

COVID-19 Bay Area Community Resources + Up-to-Date Health Information

This is a living document from the [Freedom Community Clinic](#) on mass resources in the Bay Area during the COVID-19 pandemic. We are community members who hope to bring love and health during this time. Shoutout to the team from [Los Angeles County](#) who inspired this doc + many resources on here. Thanks to other [Bay Area guides](#) out there too. [Here](#) is an amazing resource of COVID-19 health information in many languages.

Resources as of now include SF, Oakland, and Berkeley. Please continue to e-mail us at info@freedomcommunityclinic.org if you know of any resources not on this list, especially those affecting our most vulnerable communities.

Last updated on 20 March 9:43am

For this guide in Spanish, click [here](#).

[COVID-19 Recursos para la Comunidad del Área de la Bahía + Información actualizada sobre salud](#)

May we all be healthy, safe, and in community. We're all in this together.

A prayer goes out to our:
Hospital frontline workers
Sanitation workers
Small/local business owners
Delivery drivers, public transit operators
Grocery store workers



Bay Area Latest COVID-19 Updates:

- **COVID-19 Bay Area Cases Overview:** 1082 confirmed cases in California, 20 confirmed deaths in California, 480 confirmed cases in the Bay Area
 - San Francisco Chronicle COVID-19 Tracker:
<https://projects.sfchronicle.com/2020/coronavirus-map/>
- **March 19:** Governor Gavin Newsom expands shelter-in-place to [all of California](#)
- **March 18:** [Safeway](#), [Whole Foods](#), [Target](#) and several other markets and retail stores are setting aside hours just for “at-risk” shoppers, including senior citizens, pregnant people and other people with vulnerable immune systems. [Safeway](#) invites “at-risk” shoppers from 7-9 a.m. Tuesday and Thursday; [Whole Foods](#) invites customers 60 and older to stores one hour before opening to the public; [Target](#) reserves the first hour on Wednesdays to “vulnerable guests;” [Dollar General](#) reserves the first hour of every business day to senior shoppers.

- **Starting Tuesday, March 17, SF, Santa Clara, San Mateo, Marin, Contra Costa, and Alameda counties are to stay in place “shelter in place” until at least April 7. ([SF Chronicle](#))**
 - People may travel for shopping for necessary supplies, accessing health care, and providing aid to family and friends who need assistance, and for non-residents, returning to their home outside the Bay Area. They will be able to go outside for walks or exercise as long as they keep six feet away from anyone they don't already live with.
 - Airports, taxis, and public transit - including BART - will remain operational, but only for essential travel and people are expected to keep six feet apart when possible.

General COVID-19 Health Information edited by UCSF Medical Students

[Here](#) is an amazing resource of health information on COVID-19 in many, many languages.

[Here](#) is a great video on COVID-19 in Mam and Spanish.

Symptoms:

- Symptoms of COVID-19 vary per person and can range from fever and/or dry cough and/or shortness of breath and/or fatigue.
- Many young, healthy folks are likely asymptomatic or have symptoms that mimic the cold/flu, yet are still carriers of the virus who can come in contact with and spread it to those who are most vulnerable. **Please practice social distancing.**
- COVID-19 seems to especially have potential bad consequences for those who are elderly and/or have pre-existing heart/lung issues including hypertension, diabetes, and coronary artery disease.
- There is no accepted treatment for COVID-19. If admitted, the hospital will give supportive care (eg IV fluids, oxygen) to help you stay alive while your body fights the disease (ie to prevent sepsis).

Testing:

- Currently, the Bay Area is limited in capacity for COVID-19 testing but services are slowly expanding.
 - **East Bay:** Lifelong will be providing no charge COVID-19 testing, but you must have symptoms and must call 510-981-4100 first to see if you're eligible for testing. <https://www.lifelongmedical.org/17-articles/about-us/227-covid-19-updates.html>
 - **San Francisco:** See Kaiser Permanente drive-thru testing below.
- If you believe you have been exposed to COVID-19 and/or not sick and/or are mildly ill and can manage with self-care, please stay home, hydrate, and take care of yourself. You may call your PCP and/or Emergency Department regarding your symptoms to see if testing is available.
 - There is controversy about whether or not to use Motrin/Advil/ibuprofen to help with your symptoms. Many credible organizations have advised caution on the matter and often suggest acetaminophen (Tylenol) as a possibly preferable treatment ([USA Today](#))
 - Many hospital facilities will ask you to please stay home and take care of yourself. This is because your risk will only increase being exposed in the hospital and most Bay Area hospitals are offering limited testing at this time.

- **On the other hand if short of breath, very sick, have multiple health conditions and/or “comorbidities”, or having a regular old traditional emergency like chest pain or acute injury: don’t be afraid to call 911 and/or come into the Emergency Room.** The medical team is there to care for you. “Comorbidities” refers to the presence of other conditions that compromise a patient’s health, especially respiratory or cardiovascular illness.
- Undocumented families who plan to apply for documentation in the future should still seek testing/treatment for COVID. COVID is public charge exempt. Read more [here](#).

Kaiser Permanente Northern California is offering limited drive-through testing in San Francisco for Kaiser members with an appointment referral.

Steps:

1. Meet CDC criteria for testing
 - (1) COVID 19 symptoms including cough, fever, difficulty breathing;
 - (2) Exposure to symptomatic person, including health care workers, within 14 days of symptom onset;
 - (3) Travel to affected area within 14 days of symptom onset
2. Contact Primary Care Provider (phone or kp.org) to be screened.
3. If eligible: Set up an appointment for COVID 19 Drive Through screening (swabs and respiratory virus screening).
4. Self quarantine (3-7 days, subject to change) to await test results.

Why is the fatality rate much higher for older adults?

- Your immune system declines past age 50
- Fatality rate tracks closely with “comorbidity”, ie the presence of other conditions that compromise the patient’s health, especially respiratory or cardio-vascular illness.
- Risk of pneumonia is higher in older adults.
- The fatality rate is in the range of 10X flu.

Common sense measures: wash your hands frequently, avoid touching your face, and please do not hoard. We will be okay.

More info on what it means to practice [social distancing, self-quarantine, and flattening the curve](#).

Reliable Health News on COVID-19:

- CDC Coronavirus Health Information and Updates: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- San Francisco Chronicle Coronavirus Live Tracker: <https://projects.sfchronicle.com/2020/coronavirus-map/>
- Johns Hopkins Live COVID-19 Track Reported Cases Global Map: <https://coronavirus.jhu.edu/map.html>
- In [The Lancet](#): Clinical course and risk factors for mortality of adult inpatients with COVID-19 in Wuhan, China: a retrospective cohort study

Populations

Categories under this heading include: **food***, **housing**, **health**, **transportation**, and **education**, and **self-care** and are separated into three general categories: **children and youth**, **adults**, and **elderly**. In addition, there is a section of **specialized community resources for communities who hold intersectional identities** (unhoused, undocumented, LGBTQ+, people with disabilities, people who use substances, etc).

Food for all:

- **SF & Oakland:** MIXT is offering sliding scale discount codes for pick-up orders. Codes: [wegotyou25](#) for 25% off, [wegotyou50](#) for 50% off, [wegotyou100](#) for a free meal. Use codes at [mixt.com](#) or on MIXT app for pick up orders.
- **Oakland:** La SantaTorta Food Truck; 333 Broadway Oakland; Free hot meals 12-2p
- **March 19:** SF/Marin Food Bank distributing free fresh groceries 9a-1p outside Mission High on Dolores St.
- List of Alameda County food banks:
https://www.needhelppayingbills.com/html/alameda_county_food_banks.html
- Expensify.org is matching \$50 towards SNAP grocery purchases
 1. Purchase food as normal with your SNAP card
 2. [Download](#) Expensify on iOS or Android, for free
 3. Join the [Expensify.org/hunger](#) policy
 4. [SmartScan](#) the receipt, which will tell us how much you paid and show that it was paid for with an Electronic Benefits Transfer (EBT) card
 5. Submit it to volunteer@expensify.org
 6. Set up your [bank account](#) to receive the funds
 7. So long as we have funds available, we will reimburse up to \$50 per family (one time), the very next day.

Self-Care for all:

- East Bay Meditation Center has created online Sangha Self-Care Groups (special groups for POC, folks with disability, etc): <https://eastbaymeditation.org/programs/zoom-links/>
- Headspace provides free meditations: <https://www.headspace.com/covid-19>
- Peloton (yoga, meditation, and exercise classes for home):

Volunteer Opportunities/How to Help:

- For those able to offer services to community members in Oakland:
https://localwiki.org/oakland/COVID-19/How_to_Help
- Community foundations with rapid response funds to support community services across nine Bay Area counties: <https://www.siliconvalleycf.org/coronavirus-fund>
- Meals on Wheels San Francisco <https://www.mowsf.org/coronavirus>
- Disability Justice Culture Club mutual aid volunteer sign up:
<https://docs.google.com/forms/d/e/1FAIpQLSciWGR5A-rSBTPBTv9UGbCOVjpMKgts0DPP12BZjlUDADhPkw/viewform>

- [Oakland At Risk Match](#) wants to spread a message of hope and compassion by serving and loving our neighbors who are at risk of COVID-19. If you are a healthy young adult with low-risk factors for getting COVID-19, sign up today to be paired with an elder or immunocompromised member of our community who could use your help over the next several weeks.

Families, Children, and Youth (0-17)

Emergency Funds

- **Oakland:** [East Oakland DREAMer](#) emergency fund (up to \$250, applicants must be migrant youth 15-30 years old or migrant guardian of youth aged 0-20)
<https://tinyurl.com/COVIDMigrantYouthRelief>

Health

- **San Francisco:** Free counseling service for parents of children from pregnancy to 3 years old Parentline University of San Francisco. Info can be found [here](#).
- **Oakland:** Dream Youth Clinic (583 5th St) continues to be open during shelter in place. Services are for youth ages 12-24 and include medical evaluations, HIV/STD testing, birth control, and immunizations. Call 510-839-0929 ext.3 to make an appointment. Walk-ins welcome. Hours: Mon and Wed 1-5pm, Thurs 2-6pm: <https://www.instagram.com/p/B916c1RFuU4/>

Food

- **All:** [Safeway](#), [Whole Foods](#), [Target](#) and several other markets and retail stores are setting aside hours just for “at-risk” shoppers, including senior citizens, pregnant people and other people with vulnerable immune systems. [Safeway](#) invites “at-risk” shoppers from 7-9 a.m. Tuesday and Thursday; [Whole Foods](#) invites customers 60 and older to stores one hour before opening to the public; [Target](#) reserves the first hour on Wednesdays to “vulnerable guests;” [Dollar General](#) reserves the first hour of every business day to senior shoppers.
- **SF & Oakland:** MIXT is offering sliding scale discount codes for pick-up orders. Codes: [wegotyou25](#) for 25% off, [wegotyou50](#) for 50% off, [wegotyou100](#) for a free meal. Use codes at [mixt.com](#) or on MIXT app for pick up orders.
- **Overview for all Bay Area free lunch distribution centers:**
<https://www.sfgate.com/coronavirus/article/kids-students-free-lunches-coronavirus-covid-15134702.php>
- **San Francisco:** Beginning March 17, SFUSD will provide free breakfast and lunch to all children 18 and younger at 14 pick-up sites Monday-Friday. No identification or proof of school enrollment is required, but a child must be present. Breakfast, lunch, fresh fruit, vegetables, and milk will be provided to take home. Shelf-stable meals will also be available. Families will not need to enter the school building for pick-up.
 - <https://www.sfusd.edu/services/health-wellness/nutrition-school-meals>
- **Berkeley:** The Berkeley Unified School District Nutrition Department is serving FREE BREAKFAST AND LUNCH as take-away meals for school-age children 18 and younger.
<https://www.berkeleyschools.net/2020/03/while-school-is-closed-food-is-available-mientras-que-la-escuela-esta-cerrada-hay-alimentos-disponibles/>
Monday-Friday, March 16-27
8:00 am – 9:30 am for Breakfast and 11:00 am – 1:00 pm for Lunch

There will be a tent set up outside our central kitchen at King Middle School

- 1781 Rose St, (enter behind the school at Grant/Rose, through gate

9:00 – 9:30 am for Breakfast and 12:00 – 12:30 pm for Lunch

Students can also go to any one of these convenient locations:

- Berkeley Arts Magnet Elementary, 2015 Virginia Street
 - Rosa Parks Elementary, 920 Allston Way
 - Longfellow Middle School, 1500 Derby Street
 - Willard Middle School, 2425 Stuart Street
 - Berkeley High School, 1980 Allston Way
- **Oakland:** During the COVID-19 closure, the OUSD Nutrition Services Department will open twelve schools throughout the city where “Grab and Go” breakfast and lunch meals will be available for all OUSD students or families and any Oakland child under 18. To ensure the least amount of contact, students do not need to be present to pick up food. The sites listed below will be open on Mondays and Thursdays from 8:00am to 12:00pm. Multiple days worth of food can be picked up to take home.
 - Northwest/West Oakland: Sankofa Elementary, West Oakland Middle School and Hoover Elementary
 - Central Oakland: Oakland High School and Garfield Elementary
 - East Oakland: Bret Harte Middle School, Life Academy/United for Success, Coliseum College Preparatory Academy, Madison Park Upper, Fremont High School, Castlemont High School and Elmhurst United Middle School
 - **Oakland:** Points of Light will be delivering groceries to families with youth & children who do not have any means of transportation between the hours of 8am-12pm. Please call the designated youth director in your district
 - District 1: (850) 532-2376
 - District 2: (510) 789-9240
 - District 3: (909) 800-2245
 - District 4: (909) 800-2245
 - District 5: (650) 720-1171
 - District 6: (510) 384-9032 or (626) 272-4477
 - District 7: (786) 474-5600 or (415) 283-9173

Education

- **All:** Free access to Spectrum Broadband and Wi-Fi For 60 Days For New K-12 and College Student Households
(For more information, click [here!](#))
- **All:** Free access to L'il Libros worksheets for kids
(For more information, click [here!](#))
- **All:** Starting Monday, March 16, students in Pre-K through 12th grade will have the opportunity to access free, educational PBS daytime programming designated for each grade level weekdays
(For more information, click [here!](#))

- **All:** MIND Research Institute is offering no cost access to a free math instructional program for students in grades K-8
(For more information, click [here!](#))
- **All:** Scholastic offers free, online learning experiences for kids of all ages
(For more information, click [here!](#))

Childcare

- **San Francisco:** Department of Children, Youth, and their Families offering free childcare to healthcare workers, city & county SF employees who have been activated as disaster service workers, and families on the SF Recreation & Parks Department Scholarship list. If you did not receive an invitation, but qualify, you can apply here: <https://www.dcyf.org/care>

Housing

- **San Francisco:** Hamilton Families will continue their programs for unhoused families: <https://www.hamiltonfamilies.org/blog/hamilton-families-response-to-covid-19>
 - The **Shelter Program** in the Tenderloin provides safe shelter, three meals a day, and critical social services for 60 to 70 families a night for up to six months.
 - **Transitional Housing** provides housing and support for up to 20 families at high risk for chronic homelessness for 12 months. It provides families with the structure and support they need in order to address the root causes of homelessness and poverty and to assist them in strengthening and developing skills to acquire and maintain permanent housing.
 - **Housing Services** subsidy programs prevent homelessness whenever possible and assists families who have become homeless with housing search assistance, temporary rent assistance, case management, job search assistance, and other services for 12 to 20 months to help them find and retain a permanent home.
 - The **Real Estate** professionals identifies available housing and works with landlords to accept housing applications from housing subsidy participants. This team also serves as a liaison with landlords throughout our Housing Services subsidy programs.

Adults (18-64)

Health

- **Womxn, BIQTPOC, disable, and/or chronically ill:** Jihan McDonald is offering Pay What You Can coaching & counseling sessions for cis and trans womxn as well as the BIQTPOC, disabled, and/or chronically ill community. More info [here](#).

Food

- **All:** As of 3/16/2020, [Uber is waiving delivery fees for over 100K restaurants](#)
- **All:** [Safeway](#), [Whole Foods](#), [Target](#) and several other markets and retail stores are setting aside hours just for “at-risk” shoppers, including senior citizens, pregnant women and other people with vulnerable immune systems. [Safeway](#) invites “at-risk” shoppers from 7-9 a.m. Tuesday and Thursday; [Whole Foods](#) invites customers 60 and older to stores one hour before opening to

the public; Target reserves the first hour on Wednesdays to “vulnerable guests;” Dollar General reserves the first hour of every business day to senior shoppers.

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- **San Francisco:** [Clarity Burke](#), a social science teacher at John O’Connell, started a free delivery volunteer service for the immunosuppressed. She has several volunteers ready to work. To receive help: tinyurl.com/deliveryneeded
- **Berkeley & Albany:** Berkeley Food Network On-Site Food Pantry; 1925 Ninth St.
 - Hours: Monday – Thursday 10am – 2pm; Monday and Wednesday 5 – 7pm; First and third Saturdays 10am – 12pm
 - Hours may change, so check back for updates. You can also call 510.616.5383 for updated hours information.
 - The Berkeley Food Network’s on-site pantry will remain open during this period of COVID-19 containment as long as we are able to source food. Anyone in need of free food is welcome to visit. BFN’s food distributions are open to Berkeley and Albany residents only.
 - <https://berkeleyfoodnetwork.org/bfn-on-site-pantry-remains-open-during-covid-19-containment-period/>
- **Food: Berkeley Students:** The Basic Needs Center is currently open through Wednesday (M-W 12 pm - 5pm), due to an MLK Student Union leadership request. We will keep days/times and location up to date. More info [here](#). Now it is located at 103 Sproul Hall.
 - Food Pantry:
 - In order to minimize the amplification of health risks in a small space, we will transition from our daily food pantry operations to a weekly food pantry pop-up for the next two weeks. If you cannot make it to the weekly pop-up, there will be non-perishable items in the BNC, open 12pm-5pm.
 - For the next two weeks, we will have a [food pantry pop-up](#) in lower-Sproul/first floor of the MLK Student Union:
 - Tuesday, March 10th, 10-6 PM
 - Tuesday, March 17th, 10AM - 5PM
 - Cal Community will be encouraged to take what they need for the week. We will order additional inventory to account for the need.
 - The pop-up will be continuously stocked and replenished throughout the day to assure there is food for the entire population we see.
 - You are encouraged to pick up food for a student that is self-quarantined or cannot make our pop-up pantry in person. All you need is their Cal ID or Cal ID #.
- **Most Farmers Markets Stay Open**
<https://sfist.com/2020/03/16/most-sf-farmers-markets-to-remain-open-as-essential-services/>
 - SF Ferry Plaza: Tues & Thurs (10a-2p), Sat 8a-2p
 - Heart of the City at UN Civic Center Plaza: Wed, Fri, Sun 7-4:30/5p
 - South Berkeley (Adeline & 63rd): Tuesdays,: 2-6:30p
 - North Berkeley (Shattuck & Vine); Thursdays 3-7p
 - Downtown Berkeley (MLK & Center): Saturdays, 10-3p
 - Montclair Village: Sundays, 9a-1p

Housing:

- **All:** STUDENTS/ FOSTER YOUTH
 - If you are or know of a foster youth that is staying at a college dorm room that is going to be closed due to the coronavirus, please email info@togetherwerise.org and they will provide or help you find housing during this transition.

Employment

- **[The Safety Net Fund](#) for Bay Area Artists:**
 - The grantee must reside in the Bay Area (See attached list of eligible zip codes)
 - The grantee must provide proof of artistic endeavor within the last 6 months
 - The grantee must not be eligible for unemployment
 - The grantee must have less than \$1000 of income within the last 30 days
 - Grants will be evaluated in the order received.
- **The Creator Fund:** Convertkit has established a \$50K fund to help creators in need. <https://creatorfund.ck.page/>
- **Disability Insurance (DI) Claim:** For those unable to work due to having or being exposed to COVID-19. You can collect the first week that you are out of work. https://www.edd.ca.gov/Disability/How_to_File_a_DI_Claim_in_SDI_Online.htm
- **Paid Family Leave Claim:** If you are unable to work because you are caring for an ill or quarantined family member with COVID-19. Benefit amounts are approximately 60=70% of wages. https://www.edd.ca.gov/Disability/How_to_File_a_PFL_Claim_in_SDI_Online.htm
- **Unemployment Insurance Claim:** For those whose employer has reduced hours or shut down operations due to COVID-19. Provides partial wage replacement. Parents taking care of kids whose schools have closed may be eligible for benefits. https://www.edd.ca.gov/Unemployment/Filing_a_Claim.htm
- For resources for **freelance artists**, click [here!](#)
- For resources for **bartenders**, click [here!](#)

Elderly (65+)

Food

- **All:** [Safeway](#), [Whole Foods](#), [Target](#) and several other markets and retail stores are setting aside hours just for “at-risk” shoppers, including senior citizens, pregnant women and other people with vulnerable immune systems. [Safeway](#) invites “at-risk” shoppers from 7-9 a.m. Tuesday and Thursday; [Whole Foods](#) invites customers 60 and older to stores one hour before opening to the public; [Target](#) reserves the first hour on Wednesdays to “vulnerable guests;” [Dollar General](#) reserves the first hour of every business day to senior shoppers.
- **Oakland:** East Oakland Collective is offering supplies and food for seniors, unhoused folks, people with compromised immune systems. Please contact EOC for availability of supplies and food at 510-990-0775 or info@eastoaklandcollective.com <https://www.instagram.com/p/B9zMHKrhAgn/>
- **San Francisco and Oakland:** Project Open Hand still serving and delivering meals <https://www.openhand.org/>
- **San Francisco:** [Clarity Burke](#), a social science teacher at John O’Connell, started a free delivery volunteer service for the immunosuppressed. She has several volunteers ready to work. To receive help: tinyurl.com/deliveryneeded

- **San Francisco:** Meals on Wheels will continue operation <https://www.mowsof.org/coronavirus>
- **North Berkeley Senior Center Lunch Pick-Up Service:** 1900 Sixth St. M-F 11a-12p
- **South Berkeley Senior Center Lunch Pick-Up Service:** 2939 Ellis St. M-F 11a-12p
- **Berkeley & Albany:** Berkeley Food Network On-Site Food Pantry; 1925 Ninth St.
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Specialized Health Resources for Communities:

- **Womxn, BIQTPOC, disable, and/or chronically ill:** Jihan McDonald is offering Pay What You Can coaching & counseling sessions for cis and trans womxn as well as the BIQTPOC, disabled, and/or chronically ill community. More info [here](#).
- **For Unhoused Communities:**
 - **Oakland:** East Oakland Collective is offering supplies and food for seniors, unhoused folks, people with compromised immune systems. Please contact EOC for availability of supplies and food at 510-990-0775 or info@eastoaklandcollective.com <https://www.instagram.com/p/B9zMHKrhAgn/>
- **For People Who Use Substances:**
 - SF Aids Foundation 6th Street Harm Reduction Center and mobile syringe access sites will provide syringe distribution & disposal services. Clinical services will be available at the Harm Reduction Center Monday through Friday. More info [here](#).
 - COVID-19 Guidance for People Who Use Drugs and Harm Reduction Programs: <https://harmreduction.org/miscellaneous/covid-19-guidance-for-people-who-use-drugs-and-harm-reduction-programs/>
- **Trans Communities:** The Coronavirus (COVID-19): What Trans People Need to Know
 - https://transequality.org/covid19?fbclid=IwAR0OBW_R9FDNktB7fj78nW4sQsCqJTCVOKC1F65c8p_8T_NdmqOSGm39MzM
- **LGBTQI+:** Community United Against Violence (CUAV) is providing remote counseling available for LGBTQI+ survivors of violence, domestic violence, hate violence and police violence -- www.cuav.org.
 - Relief Fund for LGBTQI+ BIPOC folks who are self-employed or in the service economy <https://www.surveymonkey.com/r/QTIBIPOCCOVID19>
- **For Sex Workers in the Bay Area:** Emergency Grants for Bay Area sex workers bayareaworkerssupport.org/grants
 - Online mental health services for sex workers pineapplesupport.org
- **For Disabled Folks in the East Bay:** The Disability Justice Culture Club is working hard to just to meet our own basic needs, but know that disabled and/or elder Black, Brown and people of color are most at risk of being harmed by COVID19. If you are a disabled person with needs

right now that aren't being met with your immediate support system, please complete this form: [East Bay Disabled Folks COVID19 Support Request Form](#)

- **Undocumented Communities:**
 - [East Oakland DREAMer](#) emergency fund (up to \$250, applicants must be migrant youth 15-30 years old or migrant guardian of youth aged 0-20) <https://tinyurl.com/COVIDMigrantYouthRelief>
 - Undocumented families who plan to apply for documentation in the future should still seek testing/treatment for COVID. COVID is public charge exempt. Read more [here](#).
- **On March 13, U.S. Customs and Immigration Services announced that testing, prevention, or treatment for COVID-19 will NOT be used against immigrants in a public charge test. This means that immigrant families should seek the care they need during this difficult time.** Below is some information about the rights of immigrants' rights in health care settings:
 - **It is safe and smart to see the doctor if you need care.** Your doctor is required to honor your right to privacy. You do not need to share any information about your immigration status unless you apply for Medicaid or other health coverage.
 - **You can still see a doctor without medical insurance.** This includes care you receive in the emergency room, at community and migrant health centers, free clinics, and public hospitals. If you don't have a doctor, call a local community health center for assistance. You can find a health center here: <https://findahealthcenter.hrsa.gov/>
 - **Hospitals and health care spaces are safe to visit.** Federal guidelines prohibit immigration agents from conducting arrests or other enforcement actions at health care facilities, such as hospitals, doctors' offices, health clinics, and urgent care facilities.
 - **California residents can access [Keep Your Benefits](#) for more information** about how their use of public benefits may effect their documentation status. [Informed Immigrant](#) also provides resources and accurate information for immigrant families with questions about their benefits.
 - **[CLICK HERE](#) to learn more about your rights when accessing health services.**
- If you feel your rights or the rights of someone you know have been violated, you can file an immigration enforcement civil rights complaint. To learn more about filing a complaint, [click here](#).

Safety for Survivors of Violence

- **San Francisco:** La Casa de Las Madres in SOMA announced that their drop in center is closed until April 7th. Services available include confidential emergency shelter, 24/7 crisis line, safety planning, advocacy & information and referral. For support, please call La Casa's 24/7 hotline at 877-503-1850, or message our text line at 415-200-3575: <https://www.instagram.com/p/B9sNSyfBhSM/>
- **All:** A huge list of Bay Area resources from Leap SF addressing family violence including reporting lines for abuse, crisis intervention, crisis shelters, counseling resources/referrals, legal resources: <https://www.leapsf.org/pdf/family-violence-resources.pdf>

If you are concerned about being quarantined in an unsafe home situation or need help, all DV shelter resources are generally available on: domesticshelters.org.

From Futures Without Violence (more links [here](#)):

- The National Domestic Violence Hotline is also available 24/7 at 1-800-799-7233 (SAFE) or 1-800-787-3223 (TTY)
- The National Sexual Assault Hotline is 24/7, confidential and free: **800.656.HOPE (4673)** and through **chat**.
- The **StrongHearts Native Helpline** for domestic/sexual violence is available 7am-10pm CT, confidential, and specifically for Native communities: **1-844-762-8483**.
- The **Trans LifeLine** for peer support for trans folks 9am-3am CT: **1-877-565-8860** *This hotline is staffed exclusively by trans operators is the only crisis line with a policy against non-consensual active rescue.*
- **National Parent Helpline** Monday -Friday 12pm-9am CT emotional support and advocacy for parents: **1-855-2736**.
- **Community United Against Violence (CUAV)** is providing remote counseling available for LGBTQI+ survivors of violence, domestic violence, hate violence and police violence -- www.cuav.org.

Mental Health

- Crisis Support Services of Alameda County is available 24/7 at **1-800-309-2131**. Callers do not have to be experiencing suicidal thoughts or feelings to call.
 - Crisis Support Services of Alameda County has a free Text Line Program available 4:00 p.m. -- 11:00 p.m. 7 days. Text SHARE to 20121. Standard text message rates apply. Texters do not have to be experiencing suicidal thoughts or feelings to text. More info: <https://www.crisissupport.org/programs/text-line/>
- SF Suicide Prevention Crisis Line is available 24/7 at **415-781-0500**,
- California Peer-Run Warm Line is available to provide emotional support 24/7 at **855-845-7415**.
- Jihan McDonald is offering Pay What You Can coaching & counseling sessions for cis and trans womxn as well as the BIQTPOC, disabled, and/or chronically ill community. More info [here](#).
- Parentline University of San Francisco - free counseling service for parents of children from pregnancy to 3 years old. Info can be found [here](#).

Employment

Copy and pasted from [Los Angeles County](#).

Employment Issues

- Please visit https://www.edd.ca.gov/about_edd/coronavirus-2019.htm for BENEFITS FOR WORKERS IMPACTED BY COVID-19 and also read the heck out the EDD's Frequently Asked Questions: https://edd.ca.gov/about_edd/coronavirus-2019/faqs.htm
- For a run-down of labor laws in California, please visit: <https://www.latimes.com/business/story/2020-03-12/coronavirus-labor-law-know-your-rights-california-worker>

Paid Family Leave

****Paid family leave** is available for those who stay home because they need to take care of someone who has contracted the virus (Covid-19) or who has been quarantined (must be certified by a medical professional). [Learn how to file a Paid Family Leave Claim HERE.](#)

Disability Benefits/Paid Sick Leave

****Disability benefits /paid sick leave** are available for those who have actually contracted the virus themselves or who have been exposed to it and are quarantined (must be certified by a medical professional in the case of Disability Benefits). [Learn how to file a Disability Insurance Claim HERE.](#)

Unemployment Benefits

****Unemployment benefits** are available to those whose hours have been reduced or who have lost their job due to coronavirus measures (and it also applies to those who choose to stay home due to underlying health issues making them more vulnerable). The Governor has waived the 1 week wait time and the person may not be required to be actively looking for work (as is usually required). [Learn how to file an Unemployment Insurance Claim HERE.](#)

- Unfortunately though, this benefit is not available to undocumented persons whose hours are reduced or lose their job for reasons related to COVID-19, etc.
- SCHOOL CLOSURES: If your child's school is closed and you have to miss work to care for them. You might qualify for Unemployment Insurance benefits. [Learn how to file an Unemployment Insurance Claim HERE.](#)

Worker's Compensation

****Worker's comp** is available for those who are unable to do their usual job because they were exposed to and contracted Covid-19 while in the regular course of their job (i.e. healthcare workers)

Tax Assistance

Directly from the [Employment Development Department](#): "Employers experiencing a hardship as a result of COVID-19 may request up to a 60-day extension of time from the EDD to file their state payroll

reports and/or deposit state payroll taxes without penalty or interest. A written request for extension must be received within 60 days from the original delinquent date of the payment or return.

For questions, employers may call the EDD Taxpayer Assistance Center.

- Toll-free from the U.S. or Canada: 1-888-745-3886
- Hearing impaired (TTY): 1-800-547-9565
- Outside the U.S. or Canada: 1-916-464-3502”

(For more information, click [here!](#))

Small Business Assistance

[Oakland](#)

- If you could not file taxes on time due to COVID-19, apply for a payment plan or waiver of penalties by calling 510-238-3704 or email BTwebsupport@oaklandca.gov
- Fill out the [online assessment form](#) to get assistance with financial products, technical assistance, or other services
- [Submit your data](#) regarding loss of business so that the City of Oakland can apply for additional funding
 - Apply for federal and state funding, such as the small business administration’s [economic injury disaster loans](#) or State of California’s Small Business Finance Center’s [Disaster Relief Loan Guarantee Program](#)

San Francisco - SBA District Office

- The U.S. Small Business Administration is offering federal disaster loans for working capital to California small businesses suffering substantial economic injury as a result of COVID-19. Apply [here](#). CAMEO is holding a call on 3/18 at 4pm to explain the application process and answer questions. To join the webinar, [click here](#). *Call-in information: Dial US: +1 669 900 6833 Webinar ID: 956 176 760*

General Bay Area

- Facebook small business grants for businesses experiencing hardship due to COVID-19. <https://www.facebook.com/business/boost/grants>

Other Resources

- [Mutual Aid and Advocacy Resources Google Doc](#)
- [Mutual Aid Application \(Volunteers\)](#)
- [Toolkit to deal with anxiety/stress from impacts of virus](#)
- [East Bay Disabled Folks COVID19 Support Request Form](#)
- [Asian Americans for Civil Rights and Equality COVID-19 Resource List](#)
- [Navigating COVID19 For Sex Workers & Allies](#)
- [COVID-19 Resources For Undocumented Californians](#)
- [Bay Area COVID-19 Resources](#)
- Links for psychologists transitioning to telepsychological services, [here](#) and [here](#).

Donate Your Items or Money!

- **Little Brothers Friends of the Elderly:** Help An Elderly SF Citizen with Care Kits:
<https://littlebrotherssf.networkforgood.com/projects/95387-help-an-elderly-sf-citizen-during-the-covid19-outbreak?fbclid=IwAR20P3y8RzShNumCW-AESOn-mNAQadKJI41M7U0btNdYHHeMrUykExqXgDk>
- **East Oakland Collective** is searching for the following donations to help unhoused, elderly, and immunocompromised people hand sanitizer, disinfect wipes (Clorox or off brand), disinfect spray (Lysol or off brand), baby/body wipes (perhaps with Aloe), rubbing alcohol, Aloe Vera gel, gloves, vitamin C drink packets, water bottles, masks, heavy duty tarps, shoe slip covers, drinking water jugs: <https://www.instagram.com/p/B9zMHKrhAgn/>
- **SparkSF:** Donate to support meals and other consequences for our families of the COVID-19 school closures through SparkSF, a nonprofit that supports partnerships between SFUSD and philanthropic organizations. <https://www.sparksfpublicschools.org> You can choose “student nutrition services” or “Covid19 response fund” under “additional information” (after you choose a donation amount, on the website) or under step 4 (if using a phone).

Holistic Self-Care Resources in times of stress

By Amy Lam, Ph.D.

TAPPING

Tapping helps the body to feel calm. It is based on Chinese acupressure points. We stimulate these body points to help release stress and bring more flow into our body's energy system. I try to smile when I tap and after a couple of rounds, I feel more relaxed in my body. REALLY GREAT before you sleep at night.

Here are two tapping videos. One is more adult friendly and the other is more kid friendly.

- Adult tapping video https://youtu.be/_jHWq6n6WNM
- Kid tapping video <https://youtu.be/RONUNNhosPU> (start at minute 2:04 for tapping)

Tips for tapping:

- **Remember to wash your hands** before and after tapping as you will be tapping on your face
- **Remember to breathe** in and out of your mouth while tapping
- After 2-4 rounds of tapping you may notice your body feel calmer, lighter, yawn a lot or feel tired
- Add an **essential oil** to your wrists to encourage calmness (eg., lavender oil) or an open heart (e.g, rose oil)
- You can add a **mantra** to your tapping (eg., It is possible to be ok even if there is chaos around me) or imagine your **favorite color** around you while you tap

SPRAYS

Flower Essence Services (FES) sprays are another way to help the body feel calm. They are specially formulated plant medicine formulas to support the body. Here are three sprays that are especially helpful under stressful situations. These sprays have alcohol base. For non-alcohol options, please email me. You can purchase online, at Rainbow Co-op (SF), Five Flavor Herbs (Oakland). You should call first to make sure they have the sprays.

If you're going to a busy crowded place (like Costco) spray Fearless before and after you go to clear off other peoples' energies off you. For those of us who may carry intergenerational trauma or are finding themselves triggered by what's happening related to Coronavirus, I would definitely recommend taking Post Trauma Stabilizer. The Illumine spray is just good to lift the spirits during this time.

FES FEARLESS SPRAY

<http://www.fesflowers.com/product-info/flower-essence-formulas/flourish-formulas/fear-less/>

FES POST TRAUMA STABILIZER

<http://www.fesflowers.com/product-info/flower-essence-formulas/flourish-formulas/post-trauma-stabilize/r/>

FES ILLUMINE (for depression/discouragement)

<http://www.fesflowers.com/product-info/flower-essence-formulas/flourish-formulas/illumine/>

Tips for using sprays:

- **Spray under tongue and around body**
- **Use upon waking, upon sleeping and during day when feeling stressed or in challenging circumstance**
- **Better not to eat or drink 5 min before or after using spray**

AROMATHERAPY

Essential oils capture a plant's scent, medicinal properties and vibrations. They can be used on the wrist, heart center, or rubbed on finger tips to stimulate the body's meridian system. I am especially loving using essential oils in my diffuser at home. Turn it on before everyone comes home so that people can walk into a calm space at home. Two essential oils that are helpful in these times are **lavender** (relives stress) and **rose** (opens heart and relieves anxiety). For those of you who love Kate's Magik, I would recommend **Blossoms of Joy** diffuser oil

(<https://www.katesmagik.com/products/blossom-of-joy-diffuser-oil>) or **Healing of the Heart**

(<https://www.katesmagik.com/products/healing-heart-aromatherapy-anointing-oil>).

Tips for using aromatherapy:

- **Make sure you are not allergic to the oil**
- **Wash hands before using oils**
- **If you are pregnant please check with an acupuncturist before stimulating meridians**

NATURE

When there's too much noise around, I just go out in nature and sit. I try to focus on listening to the birds, the trees, hearing what they are whispering. If I cannot go outside, I turn everything off and sit on the floor in my home with a stone or two or even an essential oil. Again, I try to "be" like the stone or oil, bringing my energy and vibration to mimic it. These elements in nature help me remember how to be still, balanced and vibrate high.

Tips:

- **Make sure your stones are clean.** For earth based stones, clean by burying in the dirt. For air based stones, use sage. Full moon cleanse good for all. I clean my stones right after I sit.