

# General COVID-19 Resources

## GET HELP WITH FOOD ASSISTANCE

### Government and Non-Profit Food Assistance Programs

There are numerous state, federal, and local government food assistance programs that can help low income families, especially during COVID-19. There are also resources offered directly by charities, churches as well as non-profit organizations. People that need help paying for groceries, meals or free food for their families or themselves have a number of options available to them. Due to COVID-19, services of these assistance programs may have changed, please check with the program to see what they are offering.

Learn more about national food assistance programs [here](#).

### CalFresh EBT Online

As of April 28, 2020, you can use your EBT card to make purchases online. Individuals and families can purchase groceries online using their EBT card at Amazon and Walmart. If you receive CalWORKs, you may also be able to use your cash benefits to make purchases online at Walmart. Californians can call 1-(877)-847-3663 (FOOD) to be connected to your local county social service office.

Learn more about EBT online purchasing [here](#).

### Foodpantries.org

A compiled list of food pantries and food banks in the state of California with the help of online users. FoodPantries.org works together with the best government and nonprofit subsidized grocery resources on the Internet.

See the list of food pantries in various California counties [here](#).

### Pandemic EBT (P-EBT) Benefits

Because schools are closed due to COVID-19, children who are eligible for free or reduced-price meals can get up to \$365 in food benefits in addition to their pick up meals from school. These food benefits are called Pandemic EBT or P-EBT.

Get more information on E-EBT benefits and how to apply [here](#).

### 2-1-1- California

Across California, there are many statewide food resources for California residents. California residents can also find other help in finance, health, and more. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find food distribution and resources near you [here](#).

## GET HELP WITH FINANCIAL ASSISTANCE

### Employment Development Department (EDD)

The EDD provides a variety of support services to people who have lost their jobs, had their hours reduced, or had their businesses affected due to the impacts of COVID-19 in California. They also gathered a COVID-19 Unemployment Benefits Guide for anyone to reference.

**Resources for workers and employers impacted by COVID-19 can be found [here](#).**

### Small Business COVID Resources

Resources are available throughout California for small businesses impacted by COVID-19 including funding opportunities during COVID-19, labor and workforce support, and business taxes.

**The collection of resources can be found [here](#) and information for stimulus programs [here](#).**

### U.S. Small Business Administration (SBA) Disaster Loans

The SBA provides low-interest, long-term disaster loans to businesses of all sizes, private non-profit organizations, homeowners, and renters to repair or replace uninsured/underinsured disaster damaged property. SBA disaster loans offer an affordable way for individuals and businesses to recover from declared disasters.

**More information and how to apply for SBA disaster loans can be found [here](#).**

### Low Interest Loans Programs

There are various short to medium loan options, some of which may offer borrowers low interest rates and/or affordable fees. Families can use a payday loan organization in order to get help for paying bills, rent and other expenses. Always read the fine print of any payday loan offer or when borrowing funds from any lender, as the repayment terms and interest rates can vary widely. Due to COVID-19, services of these assistance programs may have changed, please check with the program to see what they are offering.

**More information on low interest loans and options can be found [here](#).**

### Reopening Businesses Guideline

Governor Newsom is now slowly reopening some sectors including retail, manufacturing, and logistics with modifications beginning Friday, May 8. Reopening sectors must adhere to the California resilience roadmap.

**Follow the guidelines for reopening your business [here](#).**

### Worker Benefits Matrix

What employees are entitled to may be confusing. The purpose of this matrix is to make it easier for workers to understand what resources may be available to them.

**COVID-19 worker program eligibility information can be found [here](#).**

## **Economic Impact Payments**

To support Americans, the government is issuing stimulus checks to provide funding for individuals to use. You may be entitled to earn more depending on your family situation.

**Learn more about the economic impact payments and filing resources [here.](#)**

## **2020 Rebate Information**

The House Committee on Ways & Means have compiled frequently asked questions that shed some light on the 2020 rebates.

**Receive more information about the 2020 rebates [here.](#)**

## **California Health Corps**

California is preparing for an increase in the number of people who urgently need health care in our communities during the COVID-19 outbreak. To meet this moment, we're opening additional health care sites to treat people affected by COVID-19 and to relieve the pressure on our health care system by providing care for non-COVID-19 cases.

**View available healthcare positions and apply [here.](#)**

## **List of Employers Hiring During the Coronavirus Pandemic**

Despite the COVID-19 outbreak, there are some companies that are expecting to hire more employees to continue providing for customers.

**View potential employers [here.](#)**

## **Work from Home Jobs**

Due to COVID-19, work-at-home opportunities allow for some source of income. Popular work-at-home jobs include customer service/phone work, driving/transportation jobs, remote teaching jobs, selling a product, or providing a service.

**A list of work-from-home job opportunities can be found [here.](#)**

## **Extra Money from Work at Home Positions and Hobbies**

There are a number of different part or full-time jobs that can be done from home. There are also ways to turn a hobby into some extra cash or to maybe find some type of side job in the gig economy that fits your schedule and lifestyle. Due to COVID-19, some of these options may have been affected, please consider social distancing requirements for some positions.

**Earn extra money from home positions, hobbies, or gigs [here.](#)**

## Undocumented Emergency Funds

If you are undocumented yourself or have family members who are undocumented and have been impacted by the COVID-19 pandemic, Betancourt Macias Family Scholarship Foundation is offering emergency funds. If folks do not have access to internet/or a computer, you can now access their emergency funds by calling them at (360) 524-3664.

Apply for undocumented emergency funds [here](#).

## Non-filer Federal Assistance

There are about 10 million U.S. families who don't file taxes across the country because they make under the minimum filing threshold. Meaning, those who need the economic impact payments most will get nothing unless they submit information to the IRS. Use this informational flyer to walk through the process of receiving your stimulus check if you have never filed a tax return before.

Download the non-filer federal assistance flyer and apply for the stimulus check [here](#).

## 2-1-1 California

Across California, there are many statewide income and job resources for California residents. California residents can also find other help in food, health, and more. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find job finding assistance and financial help near you [here](#).

## GET HELP WITH EDUCATIONAL ASSISTANCE

### PBS Learning Media

PBS have curated FREE, standards-aligned videos, interactives, lesson plans, and more for California teachers and students. They also provide at home learning resources for parents and teachers online.

See their online education resources [here](#).

### Khan Academy Kids

Khan Academy Kids is a free, fun, educational program designed to inspire young children to become learners for life. The robust Khan Academy Kids curriculum and original content make learning engaging and fun for children ages two to seven. Their free program contains learning materials across math, language arts, and social-emotional learning, aligned to the Head start Early Learning Outcomes Framework and Common Core.

Start learning online with Khan Academy Kids [here](#).

## **Khan Academy**

A nonprofit with the mission to provide a free, world-class education for anyone, anywhere. Khan Academy formulates personalized learning, trusted content with practice and lessons that cover K-12 through early college, and tool to empower teachers.

Join Khan Academy and start learning online [here](#).

## **From ABCs to ACTs**

An online resource to supplement your child's curriculum. You can find crafts and activities for toddlers and preschoolers, free resources for new homeschoolers, and tons of fun printables to add to your homeschooling day.

Find more educational resources [here](#).

## **Youngzine.org**

Youngzine is news and more for the young, where kids can read and write their own opinion pieces, poetry, and stories and showcase their art! Kids can also find articles on world news, science, technology, Earth, history, and society/arts.

Join the Youngzine community [here](#).

## **National Geographic Kids**

National Geographic Kids is a children's magazine published by the National Geographic Society for kids to explore science, animals, and social studies. Kids can stay engaged with games, videos, and facts of so many animals.

Visit their website [here](#).

## **Children Books to Support Racial Diversity**

Diverse BookFinder has offered some starting recommendations for some diverse and multicultural children's books to find great books the children in your life would love or creating an anti-bias children's book collection.

Visit a list of diverse books for children [here](#).

## **2-1-1 California**

Across California, there are many statewide education resources for California residents. California residents can also find other help in food, health, and more. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find educational resources near you [here](#).

## GET HELP WITH FAMILY AND CHILDCARE RESOURCES

### **MyChildCare.ca.gov**

Find information on licensed childcare providers that are currently open including location, health and safety details, ages of children served, capacity, and hours of care throughout California.

Find available childcare providers near you [here](#).

### **Wild Kratts Activities**

Featured Creature Crafts combine science facts of animals and easy arts-and-crafts together for a fun time for any family.

Find more arts-and-crafts projects for the family [here](#).

### **Education.com**

If you're looking for hands-on activities, printable worksheets, online games, guided lessons, lesson plans, and science projects for the whole family to enjoy. Resources for projects require only items around your house.

Find available childcare providers near you [here](#).

### **TheSpruceCrafts.com**

The Spruce Crafts is a DIY craft and hobby site covering helpful tips and step-by-step tutorials from passionate makers. If you're bored at home during the stay-at-home order due to COVID, find a new crafting project to keep you and your family occupied.

Explore new craft projects for your family [here](#).

### **GreatSeniorLiving.com**

Great Senior Living has some great general crafting ideas and games for seniors, and the whole family, to keep them occupied during the stay-at-home order.

Find your some inspiration for your next craft project [here](#).

### **2-1-1 California**

Across California, there are many statewide resources for California families and individuals of all ages. California residents can also find other help in food, finances, and more. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find family activities and resources, including childcare near you [here](#).

## GET HELP WITH RACIAL DIVERSITY RESOURCES

### Raising Race Conscious Children

An article from BuzzFeed has included important steps that parents can take with their children to open up honest conversations about race or racism. Within the article, there are also additional resources parents can use.

Learn how to start conversations about race and racism with your child [here](#).

### Words Matter When Talking About Race

USA Today, a nationwide online newspaper, has covered the importance of using correct terminology during this current cultural divide.

Read more on how the selection of words when talking about race is important [here](#).

### Your Kids Aren't Too Young to Talk About Race: Resource Roundup

So, you've realized your kids aren't too young to talk about race, so now what? Prettygooddesign.org has rounded up some resources for parents, caregivers, teachers/educators, adults, and children to learn more and encourage discussions about race.

View their list of educational resources regarding race [here](#).

### Sesame Street Town Hall: Standing Up to Racism

On June 6, CNN and Sesame Street held their second town hall that addressed racism, embraced diversity, and being more empathetic and understanding. During the town hall, CNN and Sesame Street characters came together to answer questions regarding race submitted by families.

Watch the entire CNN/Sesame Street Town Hall [here](#).

### YouTube Kids: Understanding Each Other Playlist

YouTube Kids has compiled a playlist for you and your children to watch regarding the importance of viewing different perspectives and accepting everyone.

Watch the Understanding Each Other Playlist [here](#).

### YouTube Kids: Togetherness Playlist

YouTube Kids has also compiled another playlist for you and your children to watch that focuses on loving yourself and everyone around.

Watch the Togetherness Playlist [here](#).

## GET HELP WITH HEALTH AND PREVENTION INFORMATION

### National Medical Bills or Free Health Care

Get information and assistance programs that can help with medical bills. In addition, find how to get free or affordable medical or dental care as well as prescription medications. Low income families, seniors and people who either lack health insurance or who are underinsured can explore these various financial assistance programs.

Find information on state and federal governments, grant programs, and non-profits [here](#).

### Covered California

Since the beginning of the coronavirus emergency, millions of Californians have filed for unemployment benefits, including many who lost their job-based health coverage. If your job was affected by COVID-19, or if you lack income because your hours were cut or if you're no longer working, you can receive health insurance from Covered California

Find information on available coverages, legibility, and how to apply [here](#).

### Local Health Services/Offices in California

The California Department of Public Health informs, coordinates, and assists local health services and offices in the matters of public health. Because California has such a large and diverse population across a vast geographic area, we encourage you to contact your local health services department for more information on programs and information related to you and your region.

The full list of local health services departments in California can be found [here](#).

### Caring for Children During COVID-19

The Centers for Disease Control and Prevention (CDC) has included tips, advice, and information in regards to protect children and other from getting sick on their website.

Get more information on how to protect your children from COVID-19 [here](#).

### General COVID-19 Prevention Advice

The World Health Organization (WHO) are updating their website with materials and protective measures based on new scientific findings as the epidemic evolves. With the current situation being so unpredictable, check regularly for the latest news.

Get updated information and downloadable materials regarding prevention [here](#).

### Each Mind Matters Blog

Each Mind Matters is millions of individuals and thousands of organizations working to advance mental health. Each Mind Matters is dedicated to providing ongoing information and resources for your mental health during these trying times. Check often for updated resources, blog posts, and news.

View mental health resources and blog posts [here](#).

### **Protective Plastic Splash Face Shield**

With the rising demand of facial covering, namebadge.com has convert into creating protective face shields for public purchase. Their liquid splash shields are intended to be used as face splash shields for nonhazardous liquids.

**Purchase protective plastic splash face shields before they run out [here](#).**

### **Custom Face Masks**

Custom face masks are being produced for purchase by totallypromotional.com with very affordable prices. Their masks are face contoured for a snug, comfortable fit, as recommended by the CDC.

**Order a custom face mask [here](#).**

### **GoNoodle**

GoNoodle gets kids moving so they can be their best. GoNoodle engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free at school, home, and everywhere kids are!

**Join GoNoodle's movement for free [here](#).**

### **COVID-19 Positive Employee Flowchart – Non-healthcare Employees**

If you are non-healthcare business and have an employee that is suspected or confirmed positive to have COVID-19, please follow this flowchart to determine what to do next. Following these procedures will keep your business following proper prevention standards.

**Download the COVID-19 positive non-healthcare employee flowchart [here](#).**

### **COVID-19 Positive Employee Flowchart – Healthcare Employees**

If you are healthcare business and have an employee that is suspected or confirmed positive to have COVID-19, please follow this flowchart to determine what to do next. Following these procedures will keep your business following proper prevention standards.

**Download the COVID-19 positive healthcare employee flowchart [here](#).**

### **Safe Reopening FAQs for Workers and Employees**

Protecting workers, employers and the public is absolutely critical to safely reopening workplaces. The California government gathered some FAQs to address many workplace-related issues as California proceeds through its Resilience Roadmap.

**Get some answers to frequently asked questions regarding reopening [here](#).**

## State Employer Playbook for Safe Reopening

A safe re-opening requires compliance with both state and local public health guidance, and local guidance can come from your country and your city. This Employer Playbook provides guidance for employers to help them plan and prepare for reopening their business and to support a safe, clean environment for workers and customers.

View the California COVID-19 Employer Playbook [here](#).

## 2-1-1 California

Across California, there are many statewide health services and resources for California residents. California residents can also find other help in food, finances, and more. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find health care assistance, providers, and resources near you [here](#).

## GET HELP WITH TRANSPORTATION ASSISTANCE

### Care.com – California Senior Transportation

California residents are offering rides all across California for seniors needing transportation to go to essential health appointments.

Find a massive list of drivers driving seniors across California [here](#).

## 2-1-1 California

Across California, there are many statewide transportation services, systems, and programs still available for California residents. California residents can also find other help in food, finances, and more. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find transportation option and resources near you [here](#).

## GET HELP WITH UTILITY ASSISTANCE

### EveryoneOn

EveryoneOn works with a wide range of Internet Service Providers (ISPs) and device providers to feature their low-cost internet service programs and computers on their platform. In response to the coronavirus pandemic and its impact on society, multiple ISPs have made updates to their low-cost internet service programs to ensure individuals and families stay connected during this challenging time.

Find low-cost internet service and computers in your area [here](#).

### **human-I-T**

human-I-T is here to help those who are not connected or are paying too much for internet. Take advantage of their free resource by filling out the form on their website or text them for assistance at (562) 372-6925.

**View options for low-cost internet [here.](#)**

### **Rent Hardship Letter**

Due to the stay-at-home order across California, many Californians have lost the means to pay their monthly rent. This letter can be used to inform your landlord that you are unable to afford this month's rent.

**Download a printable version of the rent hardship letter [here.](#)**

### **Rent and Find Housing Assistance Programs**

Find help with rent from government agencies, non-profit organizations and charity programs. The exact type of assistance available, whether for a past due or upcoming rent payment or other bill, will depend on the amount of funds available as well as the tenant's situation. Due to COVID-19, services of these assistance programs may have changed, please check with the program to see what they are offering.

**View rent and housing help [here.](#)**

### **Find Help with Electric, Utility, or Heating Bills**

There are places you can turn to if you need help with paying your electric, utility, water or heating bills. Several different applications are available to energy bill assistance programs. Emergency financial help is provided to pay electric bills by numerous federal and state government organizations as well as charities. There are also non-profits that may offer grants for paying a portion of a utility or light bill and there are solutions, such as payment plans, that are offered directly by utility companies. Due to COVID-19, services of these assistance programs may have changed, please check with the program to see what they are offering.

**Get help with utility bills [here.](#)**

### **Find Help with Other Utility Bills**

There are programs to help you pay bills, debts, mortgage, rent, and more in the form of financial assistance, free items, and other forms of support. There are companies (private and non-profit) that will offer direct financial aid or that will help you save on bills, government programs, tax breaks, and coupons. Due to COVID-19, services of these assistance programs may have changed, please check with the program to see what they are offering.

**Get help with various kinds of utility bills [here.](#)**

## 2-1-1 California

Across California, there are many utility assistance programs and resources available for California residents. California residents can also find other help in food, finances, and more. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find nearby help with your utility bills [here](#).

## GET UPDATES OF COVID-19

### California COVID-19 Vaccination Eligibility and Registration

With vaccinations at a limited amount right now, the California government is providing vaccinations for groups who are high at risk. People with a high chance of exposure and people 65 and older are eligible to get vaccinated right now. Find out if you're eligible by answering an online questionnaire.

Check your eligibility to receive a vaccination [here](#).

### Center of Disease Control (CDC)

CDC is aggressively responding to the global outbreak of COVID-19 and community spread in the United States. They continuously update information of the COVID-19 situation, data, and preventive measures.

Keep up to date with the COVID-19 situation [here](#).

### World Health Organization (WHO)

WHO works worldwide to promote health, keep the world safe, and serve the vulnerable. On their website, they update global data of the COVID-19 situation daily, post their press conferences, provide available research, and offer strategies and plans.

Browse their extensive resources regarding COVID-19 [here](#).

### California Department of Public Health

California Department of Public Health have been keeping updates, data, and resources specifically for California.

Get California specific data and resources regarding COVID-19 [here](#).

### COVID-19 Fraud Alert

Unfortunately, many frauds regarding COVID-19 including offering vaccinations, test kits, and receiving texts, emails or checks from the government have started to arise. Make sure you're aware of the latest fraud cams and protect your family and your money.

Stay aware of the latest frauds and scams regarding COVID-19 [here](#).



### **FDA List of Hand Sanitizers That Should Not Be Used**

The FDA is keeping an updated list of companies and distributors that have procured unsafe-to-use hand sanitizers that are or may be contaminated with 1-propanol, in addition to other hand sanitizers the agency is urging consumers not to use.

**Learn more and find the FDA's list [here](#).**