 - Go in person to 45134 Sierra Hwy Lancaster, California during hot meal hours or grocery distribution hours.
 - [More info](#)

Financial Support

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Childcare Support

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San Fernando Valley (SPA 2)

Food Support

- **Free meals for LAUSD students**
 - Los Angeles Unified School District

- Meals for youth up to age 18. Meals to be picked-up. Each child can take home two nutritious meals
- [See pick-up sites](#)
- Hours: Monday through Friday 7 a.m. to 10 a.m
- More info: [Latest News / Resources for Families During School Closures](#)
- **Get food and care for the homeless community**
 - MEND Poverty
 - Homeless Care Services will continue on Tuesday mornings until further notice. Food Distribution will take place on Thursdays and Fridays, 9AM-11AM only. MEND will remain closed on Saturdays.
 - Go in person to 10641 N. San Fernando Road, Pacoima, CA 91331 during homeless care services hours and food distribution.
 - [More info](#)

Financial Support

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Other Support

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San Gabriel Valley (SPA 3)

Food Support

- **Free meals for LAUSD students**
 - Los Angeles Unified School District

- Meals for youth up to age 18. Meals to be picked-up. Each child can take home two nutritious meals
- [See pick-up sites](#)
- Hours: Monday through Friday 7 a.m. to 10 a.m
- More info: [Latest News / Resources for Families During School Closures](#)

Financial Support

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Childcare Support

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Other Support

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Metro LA (SPA 4)

Food Support

- **Free meals for LAUSD students**
 - Los Angeles Unified School District
 - Meals for youth up to age 18. Meals to be picked-up. Each child can take home two nutritious meals
 - [See pick-up sites](#)
 - Hours: Monday through Friday 7 a.m. to 10 a.m
 - More info: [Latest News / Resources for Families During School Closures](#)
- **Free packaged evening meal**
 - Hollywood Food Coalition

- Nightly meals will be served as a packaged takeaway meal (no seating in the dining room)
- Visit the location during meal time
- Location: 5939 Hollywood Blvd, LA CA 90028,
- Phone number: (323) 462-2032
- Hours: Monday through Sunday 6:15 pm - 8:00 pm
- [Important Update Hollywood Food Coalition](#)

Financial Support

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Childcare Support

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Other Support

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West LA (SPA 5)

Food Support

- **Free meals for LAUSD students**
 - Los Angeles Unified School District
 - Meals for youth up to age 18. Meals to be picked-up. Each child can take home two nutritious meals
 - [See pick-up sites](#)
 - Hours: Monday through Friday 7 a.m. to 10 a.m
 - More info: [Latest News / Resources for Families During School Closures](#)

- Get free meals for seniors, students, and anyone in need
 - Everytable
 - Meals can be delivered to homes, health care centers, senior centers, employees.
 - Call **323-458-6487**
 - [More info](#)

Financial Support

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South LA (SPA 6)

Food Support

- **Free meals for LAUSD students**
 - Los Angeles Unified School District
 - Meals for youth up to age 18. Meals to be picked-up.
 - [See pick-up sites](#)
 - Hours: Monday through Friday 7 a.m. to 10 a.m
 - More info: [Latest News / Resources for Families During School Closures](#)
- **Hot breakfast pick-up**

- St. Francis Center
- Meals are prepared fresh daily, but will be packaged to go, must eat their food elsewhere
- Available for pickup Monday 7:30 am to 8:00 am, Tuesday to Friday 7:30 am to 9:00 am, and Saturday 8:30 am to 10:00 am.
- Go in person to 1835 S. Hope St. Los Angeles, CA, 90015
- [More info](#)

Financial Support

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East LA (SPA 7)

Food Support

- **Free meals for LAUSD students**
 - Los Angeles Unified School District
 - Meals for youth up to age 18. Meals to be picked-up.
 - [See pick-up sites](#)
 - Hours: Monday through Friday 7 a.m. to 10 a.m
 - More info: [Latest News / Resources for Families During School Closures](#)

Financial Support

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South Bay/Long Beach (SPA 8)

Food Support

- **Free meals for students**
 - Long Beach Unified School District
 - Meals for students up to age 18. Meals will be available for free to students regardless of which school they attend. No paperwork is required. Children must be present in order for meals to be provided.
 - All LBUSD school locations, (except for California Academy for Math and Science located at California State University, Dominguez Hills campus)
 - Hours: Breakfast Serving Times: 8 to 9 a.m. Lunch Serving Times: 11:30 a.m. to 1 p.m. Monday through Friday 12-1pm pick-up
 - More info: [LBUSD News \(03/13/20\) Free Meals for Children During School Closure](#)
- **Food delivered to seniors, disabled and individuals who have compromised immune systems**
 - Mother's Market
 - All stores in the Southern Los Angeles and Long Beach region will allow the elderly, disabled and individuals with compromised immune systems to sign up for grocery deliveries to their homes. Stores are also opening an hour early at 6:00 am on Wednesdays to allow them time to shop for groceries.
 - Sign up for food delivery on Mother's Market site [Mother's Market & Kitchen Powered by Instacart](#) and use the code FREE4SENIORS
 - All Mother's Market stores locations
 - More info: [Safe Shop Wednesdays & Free Delivery](#)

- **Get free packaged meals for Hawthorne School District students**
 - Hawthorne School District
 - Students ages 0-18 can pick up free packaged breakfast and lunch 10am-12pm on weekdays at four school sites. Children must be present to receive meals.
 - Go to one of the sites: Eucalyptus School, Kornblum School, Prairie Vista Middle School, and Hawthorne Middle School.
 - More info: [SCHOOL CLOSURE - All schools in the Hawthorne School District will be closed from March 16th through](#)

Financial Support

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Homeless Support

- **Get shelter for Veterans**
 - **U.S. Veterans**
 - The Winter Shelter Program has been extended to September 30, 2020
 - Call 562-200-7303 to verify times.
 - Go to one of the transportation sites for SPA8. A bus will shuttle Veterans to the shelter. [2626 - LAHSA Winter Shelter Program List \(English\)](#)

Other Support

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