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WHERE TO GO FOR SUPPORT

DURING COVID-19

FOOD

* HEAD START

Pick-up & Delivery – Head Start Program Participants Only – (510) 238-3165

* OUSD

Food is available to any OUSD student or family or child under 18, FREE

For more information, visit [www.ousd.org/Page/19078](http://www.ousd.org/Page/19078)

* ALAMEDA COUNTY FOOD BANK

To find a location close to you, call (510 635-3663 or visit [www.accfb.org/health-and-safety/?popup](http://www.accfb.org/health-and-safety/?popup)

* CA DEPT. OF EDUCATION

“CA Meals for Kids” Mobile App - download thru Apple App Store, Google Play

* MEALS ON WHEELS

visit [www.feedingseniors.org/](http://www.feedingseniors.org/) or call (510) 582-1263

* ST. VINCENT DE PAUL OF ALAMEDA COUNTY

Sacked lunches - Tuesday through Saturday, 10:45AM to 12:45PM - 675 23rd St

RENT & UTILITIES

* CATHOLIC CHARITIES OF EAST BAY

Rental & Utilities Assistance, Security Deposit Assistance

Call (510) 768-3100 or visit www.cceb.org/housing-services-in-the-county-of-alameda/

* BACS / Keep Oakland Housed

Rental & Utilities Assistance, Security Deposit Assistance

Call (510) 613-0300, ext. 2, or visit www.bayareacs.org

* CITY OF OAKLAND Eviction Moratorium Emergency Ordinance

Rent Adjustment Program contact (510) 238-3721 for more information

STATE OF CA EDD

File online www.edd.ca.gov or call (800) 300-5616

* Unemployment Insurance

Benefits: Range from $40-$450 per week for up to 26 weeks.

* Disability Insurance

Benefits: Approximately 60-70 percent of wages (depending on income); ranges from $50-$1,300 a week for up to 52 weeks.

* Paid Family Leave

Benefits: Approximately60-70 percent of wages (depending on income); ranges from $50-$1,300 a week for up to 6 weeks.

* Paid Sick Leave

Paid to you at your regular rate of pay or an average based on the past 90 days.

FINANCIAL ASSISTANCE

* FEDERAL STIMULUS PACKAGE “CARES ACT”

$1,200 (if single/$2,400 if married filing jointly) PLUS $500 for each child under the age of 17

* REMOTE BANKING https://joinbankon.org/home/remotebanking/

For those without bank or credit union accounts previously filed with the IRS, the time is now to do so to avoid waiting months for a check

* IRS DIRECT DEPOSIT - [www.irs.gov/coronavirus/economic-impact-payments](http://www.irs.gov/coronavirus/economic-impact-payments)

Visit the IRS’ website page on Economic Impact (stimulus) payments and sign up with your account

* ALAMEDA COUNTY SOCIAL SERVICES

CalWORKS, CalFRESH, General Assistance, Medi-CAL

Call Eastmont Self-Sufficiency Center (510) 383-5300 or visit [www.mybenefitscalwin.org/](http://www.mybenefitscalwin.org/)

TRANSPORTATION

* LYFT, Eden I & R, United Way Worldwide

One FREE 40-mile, round trip to access food or medical care - call 2-1-1 to schedule one week in advance, Mon-Fri 9am-5pm

* AC TRANSIT

Will begin operating a modified service schedule in response to the COVID-19 pandemic. Schedule similar to the existing Sunday service visit for up to date service schedule www.actransit.org/maps

HOUSING, SHELTER, HOMELESSNESS

* EVERYONE HOME

“Homestretch” program matches households to Alameda County’s Permanent Supportive Housing opportunities for people who are Literally Homeless

For more information, call (510) 567-8017 or visit www.everyonehome.org/our-work/home-stretch/

* BACS

Shelter for homeless and at-risk homeless individuals & families

For more information, call (510) 613-0330, ext. 2 or visit [www.bayareacs.org](http://www.bayareacs.org)

* ALAMEDA COUNTY & ABODE SERVICES “OPERATION COMFORT”

Isolation Housing for symptomatic or COVID-infected people experiencing homelessness that can't recover in "home isolation."

For more information, email COVIDHOUSING@acgov.org

HEALTHCARE (INSURANCE)

* MEDI-CAL / COVERED CA

If you need health coverage right away, you can apply for Medi-Cal online. Applications for Medi-Cal will be accepted without proof of income documentation during the COVID-19 crisis.

For more information, call (800) 300-1506 or visit www.coveredca.com

* LOCAL HEALTHCARE PROVIDERS:

Asian Health Services – 818 Webster Street, Oakland - (510) 986-6800

Roots Community Health Center - 9925 International Blvd., #5, Oakland – (510) 777-1177

Roots Community Health Center-Pediatric Clinic - 2700 International Blvd., #11, Oakland – (510) 533-1248

East Oakland Health Center - 7450 E. 14th Street, Oakland – (510) 835-9610

Family Justice Center for Alameda County - 470 27th Street, Oakland – (510) 267-3230

Hawthorne Health Center - 1700 28th Avenue, Oakland – (510) 535-6440

Highland Hospital Pediatrics - 1411 E. 31st Street (6th Floor), Oakland – (510) 437-4887

La Clinica de la Raza - 1515 Fruitvale Avenue, Oakland – (510) 535-3500

Dr. John Karl Konstantin - 2584 MacArthur Blvd., Oakland - (510) 530-5400

West Oakland Health Center - 700 Adeline Street, Oakland – (510) 835-9610

LEGAL

* EAST BAY COMMUNITY LAW CENTER

<https://ebclc.org/> Ph. 510.548.4040

* WESTERN CENTER ON LAW AND POVERTY

<https://wclp.org/> Ph. 213.487.7211

* CATHOLIC CHARITIES OF EAST BAY

<https://www.cceb.org/> Ph. 510) 768-3100

* CALIFORNIA IMMIGRANT YOUTH JUSTICE ALLIANCE

<https://ciyja.org/> Ph. 213-629-2512 ext. 134

* BAY AREA LEGAL AID

<https://baylegal.org/> Ph. (510) 663-4755

* SUPERIOR COURT OF ALAMEDA COUNTY

<http://www.alameda.courts.ca.gov/>

SENIOR/AGING SERVICES

* SPECIAL SHOPPING HOURS FOR SENIORS

Safeway – Tuesdays and Thursdays, 7am-9am

Target – Tuesday and Wednesday, 8am, reserved first hour on those days

Whole Foods – Daily, 8am (one hour before normal opening at 9am)

* MEALS ON WHEELS

visit [www.feedingseniors.org/](http://www.feedingseniors.org/) or call (510) 582-1263

* Oakland Paratransit Services (OPED)

visit www.oaklandca.gov/services/apply-for-paratransit-services or call (510) 238-3036

INTERNET, PHONE

* INTERNET

**Comcast / Xfinity “Internet Essentials”** - www.comcastcorporation.com/COVID-19/

New customers who sign up for Internet Essentials will receive 60 days of FREE internet service, increase speeds from 15/2 to 25/3, 40 hours of Xfinity Wi-Fi hotspots per month and open on an unlimited basis. No Disconnection or Late Fees

Xfinity Wi-Fi Free For Everyone

**Everyone On** https://www.everyoneon.org/find-offers?partner=CETF

Provides telephone communications access for all deaf and disabled Californians

Find Low-Cost Internet Service and Computers in Your Area

* PHONE

CA Lifeline - www.californialifeline.com/en

The California LifeLine Program (California LifeLine) is a state program that provides discounted home phone and cell phone services to eligible households

**California Phones from the California Telephone Access Program (CTAP)** - californiaphones.org/application

Provides free specialized phones and accessories for your mobile phone to all qualified Californians. These devices make it easier to hear, dial, and call. A Program of the CPUC

**Deaf and Disabled Telecommunications Program (DDTP)** - ddtp.cpuc.ca.gov/

INCOME TAX RETURNS – ext. deadline 7/15/2020

* ANNUAL TAX RETURN

**Earn it, Keep it, Save it** - https://earnitkeepitsaveit.org/site-lists/

Free tax preparation services through the following virtual methods

* IRS – Internal Revenue Service – irs.gov
* FTB – Franchise Tax Board– ftb.ca.gov