

# Resources for COVID-19

## Table of Contents

Employment Opportunities .....	2
<b>Jobs in Los Angeles</b> .....	2
<b>Jobs in the Healthcare Industry</b> .....	2
<b>Companies That Are Hiring</b> .....	2
Utility Companies .....	4
<b>Energy/Gas</b> .....	4
<b>Cable TV/ Internet/ Phone</b> .....	4
<b>Publicly Owned LSEs Including Publicly Owned Utilities (POUs)</b> .....	8
<b>Rural Electric Cooperatives</b> .....	12
<b>Community Choice Aggregators (Energy/ Power Companies)</b> .....	13
Financial Institutes .....	16
<b>Small Business &amp; Personal Loans</b> .....	16
<b>Auto, Home &amp; Personal Loans</b> .....	16
<b>Federal Student Loans</b> .....	19
<b>Privately held student loans</b> .....	19
<b>Financial Assistance</b> .....	19
Auto Insurance .....	21
From the Government .....	27
<b>Employment Development Department</b> .....	27
<b>Internal Revenue Service (IRS)</b> .....	31
<b>Rent/Evictions</b> .....	31
<b>Legal Representation</b> .....	32
<b>Health Resources</b> .....	32
<b>Medication</b> .....	33
<b>Immigrants/Undocumented</b> .....	33
<b>Federal/State Funded Programs</b> .....	33
<b>Older Adults</b> .....	34
Restaurant/Food .....	37
Education .....	40
Entertainment .....	43

## Employment Opportunities

### Jobs in Los Angeles

- <https://lajobsportal.org/>

### Jobs in the Healthcare Industry

- <https://www.healthcarenewssite.com/jobs-healthcare/career.php>

### Companies That Are Hiring

- 7-Eleven
  - <https://protect-us.mimecast.com/s/RnPYCR6X6jhv2YAOYINilpx?domain=careers.7-eleven.com>
- Amazon
  - <https://www.amazondelivers.jobs/>
- CVS
  - <https://jobs.cvshealth.com/search-results?prefilters=none&CloudSearchLocation=none&CloudSearchValue=none>
- Dominos
  - <https://jobs.dominos.com/dominos-careers/>
- Family Dollar Tree
  - <https://www.familydollar.com/careers>
- FedEx
  - <https://careers.fedex.com/groundcareers>
- Home Depot
  - <https://careers.homedepot.com/>
- Instacart
  - [https://shoppers.instacart.com/?utm\\_source=instacart\\_google&utm\\_medium=sem&utm\\_campaign=ad\\_supply\\_search\\_us-ny-newyork\\_mkag\\_brand\\_core\\_rs\\_ex\\_gp&utm\\_term=instacart%20careers&utm\\_content=356932582210&keyword=instacart%20careers&ic\\_role=fss&gclid=CjwKCAjwvOHZBRBoEiwA48i6AlwLt1GCjem24XPHICfW0gv1368432-kMn4zLk7f2Rh2SN5zXBfKcRoC3NMQAvD\\_BwE](https://shoppers.instacart.com/?utm_source=instacart_google&utm_medium=sem&utm_campaign=ad_supply_search_us-ny-newyork_mkag_brand_core_rs_ex_gp&utm_term=instacart%20careers&utm_content=356932582210&keyword=instacart%20careers&ic_role=fss&gclid=CjwKCAjwvOHZBRBoEiwA48i6AlwLt1GCjem24XPHICfW0gv1368432-kMn4zLk7f2Rh2SN5zXBfKcRoC3NMQAvD_BwE)
- Kroger
  - <https://jobs.kroger.com/>
- Papa John's
  - <https://jobs.papajohns.com/>
- Pepsico
  - <https://www.pepsicojobs.com/main/>
- Pizza Hut
  - <https://jobs.pizzahut.com/>
- Raley's
  - <https://www.raleys.com/about/careers/job-openings/>

- Sam's Club
  - [https://www.facebook.com/watch/?v=1378531275667695&pid=EMT\\_93&smtrctid=29859609](https://www.facebook.com/watch/?v=1378531275667695&pid=EMT_93&smtrctid=29859609)
- Safeway /Albertsons/Vons
  - <https://www.albertsonscompanies.com/careers/safeway-careers.html>
- Sprouts
  - <https://about.sprouts.com/careers/>
- Southern California Edison (SCE)
  - <https://www.edisoncareers.com/>
  - Still hiring at the moment to fill positions that can telework. Interviews will be done via skype.
- UPS
  - <https://www.jobs-ups.com/location>
- Walgreens
  - <https://jobs.walgreens.com/>
- Walmart
  - <https://careers.walmart.com/>

## Utility Companies

### Energy/Gas

- California Energy Commission
  - ([https://ww2.energy.ca.gov/almanac/electricity\\_data/utilities.html](https://ww2.energy.ca.gov/almanac/electricity_data/utilities.html))
- SoCal Gas
  - <https://www.socalgas.com/coronavirus>
  - We suspended service disconnections until further notice. This means no customer will have their natural gas turned off due to non-payment. Customer service representatives continue to be available 24-hours a day, 7 days a week to answer your questions, help you select a payment option, or determine if the service your calling about needs our attention right away. If in need of assistance, we encourage customers to call us at 1-800-427-2200. For our Small Business Customers, we are waiving late payment fees.
- Southern California Edison
  - <https://www.sce.com/residential/assistance?from=/billhelp>
  - To help with financial challenges due to COVID-19, we are temporarily suspending disconnections for customers unable to pay their bill. Some Authorized Payment Agencies may close or provide intermittent service. We will waive late payment charges if this affects your ability to make a timely payment.
  - Is not charging late fees and will not disconnect due to failure of payment.

### Cable TV/ Internet/ Phone

Currently companies are experiencing high call volumes, encourage customers to use the self-service web portal. Majority are waiving late fees and adding free data usage/speed for customers. Please check each company below.

- Frontier
  - <https://frontier.com/resources/covid-19> (no relief/resources)
- Direct TV
  - <https://www.directv.com/>  
<https://about.att.com/pages/COVID-19.html#consumers> (companies joined together)
  - Not terminate the service of any wireless, home phone or broadband residential or small business customer because of their inability to pay their bill due to disruptions caused by the coronavirus pandemic. Waive any late payment fees that any wireless, home phone or broadband residential or small business customer may incur because of economic hardship related to the coronavirus pandemic. (NEW) Waive domestic wireless plan overage charges for data, voice or text for residential or small business wireless customers incurred because of economic hardship related to the coronavirus pandemic. Keep our public Wi-Fi hotspots open for anyone who needs them.
- AT& T
  - <https://www.att.com/help/covid-19/>  
<https://about.att.com/pages/COVID-19.html#consumers>

- Not terminate the service of any wireless, home phone or broadband residential or small business customer because of their inability to pay their bill due to disruptions caused by the coronavirus pandemic. Waive any late payment fees that any wireless, home phone or broadband residential or small business customer may incur because of economic hardship related to the coronavirus pandemic. (NEW) Waive domestic wireless plan overage charges for data, voice or text for residential or small business wireless customers incurred because of economic hardship related to the coronavirus pandemic. Keep our public Wi-Fi hotspots open for anyone who needs them.
- T-Mobile
  - <https://www.t-mobile.com/news/t-mobile-update-on-covid-19-response>
  - T-Mobile is temporarily waiving Late fees and Suspend and restore fees for those impacted by COVID-19.
  - In response to COVID-19, T-Mobile introduced T-Mobile Connect, its lowest priced smartphone plan ever, and added lower-cost options for Metro by T-Mobile to help ensure everyone has an affordable option to get and stay connected during these challenging times.
  - ALL current T-Mobile and Metro by T-Mobile customers as of March 13, 2020 who have legacy plans without unlimited high-speed data will get unlimited smartphone data for the next 60 days (excluding roaming). Starting March 20, 2020, providing T-Mobile and Metro by T-Mobile customers on smartphone plans with hotspot data an additional 20GB of smartphone mobile hotspot (10GB per bill cycle for the next 60 days) for each voice line. (T-Mobile Connect excluded). Working with our Lifeline partners to provide customers extra free data up to 5GB of data per month through May 13, 2020. Increasing the data allowance for free to schools and students using our EmpowerED digital learning programs to ensure each participant has access to at least 20GB of data per month through May 13, 2020.
- Cricket
  - <https://www.cricketwireless.com/newsroom/blog/cricket-health-and-safety-update.html>
  - Now waiving processing fees for IVR payments and service reactivation. Customers can pay their bill by phone through Cricket's Interactive Voice Response (IVR) system. Starting 3/24/20, we are automatically waiving reactivation fees for customers.
- Spectrum
  - <https://mobile.spectrum.com/support/article/360040980371/coronavirus-covid19-update>
  - Won't terminate service for Spectrum Internet, TV or Voice residential or small business customers who face difficult economic circumstances related to the COVID-19 pandemic. Similarly, we won't charge late fees for those customers facing difficult economic circumstances related to the pandemic. As always, we don't have data caps or hidden fees.
- Dish

<http://about.dish.com/2020-03-19-COVID-19-Response-DISH-Provides-Spectrum-to-AT-T-at-No-Cost-Delivering-Enhanced-Capacity-to-Wireless-Network>

- DISH Provides Spectrum to AT&T at No Cost, Delivering Enhanced Capacity to Wireless Network. (didn't find anything regarding payment issues due to COVID)
- Verizon
  - <https://www.verizonwireless.com/support/>
  - Verizon will waive late fees and overage charges for 60 days from March 16 to May 13 for customers who let us know they are unable to pay as a result of economic hardship due to the pandemic, and we will not terminate service to those customers.
  - Partnered with LAUSD to bring free internet to students in the district  
<https://achieve.lausd.net/site/default.aspx?PageType=3&DomainID=4&ModuleInstanceID=4466&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=87160&PageID=1&fbclid=IwAR1NgHBKfbvOc062FG7limxKP-bAXI5UEFd5ZGI4IHBGAXK7QsU1NZkexl>
- Cox
  - <https://www.cox.com/residential/internet/connect2compete/covid-19-response.html>
  - Cox currently has a low-income broadband program and is exploring additional ways to expand the initiative if the virus forces school closings.
  - Effective Monday, March 16, we are providing: Limited-time, first two months free of Connect2Compete service, \$9.95/month thereafter. Until May 15, 2020, we are providing phone and remote desktop support through Cox Complete Care at no charge to provide peace of mind and ease for technology needs. Resources for discounted, refurbished equipment through our association with PCs for People. A Learn from Home toolkit for schools, including instructions on how to fast-track eligible students without internet access:
- Earthlink
  - <https://www.earthlink.net/keepamericansconnected/>
  - EarthLink also pledges for the next 60 days (as of March 16, 2020) to: not terminate the service of any residential or small business customers because of their inability to pay their bill due to disruptions caused by the coronavirus pandemic. not charge late payment fees residential or small business customers may incur because of economic hardship related to the coronavirus pandemic
- Xfinity
  - <https://www.xfinity.com/prepare>
  - Currently, Xfinity Mobile customers are unable to change their auto-pay date, so we will still attempt to collect payment as scheduled. However, if auto-pay fails due to insufficient funds, we will not disconnect your Xfinity Mobile service at this time.
- Mediacom
  - <https://mediacomcable.com/about/news/corona-company-initiatives/>

- Increasing the speed of the Mediacom Connect2Compete low-cost internet program to 25 megabits per second (Mbps) down by 3 Mbps up (currently 10 Mbps down by 1 Mbps up). Qualifying families who subscribe before May 15, 2020, will receive 60 days of complimentary Mediacom Connect2Compete service. Extending the pricing of Mediacom's Access Internet 60 broadband service to new customers at \$19.99 per month for the next 12 months (currently retails for \$29.99 per month). Pausing monthly data allowances across all Mediacom broadband service tiers through May 15, 2020; Providing complimentary access to all Mediacom Xtream Wi-Fi Hotspots for 60 days.
- **Virgin Mobile**  
<https://www.virginmobile.ca/en/support/covid-19-update.html?province=ON&geoResult=failed>
  - Waived extra usage fees for home internet members, waived roaming fees, and extended return policy.
- **Boost Mobile**  
<https://www.boostmobile.com/about/covid-19-response.html>
  - If unable to make payments, please contact Boost Mobile via phone
  - Starting March 18: Customers will automatically receive complimentary international calling rates from the U.S. to countries defined by the CDC as Level 3 through April 30, 2020. Once a country is designated Level 3 by the CDC, please allow up to 72 hours for us to update our systems to make those calls free. Waiving reactivation fees for customers through April 30, 2020.
- **Metro PCS**  
<https://www.metrobyt-mobile.com/ongoing-updates-covid-19>  
<https://www.metrobyt-mobile.com/ongoing-updates-covid-19#customers>
  - Starting March 25th, we will be offering a special discount plan with unlimited talk and text plus 2GB of capped high-speed smartphone data for just \$15 a month through May 25th to help customers stay connected during these challenging times. Restrictions apply.
- **Sprint**  
<https://www.sprint.com/en/landings/covid-19.html>
  - We're supporting customers by: Providing Unlimited data for 60 days to customers with metered data plans (effective 3/18). Giving 20 GB of free mobile hotspot to customers with hotspot-capable devices (effective 3/18). Waiving per-minute toll charges for international long-distance calls from the U.S. to CDC- defined Level 3 countries (effective 3/17)

#### Investor-Owned Utilities (IOUs):

- **Bear Valley Electric Service**  
<https://www.bves.com/covid-19-customer-protections/>

BVES will implement the following customer protections immediately: Expedite move-in and move-out service requests; Create payment plan options; Suspend disconnection for nonpayment; Provide support for low-income residential customers; and, Waive additional fees for customers who utilize online payment options.

- **Liberty Utilities (a.k.a. CalPeco for California Pacific Electric Co.)**  
<https://california.libertyutilities.com/compton/residential/safety/covid-19-statement.html>  
To assist customers and communities during the rapidly evolving COVID-19 public health emergency, Liberty Utilities has suspended service disconnections for non-payment. This temporary suspension, through at least May 1, 2020, includes residential and business customers. We encourage customers who have questions or who may be facing potential hardship to contact our customer service departments. We offer a variety of payment options and can assist customers with payment arrangements should they be needed.
- **PG & E**  
[https://pge.com/en\\_US/about-pge/company-information/protective-protocols/covid19.page](https://pge.com/en_US/about-pge/company-information/protective-protocols/covid19.page)  
We have implemented a series of billing and service modifications to support customers who have been impacted by the pandemic: Suspending service disconnections for non-payment and waiving security deposits, Implementing flexible payment plan options, and Providing additional support for low-income and medical baseline customers.
- **PacifiCorp**  
<https://www.pacificorp.com/about/newsroom/news-releases/pacificorp-waive-cancellation-fees-lewis-river.html>  
PacifiCorp will waive campground reservation cancellation fees until April 30 as long as cancellations are made at least eight days before the planned arrival date. Customers electing to cancel their reservations will receive a full refund. Customers may make a new reservation using the online system or by discussing date changes with reservation agents for later in the season, depending on availability.
- **San Diego Gas & Electric (SDGE)**  
<https://www.sdge.com/coronavirus>  
SDG&E knows that our customers' lives and income have been affected by this public health crisis. For that reason, SDG&E will not shut off service to customers for with unpaid bills until further notice. They are offering to their customers flexible payment plans, waive late fees, and delaying planned outages at this time

### Publicly Owned LSEs Including Publicly Owned Utilities (POUs)

For each city they will suspend any water & electric disconnections (each has specific deadline set) and majority will waive late fess (depending on the city). Please see each city's protocol to COVID below.

- Alameda Municipal Power  
<https://www.alamedamp.com/AlertCenter.aspx>



- Anaheim, City of Public Utilities Department  
<http://www.anaheim.net/226/Public-Utilities/>  
<http://anaheim.net/5457/Coronavirus>
- Azusa Light & Water  
[http://www.ci.azusa.ca.us/index.aspx?nid=132'](http://www.ci.azusa.ca.us/index.aspx?nid=132)  
<https://azusaca.gov/1831/CORONAVIRUS-COVID-19>
- Banning, City of Electric Department  
<http://banning.ca.us/AlertCenter.aspx?AID=City-of-Banning-utility-shut-offs-tempor-8>  
<http://banning.ca.us/index.aspx?nid=57>
- Biggs Municipal Utilities
  - Utility bills remain due by the 10th of each month, late on the 20th. Bank payments should be scheduled for the 10th to avoid late charges.  
<https://www.biggs-ca.gov/City-Services/Utilities/index.html>
- Burbank Water and Power  
<http://www.burbankwaterandpower.com>  
<https://nextdoor.com/agency-post/ca/burbank/city-of-burbank/covid-19-update-from-burbank-water-power-140726872/> (COVID memo)
- CCSF (also called the Power Enterprise of the San Francisco Public Utilities Commission)  
<https://sfwater.org/index.aspx?page=1321>  
<http://sfwater.org/index.aspx>
- Cerritos, City of Cerritos Electric Utility  
[http://www.cerritos.us/GOVERNMENT/city\\_organization/departments/water\\_and\\_power.php](http://www.cerritos.us/GOVERNMENT/city_organization/departments/water_and_power.php)
- City of Industry Administrative Offices  
<https://www.cityofindustry.org/>  
<https://www.industrybusinesscouncil.org/coronavirus-covid-19-federal-state-local-resources>  
(COVID)
- Colton Public Utilities  
<http://www.coltononline.com/>  
<https://www.ci.colton.ca.us/AlertCenter.aspx> (COVID)
- Corona, City of Department of Water and Power  
<http://discovercoronadwp.com/>  
<https://www.coronaca.gov/i-want-to/learn-more-about/coronavirus>
- Eastside Power Authority

<http://robertson-bryan.com/contact/>

- Glendale Water & Power  
<https://www.glendaleca.gov/government/departments/glendale-water-and-power>
- Gridley Electric Utility  
<http://www.gridley.ca.us/city-departments/electric-department>
- Healdsburg, City of, Electric Department  
<http://www.ci.healdsburg.ca.us/172/utility-billing-customer-service/>  
<https://www.ci.healdsburg.ca.us/974/Coronavirus-COVID-19>
- Imperial Irrigation District (IID)  
<http://www.iid.com/>
- Kirkwood Meadows Public Utility District  
<https://www.kmpud.com/>  
<https://www.kmpud.com/news/covid-19-notices/>
- Lassen Municipal Utility District  
<http://www.lmud.org>  
<https://www.lmud.org/lmud-office-temporarily-closed/>
- Lathrop Irrigation District  
<http://www.lathropirrigation.com/>  
[https://87c4182f-b413-4a6b-a28a-6c02d06e29ec.filesusr.com/ugd/2edb25\\_dc2e3408685746e888217be9ed720c57.pdf](https://87c4182f-b413-4a6b-a28a-6c02d06e29ec.filesusr.com/ugd/2edb25_dc2e3408685746e888217be9ed720c57.pdf)
- Lodi Electric Utility  
[www.lodielectric.com/](http://www.lodielectric.com/)
- Lompoc, City of, Electric Division  
[www.cityoflompoc.com/utilities/electric.htm](http://www.cityoflompoc.com/utilities/electric.htm)
- Los Angeles Department of Water & Power (LADWP)  
<http://www.ladwp.com>  
<https://www.ladwpnews.com/> (COVID)
- Merced Irrigation District (MeID)  
<http://www.mercedid.org/>  
<http://www.mercedid.com/index.cfm/latest-news/mid-covid-19-update/>
- Modesto Irrigation District (MID)

[www.mid.org/](http://www.mid.org/)

- Moreno Valley Utility (MVU)  
[www.moreno-valley.ca.us/resident\\_services/utilities/index-util.shtml](http://www.moreno-valley.ca.us/resident_services/utilities/index-util.shtml)
- Needles, City of (Public Utility Authority)  
<http://cityofneedles.com/utilities/>
- Palo Alto, City of, Utilities Department  
<http://www.cityofpaloalto.org/gov/depts/utl/default.asp>  
<https://www.cityofpaloalto.org/gov/depts/utl/news/details.asp?NewsID=4859>
- Pasadena Water and Power  
<https://ww5.cityofpasadena.net/water-and-power/>
- Pittsburg, City of Pittsburg Power Company Island Energy  
<http://www.islandenergy.com/>
- Port of Oakland  
<http://www.portofoakland.com/>
- Port of Stockton  
<http://www.portofstockton.com/>
- Power and Water Resources Pooling Authority (PWRPA)  
<http://www.pwrpa.org>
- Rancho Cucamonga Municipal Utility  
<https://www.cityofrc.us/>  
<https://www.cityofrc.us/coronavirus>
- Redding Electric Utility  
<http://www.reupower.com/index.asp>  
<https://stories.opengov.com/reddingca/published/kmYQ6yf1q> (COVID)
- Riverside, City of Public Utilities Department  
<http://www.riversideca.gov/utilities/>  
<https://www.riversideca.gov/press/information-regarding-covid-19-coronavirus>
- Roseville Electric  
<http://www.roseville.ca.us/electric/>  
[https://www.roseville.ca.us/news/what\\_s\\_happening\\_in\\_roseville/city\\_proclaims\\_local\\_emergency](https://www.roseville.ca.us/news/what_s_happening_in_roseville/city_proclaims_local_emergency)

- Sacramento Municipal Utility District (SMUD)  
<http://www.smud.org/>
- Shasta Lake, City of  
<https://cityofshastalake.org/868/Electric-Utility>  
<https://www.cityofshastalake.org/AlertCenter.aspx> (COVID)
- Shelter Cove Resort Improvement District  
<http://sheltercove-ca.gov/>
- Silicon Valley Power (SVP) City of Santa Clara  
<http://www.siliconvalleypower.com/>  
<https://www.santaclaraca.gov/i-want-to/stay-informed/current-topics/coronavirus-updates>
- Trinity Public Utilities District (PUD)  
<https://www.trinitypud.com/>
- Truckee Donner Public Utilities District  
<https://www.tdpud.org/>  
<https://www.tdpud.org/customer-service/covid-19-response>
- Turlock Irrigation District (TID)  
<http://www.tid.com>  
<https://www.tid.org/news-and-resources/safety-tips-and-resources/coronavirus/>
- Ukiah, City of, Electric Utilities Division  
<http://www.cityofukiah.com/electric-utility/>  
[http://www.cityofukiah.com/NewWeb/wp-content/uploads/2020/03/PR\\_Notice\\_Public-Facilities-Closure\\_Revised-031920.pdf](http://www.cityofukiah.com/NewWeb/wp-content/uploads/2020/03/PR_Notice_Public-Facilities-Closure_Revised-031920.pdf)
- Vernon, City of Gas & Electric Department  
<http://www.cityofvernon.org/>  
<http://www.cityofvernon.org/city-news/336-coronavirus-covid-19-response-and-information>
- Victorville Municipal Utilities Services  
<https://www.victorvilleca.gov>  
<https://www.victorvilleca.gov/government/media-relations/coronavirus-covid-19-updates/city-utilities>

## Rural Electric Cooperatives

Each office below is closed currently and has different potential date openings. However, there are online and phone services available for each company.

- Anza Electric Cooperative, Inc.  
<http://www.anzaelectric.org/>
- Plumas-Sierra Rural Electric Cooperative  
<http://www.psrec.coop/>
- Surprise Valley Electrification Corporation  
<http://surprisevalleyelectric.org/>
- Valley Electric Association, Inc.  
<http://www.vea.coop>

### Community Choice Aggregators (Energy/ Power Companies)

Each company offers impacted customers no disconnection for non-payment of electricity bills, new flexible payment plans are available, and bill payment assistance is available for low-income customers. All suspension of disconnections and payment arrangements can be coordinated through each provider. All offices are temporarily closed but customer service is available via phone/email.

- Apple Valley Choice Energy  
<https://avchoiceenergy.com/>
- Clean Power San Francisco (SF)  
<https://www.cleanpowersf.org/covid-19>
- Clean Power Alliance (Los Angeles)  
<https://cleanpoweralliance.org/>  
<https://www.sce.com/safety/coronavirus>
- Desert Community Energy  
(website temporarily down) <https://desertcommunityenergy.org/>  
<https://www.palmspringsca.gov/city-services/sustainability-and-recycling/desert-community-energy>
- Lancaster Choice Energy  
<https://www.lancasterchoiceenergy.com/>  
<https://www.sce.com/safety/coronavirus>
- Lancaster Power Authority  
<http://www.lancasterchoiceenergy.com/index.php>  
<https://www.sce.com/safety/coronavirus>
- Marin Clean Energy (MCE)  
<https://www.mcecleanenergy.org/>
- Metropolitan Water District of So. Cal. (MWD)

<http://www.mwdh2o.com/>

- Monterey Bay Community Power  
<https://www.mbcommunitypower.org/>
- Peninsula Clean Energy  
<https://www.peninsulacleanenergy.com/>  
<https://www.peninsulacleanenergy.com/covid-19-update-operations-during-shelter-in-place-directive/>
- Pico Rivera Innovative Municipal Energy  
<https://www.poweredbyprime.org/>  
<https://www.sce.com/safety/coronavirus>
- Pilot Power Group, Inc.  
<https://www.pilotpowergroup.com/>
- Pioneer Community Energy  
<https://pioneercommunityenergy.ca.gov/>
- Rancho Mirage Energy Authority  
<https://ranchomirageenergy.org/>  
<https://ranchomirageca.gov/coronavirus-updates/>
- Redwood Coast Energy Authority  
<https://redwoodenergy.org/>
- San Jacinto Power  
<http://sanjacintopower.com/>  
<https://sanjacintoca.hosted.civillive.com/community/Covid19>
- San Jose Clean Energy  
<https://www.sanjosecleanenergy.org/>
- Silicon Valley Clean Energy  
<https://www.svcleanenergy.org/>
- Solana Energy Alliance  
<https://solanaenergyalliance.org/>
- Sonoma Clean Power  
<https://sonomacleanpower.org/>



- Valley Clean Energy  
<https://valleycleanenergy.org/>  
<https://valleycleanenergy.org/news/vces-response-to-covid-19/>

## Financial Institutes

### Small Business & Personal Loans

Many financial institutions are actively looking for ways to help customers who have been financially impacted by COVID-19.

- US Bank  
<https://www.usbank.com/splash/covid19.html>  
If you've been financially impacted by COVID-19 and need immediate help, **call our assistance line at 888-287-7817**. We are actively looking for ways to help our personal banking customers by providing options such as simple loans, personal loans, 0% interest credit cards and small business loans.
- Possible  
<https://www.possiblefinance.com/installment-loans>  
Fast and affordable installment loans. Borrow up to \$500 in minutes even with bad credit. Repay over time.
- U.S. Small Business Administration  
<https://www.sba.gov/coronavirus>  
Federal Disaster Loans for Businesses, Private Nonprofits, Homeowners, and Renters
- WECU Credit Union  
<https://www.wecu.com/crisisrelief/>  
For anyone financially impacted by the Coronavirus, they are offering a special Crisis Relief Loan option. Apply online and they will reach out to you within 24-48 hours.
- Fidelity  
<https://sponsor.fidelity.com/pspublic/pca/psw/public/library/designbenefits/Hardship-Withdrawals.html>  
They are working to support potential withdrawal options to help participants access funds for financial strains related to COVID-19 – including newly launched zero-day wait electronic funds transfers (EFT).

How To Get Financial Relief ASAP If You're A Gig Worker Or Small Business Owner

- <https://laist.com/latest/post/20200417/Financial-Relief-%20If-You're-A-Gig-Worker-Or-Small-Business-Owner>

### Auto, Home & Personal Loans

California Gov. Gavin Newsom signed an executive order on March 16 to stop evictions and foreclosures for people who are affected by COVID-19 through May 31, unless otherwise directed.



Most banks are allowing customers to defer personal loan payments at least one month. You'll need to contact your loan provider directly to understand what options are available. Remember that in this environment, companies are constantly updating their policy so it doesn't hurt to check multiple times.

- Ally  
<https://www.ally.com/coronavirus-response>  
If you're experiencing financial hardship as a result of the coronavirus (COVID-19) pandemic, you can log in to your account and sign up for a payment deferral of up to 120 days.
- Bank of America  
<https://about.bankofamerica.com/promo/assistance/latest-updates-from-bank-of-america-coronavirus>  
They are here for you with the solutions, support, and advice you need to manage your personal finances and to navigate the volatility of the market. If you need help making credit card payments on time, you can submit an online request for a payment deferral.
- Capitol One  
<https://www.capitalone.com/coronavirus/>  
Capitol One is here to help and encourage customers who may be impacted or need assistance to reach out to discuss and find a solution.
- Chase  
<https://www.chase.com/digital/resources/coronavirus>  
If you need help with your mortgage payment, you can call us at 1-800-848-9380 with questions or sign in to your send us a secure message. If you've been affected, and need help with your credit card payments call us at the number of the back of your credit or debit card or on your statement.
- Citibank  
<https://online.citi.com/US/JRS/pands/detail.do?ID=covid19>  
For eligible Mortgage Customers: A range of hardship programs through our service provider, Cenlar FSB. Please contact them at 1-855-839-6253 Monday-Friday 8:30am - 8pm ET and Saturday 8:30am - 5pm ET.
- Freddie Mac  
<https://www.freddiemac.com/about/covid-19.html>
  - They are taking action to help make sure homeowners with Freddie Mac-owned mortgages who are directly or indirectly impacted by COVID-19 are able to stay in their homes during this challenging time. This includes offering the following mortgage relief options for those who are unable to make their mortgage payments due to a decline in income:

- Providing mortgage forbearance for up to 12 months,
  - Waiving assessments of penalties and late fees,
  - Halting all foreclosure sales and evictions of borrowers living in Freddie Mac-owned homes until at least May 17, 2020,
  - Suspending reporting to credit bureaus of delinquency related to forbearance,
  - Offering loan modification options that lower payments or keep payments the same after the forbearance period.
  
- HSBC  
<https://www.us.hsbc.com/coronavirus-update/>  
If you're affected by COVID-19, we're here to help. Chat with us online, contact your Relationship Manager, or call us at 866.949.2351. For help with your Mortgage or Home Equity, please call 855.806.4657 to talk about assistance programs that may be available to you.
  
- Santander  
<https://www.santanderbank.com/us/branch-services-update-from-santander>  
**For our Retail Bank Customers:** We are providing assistance in a number of ways including: helping those experiencing difficulties with loan payments; waiving fees associated with early CD withdrawals; and increasing cash availability limits at ATMs. If you're being impacted financially by the coronavirus please contact us at (844) 728 0999 for further assistance.  
  
**For our Business Banking Customers:** We are working with our customers on loan terms, and offering payment accommodations to Business Banking customers who are facing hardships. If you're a Business Banking Customer and need assistance, please contact us at (877) 768 1145 or contact your relationship
  
- Tri Counties Bank of CA  
<https://www.tcbk.com/coronavirus>  
If you have financial concerns during these challenging times, reach out to your local banker, or our bankers can assist you by phone 24 hours a day, seven days a week at 1-800-922-8742. We are all in this together
  
- Wells Fargo  
<https://newsroom.wf.com/press-release/corporate-and-financial/wells-fargo-announces-aid-customers-and-communities-impacted>  
Wells Fargo is working on a daily basis to put measures in place to support the needs of customers impacted by COVID-19 in the most effective ways possible. Wells Fargo is suspending residential property foreclosure sales, evictions and involuntary automobile repossessions. The company also is offering fee waivers, payment deferrals and other expanded assistance for credit card, auto, mortgage, small business and personal lending customers who contact the company

## Federal Student Loans

Step one is reaching out to your lender. The Department of Education has contact numbers for services of federally held loans listed on its website. If you're not sure who holds your loan, call the Federal Student Aid Information Center (FSAIC) at 1-800-433-3243 or visit

[StudentAid.gov/login](https://studentaid.gov/login).

- Federal Student Aid  
<https://studentaid.gov/announcements-events/coronavirus>

## Privately held student loans

It's critical to note that last week's announcement has no authority over privately held loans, such as those held by Sallie Mae.

You can still request a forbearance to temporarily postpone or reduce your payments, but as of now, you'll still face late fees, and interest will accrue. And a payment might be required to obtain the forbearance.

- Navient  
<https://navient.com/covid-19>
- Sallie Mae  
<https://www.salliemae.com/landing/coronavirus/>

## Financial Assistance

- **Small businesses affected by the coronavirus pandemic** can apply for [\\$349 billion in loans](#) from the federal [Paycheck Protection Program](#).
- The state of California is providing [\\$50 million in loan guarantees](#) to businesses that don't qualify for the federal aid, "including **low wealth and undocumented immigrant communities**."
- The [city of L.A.](#) is offering **emergency micro-loans** between \$5,000 and \$50,000 to small businesses affected by the coronavirus.
- The [Jewish Free Loan Association](#) is offering interest-free and fee-free loans that can be turned around in a matter of days to **folks impacted by coronavirus**, for anything from everyday expenses to childcare to lost wages. You do not need to be Jewish to apply.
- The [USBG National Charity Foundation](#) is offering **loans to bartenders** who may be out of work.
- Here is a [list of resources](#) for **freelance artists**. The J. Paul Getty Trust has also created a [\\$10 million fund](#) to help **small and mid-sized nonprofit art spaces** struggling to survive the pandemic. Getty is also rerouting cash earmarked

for its \$25,000 artist grants through the CCF [Fellowships for Visual Artists](#) to support visual artists in need.

- [One Fair Wage](#) is offering cash assistance to **service workers and tipped workers**.
- [Restaurants Care](#) is offering **grants for restaurant workers** who have tested positive for COVID-19 or who have been quarantined.
- [Children of Restaurant Employees](#) is offering funds to restaurant workers who have tested positive for COVID-19 and **have children at home**.
- [Americans for the Arts](#) has a lengthy list of places offering **funding and grants for artists**.
- The [National Domestic Workers Alliance](#) has set up a fund for **in-home care workers, nannies and house cleaners**.
- [Savi and Student Debt Crisis](#) are offering help to folks who are **having trouble paying their student loans** because of the coronavirus' impact to their income.

## Auto Insurance

Here is a list of all the auto insurance companies in California <http://www.insurance.ca.gov/01-consumers/105-type/1-auto/tollfreenbrs.cfm> encourage people to reach out to their companies directly and see what kind of relief they are giving their customers.

- 21<sup>st</sup> Century  
<https://www.21st.com/covid-19-notice>  
If you're directly affected - If you experience a hardship as a result of COVID -19, please call 1-800-241-1188 during our operating hours (Monday - Friday 7am-7pm PST & Saturday 7am-6pm PST) to review your policy and particular circumstances.
- American Modern  
<https://www.amig.com/>  
Due to COVID-19, we are working remotely, but remain committed to serving you. In these unusual times, we offer these fast, easy service options:  
Billing questions? Use the Chatbot for fast answers.  
Make a Payment Online, use the Chatbot, or call the automated payment line at 800-543-2644  
Customer Service is open with full phone support, 10AM - 7PM EST.  
We will be closed from 2 - 3 PM EST.

- Alliance United  
<http://www.allianceunited.com/>  
In efforts to help slow the spread of COVID-19, we want to make sure you can stay connected with us. We encourage you to access your account online to make payments, manage claims and access policy information, or reach out to your agency by phone or email during business hours.

Supporting our customers and meeting their needs is our priority. We're focused on following the guidance of the Centers for Disease Control and Prevention. In the event that you experience longer than expected call wait times, we appreciate your patience and understanding.

- Allstate  
<https://www.allstate.com/>  
we are announcing the Allstate Shelter-in-Place Payback of more than \$600 million in April and May for our auto insurance customers.
- Liberty Mutual  
<https://www.libertymutual.com/covid-19>  
*Personal Auto Customer Relief Refund*  
Personal Auto Customer Relief Refund, which will return an estimated \$250 million to our personal auto insurance customers. Here's how it works:
  - Personal auto insurance customers will receive a 15% refund on two months of their auto premiums, as of April 7, 2020, pending regulatory approval.

- The refunds will begin in April and will be issued either by check or in the manner you made your most recent payment.
- The payments will happen automatically, and you do not need to call us to receive the refund.

*Payment Flexibility Options*

- We have automatically stopped charging late fees and have temporarily paused personal auto & home coverage cancellations due to non-payment from March 23 through May 22, 2020, or later as directed by your state.
- We are also extending payment dates if needed. Please contact us if we can be of assistance.

*Changes to Auto & Property Claims Process to Protect Customers and Employees*

- We've stopped all in-home damage inspections effective immediately except in emergency situations, such as water damage with an active leak or threat of mold, to avoid having employees entering homes. Whenever possible, we will do in-home inspections through RealTime Review video chat or other video collaboration tools. We will ask customers for their approval before using these tools.
- Our adjusters will continue to do outside property inspections outside the home with customer permission. Our property adjusters will be following CDC Guidelines, including social distancing and following sanitation guidelines.
- Auto appraisers will not be visiting customer homes or auto body shops except in emergency situations and will follow CDC guidelines. You can submit photographs of vehicle damage online and through our app, including using our new assisted-photo tool which will show you step-by-step how to take damage photos.
- All other claims employees are working from home to continue to support customers. For faster claims processing, we strongly encourage you to file new claims online, to manage claims online, and to use our digital tools including RealTime Review video chat and guided photo capture.
- We are suspending our Claims Valet Service until further notice except for emergency situations.
- We're instructing any vendors who provide services to Liberty Mutual to follow the same guidelines.

- Capital Insurance Group

<https://www.ciginsurance.com/covid-19/>

- Mapfre Insurance

<https://www.mapfreinsurance.com/en/>

MAPFRE is committed to helping policyholders facing difficulties as a consequence of the COVID-19 pandemic.

If you have any questions or concerns regarding your insurance policy or billing, please contact our team to discuss how we can help. We are open Monday through Friday, 8 a.m. to 5 p.m.

- Esurance

<https://www.esurance.com/info/covid19>

*Shelter-in-Place Payback*

Most customers will get a payback of 15% of monthly auto insurance premiums during April and May.\*

You'll receive the payback electronically to the payment method on file (credit card, debit card or electronic bank transfer) or by check if there's no payment method on file.

April paybacks will be made automatically between 4/17/20 and 4/24/20, and you'll receive a confirmation email at the time of payment. All Esurance auto insurance customers with policies in effect as of 3/31/2020 are eligible for the April Payback, and as of 4/30/2020 for the May Payback.

- Encompass Insurance

<https://www.encompassinsurance.com/covid.aspx>

Given this decline in driving, we are announcing the Encompass Shelter-in-Place Payback of more than \$600 million in April and May for the Allstate family of companies (which includes Encompass) auto insurance customers.

- Everest Insurance

<https://www.everestire.com/~/link.aspx?id=303436A221EB47CA91DB1C5353557F84&z=z>

- Explorer Insurance

<https://www.explorer-insurance.com/news/explorer-insurance-company-announces-safeguards-for-california-policyholders-due-to-the-impact-of-coronavirus-covid-19/>

Carrier suspends reporting requirements and cancellations due to non-payment.

- Farmers

<https://www.farmers.com/covid-19-notice/>

The first step we're taking is temporarily pausing policy cancellations due to non-payment, from now through May 1, 2020. This means you will have until at least May 1 to make a mid-term payment, if one is due, and any unpaid balance will carry over to your next billing statement with no late fee or other penalty.

- Geico

<https://www.geico.com/about/coronavirus/>

We're pausing cancellation due to non-payment & policy expiration. Dates may vary by state. Automatic payments will continue unless you postpone or stop them.

- Guide One Insurance

<https://www.guideone.com/covid-19-coronavirus-resources>

We understand that this is an unprecedented time of uncertainty and we are here to help you and your customers. Effective March 23, 2020, we will hold nonpayment cancellations for 60 days. During this time, late payment charges and nonsufficient fund fees will also be waived.

- **Nationwide Insurance**  
<https://blog.nationwide.com/a-message-from-chief-customer-officer-amy-shore-about-the-coronavirus/>  
Home, Auto and Business – If you’ve experienced hardship due to COVID-19, we can suspend the cancellation of some policies, defer payment deadlines, and waive some late fees. Home and auto customers can contact us at 877-669-6877, and business customers can reach us at 888-508-8622.
- **Oregon Mutual**  
<https://www.ormutual.com/>
- Oregon Mutual is actively monitoring the COVID-19 situation impacting our communities. We are available 24 hours a day, 7 days a week, at 800-934-3809 for your claims reporting needs and at 800-888-2141 for your insurance related questions. As we have for the past 125 years, we remain dedicated to exemplary service to our agents and members. This commitment will continue unabated as we navigate these challenging times.
- **Progressive Insurance**  
<https://www.progressive.com/support/covid19/>  
Starting April 1, 2020, we’ll waive late fees and hold off on canceling or non-renewing any active policies due to non-payment through May 15, 2020.
- **Safeco**  
<https://www.safeco.com/covid-19>  
*Personal Auto Customer Relief Refund*
  - Fewer drivers are on the road, which means fewer accidents. With this in mind, we are announcing our Personal Auto Customer Relief Refund, which will return an estimated \$250 million to our personal auto insurance customers. Here’s how it works:
  - Personal auto insurance customers will receive a 15% refund on two months of their auto premiums, as of April 7, 2020, pending regulatory approval.
  - The refunds will begin in April and will be issued either by check or in the manner you made your most recent payment.
  - The payments will happen automatically, and you do not need to call us to receive the refund.*Payment Flexibility Options*
  - We have automatically stopped charging late fees and have temporarily paused personal auto & home coverage cancellations due to non-payment from March 23 through May 22, 2020, or later as directed by your state.
- **Traveler’s Insurance**  
<https://www.travelers.com/about-travelers/covid-19-coronavirus-update>  
Here are some of the ways we’re helping our customers, employees and communities during this time:



- Providing billing relief for all U.S. customers, including suspending cancellation and nonrenewal of coverage due to nonpayment through May 15, 2020 (no interest, late fees or penalties will be charged).
- Adjusting the claim inspection process to rely more heavily on state-of-the-art digital and virtual tools.
- Conducting virtual premium audits for an extra measure of safety.
- Providing telemedicine options for injured employees through workers compensation, including a temporary telerehabilitation program for those who are concerned about or unable to attend physical therapy visits in person.
- **USAA Insurance**  
<https://www.usaa.com/inet/wc/covid-19-financial-difficulty>  
Eligible members can get financial assistance during the coronavirus pandemic.
- **Dairyland Insurance**  
<https://www.dairylandinsurance.com/covid-19>
  - If you're experiencing financial difficulties, we offer you a grace period, upon request, for premium payments through May 15, 2020. Your coverage will be uninterrupted during this period, but you must make a payment by May 15, 2020, to avoid a lapse in coverage after that date. Call 800-334-0090 to make your request.
  - We're suspending cancellations of coverage for nonpayment of premiums, through at least May 15, 2020, in Colorado, Louisiana, Mississippi, North Carolina, New York, Ohio, Oklahoma, Oregon, Washington, and West Virginia. You don't need to call to request this suspension.
    - Start and stop dates of suspensions may vary by state.
    - If you don't pay your premium in one of these states, you may receive a cancellation notice. Your policy, however, may still be active during the suspension period. Please call 800-334-0090 if you have any questions about your coverage, start and stop dates, or suspension rules as they apply in your state.
  - If we don't receive your payment by the end of your grace period or cancellation suspension, your policy will be cancelled on the effective date of any cancellation notice you receive.
  - Effective April 6, 2020, we're suspending enforcement of our exclusions for food delivery through May 15, 2020, countrywide. All other deliveries continue to be excluded, and all other terms and conditions of your policy continue to apply.
- **Wawanesa Insurance**  
<https://www.wawanesa.com/us/news/coronavirus-covid-19-update>  
We know this is a stressful time and we are here for you and your families. If you are facing financial difficulties, please contact us so that we can offer assistance. We will work with you on a case-by-case basis and have implemented several actions to support you and help ease your concerns.
  - We will not cancel policies due to non-payment through May 25th, 2020.
  - We can support you with more flexible payment options and work with you on a case-by-case basis.



- We are waiving fees due to insufficient funds and cancellations through May 25th, 2020.

## From the Government

### Employment Development Department

Onward CA is a new website to help connect you with resources and jobs

<https://onwardca.org/>

[https://www.edd.ca.gov/about\\_edd/coronavirus-2019.htm](https://www.edd.ca.gov/about_edd/coronavirus-2019.htm)

Information for:

- Workers
  - **Sick or Quarantined**  
If you're unable to work due to having or being exposed to COVID-19 (certified by a medical professional), you can [file a Disability Insurance \(DI\) claim](#).
  - **Caregiving**  
If you're unable to work because you are caring for an ill or quarantined family member with COVID-19 (certified by a medical professional), you can [file a Paid Family Leave \(PFL\) claim](#).
  - **School Closures**  
If your child's school is closed, and you have to miss work to be there for them, you may be eligible for Unemployment Insurance benefits. Eligibility considerations include if you have no other care options and if you are unable to continue working your normal hours remotely. [File an Unemployment Insurance claim](#)
  - **Reduced Work Hours**  
If your employer has reduced your hours or shut down operations due to COVID-19, you can [file an Unemployment Insurance \(UI\) claim](#).
  - **Self-Employed**  
Apply for the benefit program that best fits your situation. Visit [Self-Employed/Independent Contractor](#) to learn more.
- Employers
  - **Workplace Health and Safety**
  - **Reduced Work Hours**  
Visit [Work Sharing Program](#) to learn more about its benefits for you and employees, and how to apply.
  - **Potential Closure or Layoffs**  
For more information, refer to the [Rapid Response Services for Businesses Fact Sheet \(DE 87144RRB\) \(PDF\)](#) or contact your local [America's Job Center of California<sup>SM</sup>](#).

- **California WARN**

Employers should continue to file a WARN per the legislation requirements regardless if the 60-day notice timeframe is not met. For more information, visit the [COVID-19: WARN FAQs](#).

- **Volunteer Opportunities**

We can all safely help our communities in response to COVID-19. During these difficult times, Californians come together to help each other.

<https://californiavolunteers.ca.gov/get-involved/covid-19/>

- **Restaurant Employee Relief Fund**

- [www.rerf.us](http://www.rerf.us)

- <https://rerf.us/apply-for-aid/application-faqs/>

The Restaurant Employee Relief Fund (“Fund”) was created to help restaurant industry employees experiencing extraordinary hardship in the wake of the coronavirus disease (COVID-19) outbreak. Through this Fund, grants will be made to restaurant industry employees who have been impacted by COVID-19, including a decrease in wages or loss of employment. Grants will be awarded as soon as possible to those individuals who meet the prescribed eligibility criteria, as reviewed and verified by the National Restaurant Association Educational Foundation (NRAEF).

Subject to the availability of funds contributed to the Fund, a one-time grant of \$500 will be disbursed directly to the applicant following NRAEF’s review and confirmation that their submitted application meets the prescribed guidelines. Awards will be limited to one grant per person. All grant approvals are at the discretion of the NRAEF. Applications will open on April 2, 2020.

- **Who Should Apply To Receive Funds?**

Funds will be available for restaurant and foodservice employees who can demonstrate that they:

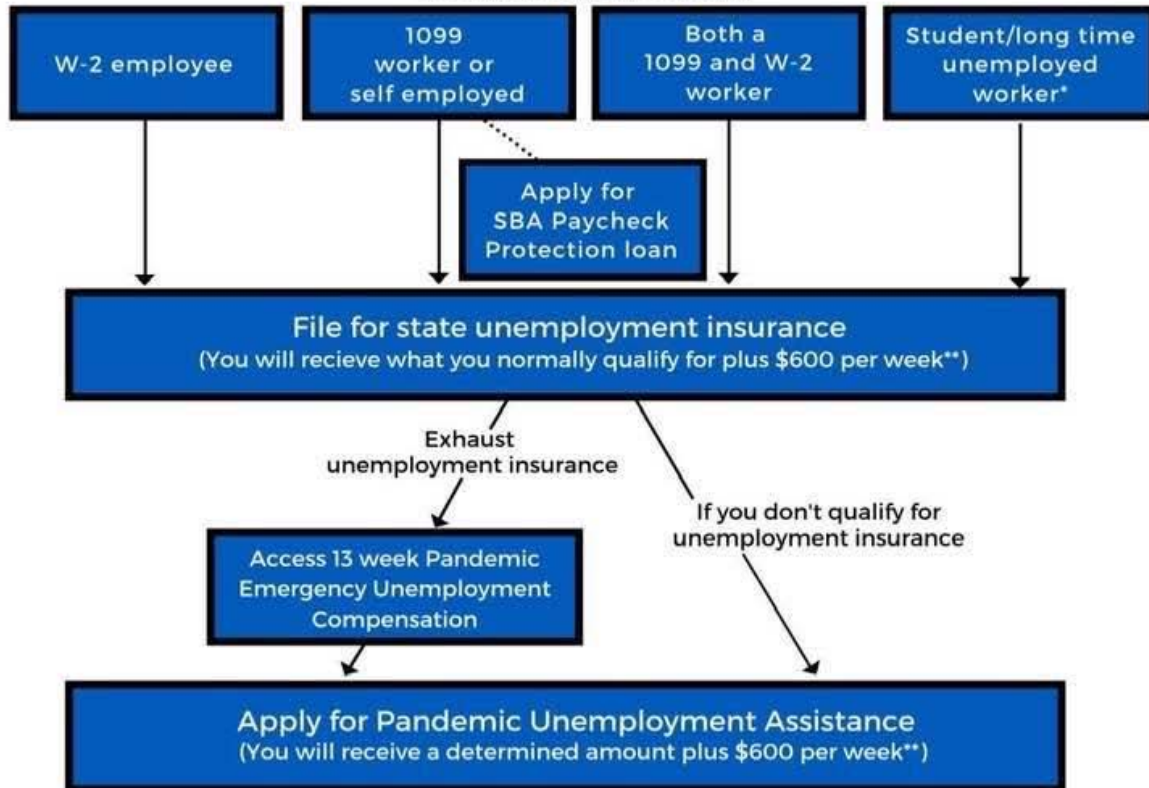
- ✓ Worked on a part- or full-time basis in the restaurant industry for at least 90 days in the past year; and
- ✓ Have had a primary source of income in the restaurant industry for the last year; and
- ✓ Have experienced a decrease in needed wages or loss of job on or after March 10, 2020 which these grant funds will help offset; and
- ✓ Live in the United States, an overseas U.S. military base, or any U.S. territory\*; and
- ✓ Are over the age of legal majority in their in their U.S. state or territory.

Unemployment for Creative Professionals

## GOVERNMENT SUPPORT FOR CREATIVE PROFESSIONALS IMPACTED BY COVID-19

A snapshot guide for people who lost current or upcoming full- or part-time work  
For the first time, 1099 workers will be able to get unemployment insurance.

I have lost all or partial employment, or I am not able to start a job, and I am a...  
(choose one of the following)



\*Someone who has not worked in the last six months

\*\*Through July 31, 2020, all UI and PUA claimants will receive their calculated benefits plus an additional \$600 per week in compensation.

Contact your union for specific information on navigating this process. Creative professionals paid through a loan out corporation should contact their union for specific information.



- Benefits for Workers Impacted by COVID-19

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

Program	Why	What	Benefits	More Information	How to File
<b>Disability Insurance</b>	If you're unable to work due to medical quarantine or illness related to COVID-19 (certified by a medical professional)	Short-term benefit payments to eligible workers who have a full or partial loss of wages due to a non-work-related illness, injury, or pregnancy.	Approximately 60-70 percent of wages (depending on income); ranges from \$50-\$1,300 a week for up to 52 weeks.	<a href="#"><u>Learn more about your eligibility for Disability Insurance</u></a>	<a href="#"><u>File a Disability Insurance claim</u></a>
<b>Paid Family Leave</b>	If you're unable to work because you are <b>caring for</b> an ill or quarantined family member with COVID-19 (certified by a medical professional)	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 a seriously ill family member.	Approximately 60-70 percent of wages (depending on income); ranges from \$50-\$1,300 a week for up to 6 weeks.	<a href="#"><u>Learn more about your eligibility for Paid Family Leave</u></a>	<a href="#"><u>File a Paid Family Leave claim</u></a>
<b>Unemployment Insurance</b>	If you have lost your job or have had your hours reduced for reasons related to COVID-19	Partial wage replacement benefit payments to workers who lose their job or have their hours reduced, through no fault of their own.	Range from \$40-\$450 per week for up to 26 weeks.	<a href="#"><u>Learn more about your eligibility for Unemployment Insurance</u></a>	<a href="#"><u>File an Unemployment Insurance claim</u></a>
<b>Paid Sick Leave</b>	If you or a family member are sick or for preventative care when civil authorities recommend quarantine	The leave you have accumulated or your employer has provided to you under the Paid Sick Leave law.	Paid to you at your regular rate of pay or an average based on the past 90 days.	<a href="#"><u>Learn more about your eligibility for Paid Sick Leave</u></a>	<a href="#"><u>If accrued sick leave is denied, file a Wage claim</u></a>

<p><b>Workers' Compensation</b></p>	<p>If you are unable to do your usual job because you were exposed to and contracted COVID-19 during the regular course of your work, you may be eligible for workers' compensation benefits.</p>	<p>Benefits include temporary disability (TD) payments, which begin when your doctor says you can't do your usual work for more than three days or you are hospitalized overnight. You may be entitled to TD for up to 104 weeks. TD stops when either you return to work, your doctor releases you for work, or your doctor says your illness has improved as much as it's going to.</p>	<p>TD generally pays two-thirds of the gross wages you lose while you are recovering from a work-related illness or injury, up to maximum weekly amount set by law. In addition, eligible employees are entitled to medical treatment and additional payments if a doctor determines you suffered a permanent disability because of the illness.</p>	<p><a href="#"><u>Learn more about your eligibility for Workers' Compensation benefits</u></a></p>	<p><a href="#"><u>File a Workers' Compensation claim</u></a></p>
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- Hairstylist Relief Fund
  - <https://iwanthairdreams.com/>
  - In response to the financial crisis caused by COVID-19, Hairdreams has created this special voucher program to help your local hairdresser make up for the losses.

### Internal Revenue Service (IRS)

- <https://www.irs.gov/coronavirus>

#### **Tax Assistance**

For questions, call the EDD Taxpayer Assistance Center. Toll-free from the US or Canada: 1-888-745-3886

### Rent/Evictions

You can also check out this [crowd-sourced list](#) of resources in Los Angeles (note: this is an external list that we have not vetted).

- Gov. Gavin Newsom temporarily [banned evictions of residential tenants](#) who cannot pay rent due to the coronavirus.
- Both the [City](#) and [County](#) of Los Angeles have passed eviction moratoriums, which include residences and [businesses](#). Other cities and counties that have passed eviction moratoriums include [Pasadena](#) and [Santa Monica](#) and [Long Beach](#).
- Here are your [rights as a renter](#) in L.A.

## Legal Representation

- LA Represents  
<https://corona-virus.la/LARepresents>  
LA Represents is an unprecedented legal assistance initiative to help thousands of Angelenos who are facing extreme hardship due to the COVID-19 pandemic.

## Health Resources

- California Coronavirus (COVID-19) Response  
<https://covid19.ca.gov/healthcare/#top>  
All patients with full-service Medi-Cal or commercial insurance in California will have copays, coinsurance and deductibles waived for COVID-19 testing and screening.
- Department of health services  
[http://file.lacounty.gov/SDSInter/dhs/1054218\\_HS000026\\_2019\\_ATP.pdf](http://file.lacounty.gov/SDSInter/dhs/1054218_HS000026_2019_ATP.pdf)  
You can get no-cost or low-cost medical care at any LA County clinic or hospital if you are eligible for one of the programs listed.
- Covered California  
[Covered California](#) – Resources to get information and apply for low or no cost health insurance.  
during the ongoing coronavirus pandemic as hundreds of our service center staff transition to teleworking. If you're a new consumer wanting to apply, you can get a call back within 20 minutes by using [Help on Demand](#).
- CA department of Public Health  
Website is providing daily updates on COVID-19 and FAQ  
[California Department of Public Health](#)
- Centers for Disease Control and Prevention  
Website offers resources on “how to protect yourself” and “what to do if you are sick”  
[Centers for Disease Control and Prevention](#)
- Los Angeles Department of Public Health  
If you are feeling depressed or anxious or need to talk to someone  
@lacdmh  
Access line : 800-854-7771  
Text: “LA” to 741741
- San Bernardino County Department of Public Health  
800-782-4264  
<http://wp.sbcounty.gov/dph/>
- World Health Organization



Website great information on COVID-19  
[World Health Organization](#)

### Medication

- [CVS Pharmacy](#) will waive charges for home delivery of prescription medications.
- [Walgreens](#) is waiving delivery fees for all eligible prescriptions during this evolving situation and any purchase on Walgreens.com.

### Immigrants/Undocumented

- Undocumented Immigrants – COVID-19 Resources  
 At My Undocumented Life we have compiled a list of resources and news that can help undocumented and mixed-status families during the COVID-19 (Coronavirus) pandemic. We update this page frequently so be sure to bookmark it and share it with your networks!  
<https://mydocumentedlife.org/2020/03/30/resources-for-undocumented-immigrants-and-their-families-during-covid-19/?fbclid=IwAR3v3pbh9nod-TCmuE0mgkhYJBLsUhfzzYm4QpkXA8OE3RqxrOXsNBvdPSU>
- California Immigrant Youth Justice Alliance  
<https://ciyja.org/covid19/?fbclid=IwAR0j8KRHXZChHk0jeJG7yZJgDPgWuXlKgWe4vbDCFnR89xp1sRqk5HNXUg>
- The National Day Laborer Organizing Network has also set up a [safety net fund](#) for **immigrant workers**.
- The state of California is providing [\\$50 million in loan guarantees](#) to businesses that don't qualify for the federal aid, including **undocumented immigrant communities**.
- Also note that U.S. Citizenship and Immigration Services has advised that [seeking medical treatment or preventive services](#) related to the coronavirus **will not negatively affect your ability to get a green card** under the public charge rule.

### Federal/State Funded Programs

- CalFresh
  - If you got CalFresh in March or will get it in April and are not already getting the maximum for your household size, you will get extra benefits up to the maximum. For example:
    - If you are a 3-person household and you are currently getting \$200 per month, you will get an extra benefit of \$309, because \$509 is the maximum benefit for a household of 3.
    - If you are a household of 2 currently getting \$355 per month, you will not get an extra benefit because you already get the maximum.
  - You can call your local 2-1-1 or the state hotline 833-544-2374 to get referrals to additional local resources, or visit this resource page online: <https://bit.ly/covid-food-resources>

	
Household Size	Maximum CalFresh
1	\$194
2	\$355
3	\$509
4	\$646
5	\$768
6	\$921
7	\$1,018
8	\$1,164
Each add'l member	+\$146

- You can apply! Go to <https://www.getcalfresh.org/> to fill out an application or call 1-877-847-3663 to get connected to your local county office. If you get CalFresh in the month of April, you will get the extra benefits on May 10.
- CalFresh recipients can now use their EBT card to buy groceries online at Walmart and Amazon.com for home delivery! Spend \$35 or more on groceries and get home delivery for FREE. Visit [GetCalFresh.org](http://GetCalFresh.org) for more information.
  
- **Angeleno Card**  
<https://hcidla.lacity.org/>  
Available for Los Angeles residents only. With support from the Office of Mayor Eric Garcetti and the Mayor's Fund for Los Angeles, the Angeleno Card provides financial assistance for in-need households via no-fee prepaid cards provided by Mastercard's City Possible network.
  
- **Emergency Assistance Food Assistance Program**  
<https://www.fns.usda.gov/tefap/emergency-food-assistance-program>  
The Emergency Food Assistance Program (TEFAP) is a federal program that helps supplement the diets of low-income Americans by providing them with emergency food assistance at no cost. USDA provides 100% American-grown USDA Foods and administrative funds to states to operate TEFAP.

## Older Adults

### Emergency Senior Meals Program from Mayor Garcetti

To meet the growing needs of our seniors during this moment of crisis, I'm announcing our Emergency Senior Meals Response program to expand meals for seniors in need as they stay safer at home.

Through a partnership with EveryTable and AccessServices, seniors can have healthy meals delivered to their homes. Angelenos ages 60 and older who are not currently participating in other meal programs can call 213-263-5226 between 9 am- 5 pm tomorrow to participate. If you are having trouble getting through via phone, please use [Coronavirus.LACity.org/SeniorMealsProgram](https://Coronavirus.LACity.org/SeniorMealsProgram).

# Critical Delivery Service

Temporary delivery program for older and dependent adults



As a result of the COVID-19 pandemic and the California Safer at Home Initiative, our aging population has an increased need for timely delivery services. WDACS has launched a temporary delivery program called Critical Delivery Services (CDS) to deliver food and other vital items to individuals who are unable to leave their homes due to COVID-19.

## Who qualifies for delivery services?

Delivery services are reserved for those who meet at least one of the following criteria:

- Aged 60 years and older
- Individual with a permanent or temporary disability
- Dependent Adults (aged 18-59 years)

Once items are ready for pick-up, call 888-863-7411. Deliveries can be made:

-  24 hours a day
-  7 days a week

## What can be delivered?



Groceries



Household Items



Vital Necessities

Per month, individuals can receive up to:



Four (4) deliveries or



40 miles worth of deliveries

## How can deliveries be scheduled?



Call 888-863-7411 to request delivery service



Order items for delivery via online/ phone and provide payment for items to the pick-up location



Critical Delivery Service Coordinator will schedule a taxi driver to deliver your items to you



Critical Delivery Service Coordinator will call you back to confirm the delivery has been scheduled



To schedule deliveries, call hotline M-F, 8:00am to 5:00pm. Same day deliveries are available only during schedule hours.

- State of California Department of Aging  
<https://www.aging.ca.gov/covid19/>
- Peer Support  
Non-mental health hotline, but a hotline when a person just wants to talk with someone



A list of warmlines and mental health resources Phone lines

Resource	Phone
<a href="#">Friendship Line California</a>	1-888-670-1360
<a href="#">California Statewide Peer-Run Warmlines</a>	Toll-free Call 1-855-845-7415
<a href="#">Project Return Peer Support Network Peer-Run Warmlines Los Angeles County Residents</a>	(888) 448-9777 English and by text (888) 448-4055
The OC Warmline - NAMI Orange County	(714) 991-6412
Warm Line: Consumer to Consumer -The Meeting Place Clubhouse, Inc. San Diego residents only	Toll Free: (800) 920-WARM (9276) and (619) 295-1055
Northern Valley Peer Run Talk Line Butte County, California	Toll Free: 1-855-582-5554
San Joaquin County BH Services Consumer Support Warm-Line	(209) 468-8686
Warmline Connection (NAMI Sonoma)	(866) 960-6264

- The Brown Bag Network Program For Seniors – Humboldt County  
<https://www.foodforpeople.org/programs/senior-brown-bag-program>  
 Currently provides a monthly bag of groceries for up to 400 low-income seniors age 60 or older at locations throughout Humboldt County.

## Restaurant/Food

Check out [these maps](#) we put together of school sites and community centers offering free meals for kids for pick-up.

Check out these Los Angeles County restaurants that are operating as stores

<http://kelseystefanson.com/lageneralstores/>

- CA hotline to deliver services and help older residents  
<http://bit.ly/2I3qWv3>  
1-833-544-2374  
Governor Newsom announced a statewide initiative to help California's more than 5.3 million seniors (65+older) to increase connectivity to our most vulnerable. A hotline has been set-up to meet seniors' needs
- Family – Free meals to LA's out of work hospitality professionals  
<https://familymeal.com/>  
Family meal offers 1000's of meals-for-two and essential items to LA's out-of-work hospitality professionals free-of-charge.  
Dinners are offered on a first come first serve basis. Limit 1 per person unless there is an emergency situation.
- Wholesale foods delivering to households  
<https://abc7.com/health/coronavirus-wholesale-food-distributor-will-now-bring-food-to-your-door/6047958/?fbclid=IwAR0XKYaXc04RvN4gXqqMTrHBWd-wLKJbZf8zLEuvCOeZR-v-CDoQgqJLU7U>
- Food Pantry or Food banks  
[https://www.lafoodbank.org/find-food/pantry-locator/?gclid=CjwKCAjwgbLzBRBsEiwAXVIygAGLqzNnWGd5q6chFPhlibiee\\_BfKq9kUmmfIQTIi\\_2TPADbdEMNhoCQ70QAvD\\_BwE](https://www.lafoodbank.org/find-food/pantry-locator/?gclid=CjwKCAjwgbLzBRBsEiwAXVIygAGLqzNnWGd5q6chFPhlibiee_BfKq9kUmmfIQTIi_2TPADbdEMNhoCQ70QAvD_BwE)  
For the closest food pantry or food bank, visit the [Los Angeles Food Bank Pantry Locator](#).
- Everytable  
<https://www.instagram.com/p/B9zHvouA2Xv/>  
offering meals **to all Angelenos in need**, including food distribution for seniors who need food brought to their homes, food for students and food for groups.
- People4PeopleLA  
People4PeopleLA is shopping for and delivering food, medicine and household supplies to elderly Angelenos and others who cannot leave their home during the pandemic. Call **707-390-0269** or email **People4PeopleLA@gmail.com** to make a request.
- [Eastside Riders](#) is providing free breakfast for students in Watts from 8:00 a.m. to 10:00 a.m.  
<https://www.instagram.com/p/B9r5hGghQhS/>

- LA Dream Center in Silver Lake is providing free meals for all LAUSD students from 7:30 a.m. to 6:30 p.m.  
[https://www.instagram.com/p/B9sW\\_hzgYnJ/](https://www.instagram.com/p/B9sW_hzgYnJ/)
- TEACH Academy of Technologies is offering **free meals for pick-up** to all children ages 5 through 17, with a valid student ID from any school. Meals are provided between 9:30 a.m. and 12:00 p.m.  
<https://www.instagram.com/p/B90Ltzqgl-f/>
- Hugo's kids menu will be **free for guests 12 and under** throughout the LAUSD closure.  
<https://www.instagram.com/p/B9sFXZZJhnL/>
- Los Angelitos Bakery is offering **one free bread to children ages 5 to 13**, Monday through Friday from 12:00 p.m. to 2:00 p.m.  
<https://www.instagram.com/p/B9t8EBVgEUz/>
- The City of Lynwood is offering free meals from 2:00 p.m. to 3:00 p.m. for **kids of all ages**.  
<https://www.instagram.com/p/B9utWgMlwQ2/>
- El Torito restaurants are offering **free (take-out only) meals to all kids ages 12 and under**.  
<https://www.instagram.com/p/B9xkzW6B7NV/>
- Toast in Whittier, The Benediction in City of Industry and The Dylan in Brea are offering **free take-out breakfast burritos to kids ages 6 to 12** Monday through Friday from 7:00 a.m. to 8:00 a.m.  
[https://www.instagram.com/p/B9sKQkYJ\\_bA/](https://www.instagram.com/p/B9sKQkYJ_bA/)
- Acapulco Restaurant y Cantina is offering **free (take-out only) meals** to kids ages 12 and under at all their locations.  
<https://www.facebook.com/acapulcomexicanrestaurants/>
- **Lazy Dog**
  - [https://www.lazydogrestaurants.com/pantry?utm\\_medium=header-pantry-social&utm\\_source=email&\\_ke=eyJrbF9lbWFpbCI6IjE6IjE3aGFkZGFZWFZdDc3QHlhaG9vLmNvbSIsIjRbF9jb21wYW55X2lkIjogIkhBM0w0UyJ9](https://www.lazydogrestaurants.com/pantry?utm_medium=header-pantry-social&utm_source=email&_ke=eyJrbF9lbWFpbCI6IjE6IjE3aGFkZGFZWFZdDc3QHlhaG9vLmNvbSIsIjRbF9jb21wYW55X2lkIjogIkhBM0w0UyJ9)
  - Home Essentials package - \$40
    - 3 lbs boneless skinless chicken breast (raw)
    - 15 eggs
    - 1 gallon whole milk
    - 1 loaf bread
    - 1 lb unsalted butter
    - 2 lbs rice (uncooked)
    - 2 lb onions
    - 2 lbs red potatoes
    - 2 lb carrots
    - 3 rolls toilet paper

Available while supplies last. Subject to substitutions.

We are currently limiting purchase to 2 per guest in order to serve as many guests as possible.

- Norms

- <https://twitter.com/normsrestaurant/status/1241032540305141761>
- All for just \$35! We are now serving everything you need to feed 10 - starting at 7 a.m.!

- 2 ½ dozen eggs
- 1 lb bacon
- 1 lb sausage
- 2 lb hash brown
- 1 ¾ lbs sliced fruit
- 6 biscuits
- 1 roll of toilet paper

\*Limit one per person. Pick-up only, while supplies last. No substitutions.

- Recipe to LAUSD famous coffee cake  
<https://www.lamag.com/digestblog/laud-coffee-cake-recipe/>
- Cheesecake Factory recipes  
<https://www.thecheesecakefactory.com/about-us/our-recipes/>

## Education

- Free cooking classes  
[https://www.delish.com/food-news/g31786555/delish-instagram-live-kids-cooking-class/?utm\\_source=facebook&utm\\_medium=social-media&utm\\_campaign=socialflowFBDEL&fbclid=IwAR1zgZ0y2RD-hsbU-yM2rd7kON3dvy5RyaljMQtg8STdmly2hSOJKIUDM7U](https://www.delish.com/food-news/g31786555/delish-instagram-live-kids-cooking-class/?utm_source=facebook&utm_medium=social-media&utm_campaign=socialflowFBDEL&fbclid=IwAR1zgZ0y2RD-hsbU-yM2rd7kON3dvy5RyaljMQtg8STdmly2hSOJKIUDM7U)
- Free online classes  
[http://www.openculture.com/2020/03/use-your-time-in-isolation-to-learn-everything-youve-always-wanted-to.html?fbclid=IwAR0DNI2pXO0V9LcMg6QvAvjscopyk1e0IKMyGC4X7W3mFibSIMsvndv\\_aeOxk](http://www.openculture.com/2020/03/use-your-time-in-isolation-to-learn-everything-youve-always-wanted-to.html?fbclid=IwAR0DNI2pXO0V9LcMg6QvAvjscopyk1e0IKMyGC4X7W3mFibSIMsvndv_aeOxk)
- 10 free learning websites for kids  
<https://www.facebook.com/145377182170233/photos/a.2299259636781966/3637121252995791/?type=3&theater>  
<https://www.splashlearn.com/>  
<https://classroommagazines.scholastic.com/support/learnathome.html>  
<https://www.funbrain.com/>  
<https://www.starfall.com/h/>  
<https://www.brainpop.com/>  
<https://pbskids.org/>  
<https://www.duolingo.com/>  
[https://www.abcmouse.com/abt/homepage?gclid=EAAlaIQobChMIq87nitK26AIVFMJkCh2CFQpuEAYASAAEgJxaPD\\_BwE](https://www.abcmouse.com/abt/homepage?gclid=EAAlaIQobChMIq87nitK26AIVFMJkCh2CFQpuEAYASAAEgJxaPD_BwE)  
[https://www.vooks.com/parent-resources?gclid=EAAlaIQobChMIoO6ozdK26AIVOB-tBh0qog1FEAYAYAAEgIVCfd\\_BwE](https://www.vooks.com/parent-resources?gclid=EAAlaIQobChMIoO6ozdK26AIVOB-tBh0qog1FEAYAYAAEgIVCfd_BwE)
- Draw With Rob  
<http://www.robbiddulph.com/draw-with-rob>
- Educational websites adults will enjoy  
<https://www.howstuffworks.com/>  
<https://www.nasa.gov/>  
<https://www.duolingo.com/>
- 110 Sesame Street Ebooks for Free



[https://gizmodo.com/parents-rejoice-sesame-workshop-has-made-110-sesame-st-1842524216?utm\\_medium=socialflow&utm\\_campaign=socialflow\\_gizmodo\\_facebook&utm\\_source=gizmodo\\_facebook&fbclid=IwAR2x8ETZuQdKnM7ey68axbRhIh1552byWdPh2xDz03O8BZebbNw\\_4d78Hps](https://gizmodo.com/parents-rejoice-sesame-workshop-has-made-110-sesame-st-1842524216?utm_medium=socialflow&utm_campaign=socialflow_gizmodo_facebook&utm_source=gizmodo_facebook&fbclid=IwAR2x8ETZuQdKnM7ey68axbRhIh1552byWdPh2xDz03O8BZebbNw_4d78Hps)

- 179 Historic Documentaries can be watched for free  
[https://www.pbssocal.org/uncategorized/179-history-documentaries-you-can-watch-right-now-no-membership-required/?utm\\_source=facebook&utm\\_medium=organic-social&utm\\_campaign=blog&utm\\_content=history-documentaries&fbclid=IwAR33\\_rW7vLMo91kM8thsWfe-AZIH0hrV7wyGMDgZNSe6ufRMjeWEo9aIVwg](https://www.pbssocal.org/uncategorized/179-history-documentaries-you-can-watch-right-now-no-membership-required/?utm_source=facebook&utm_medium=organic-social&utm_campaign=blog&utm_content=history-documentaries&fbclid=IwAR33_rW7vLMo91kM8thsWfe-AZIH0hrV7wyGMDgZNSe6ufRMjeWEo9aIVwg)
- MoMA – free art classes  
MoMA is offering free online art courses you can take from home  
[https://www.timeout.com/newyork/news/moma-is-offering-free-online-art-courses-you-can-take-from-home-033020?utm\\_medium=Social&utm\\_source=Facebook&cid=~losangeles~natsoc~facebook~echo-box&fbclid=IwAR1JdGFTcnLuDUyAjz5GeZoqixdsFzgF71adeuaoO-HOrEuXnx2rOgW-AJ0#Echobox=1585665457](https://www.timeout.com/newyork/news/moma-is-offering-free-online-art-courses-you-can-take-from-home-033020?utm_medium=Social&utm_source=Facebook&cid=~losangeles~natsoc~facebook~echo-box&fbclid=IwAR1JdGFTcnLuDUyAjz5GeZoqixdsFzgF71adeuaoO-HOrEuXnx2rOgW-AJ0#Echobox=1585665457)
- San Diego Zoo Academy – Free Classes  
For the next eight weeks, middle and high school teachers and students can gain access to 22 free, self-paced online courses through the San Diego Zoo covering a variety of taxonomic groups and individual animal species.  
[https://www.kusi.com/san-diego-zoo-academy-offers-eight-weeks-of-free-classes/?fbclid=IwAR20oe4altM8wWb9-q\\_wCnbO\\_2M1xidEF7IGJ8oqfEF9S\\_G8XMql9vBvOgA](https://www.kusi.com/san-diego-zoo-academy-offers-eight-weeks-of-free-classes/?fbclid=IwAR20oe4altM8wWb9-q_wCnbO_2M1xidEF7IGJ8oqfEF9S_G8XMql9vBvOgA)
- Fender – free guitar classes for 3 months  
[https://www.timeout.com/news/fender-is-giving-you-three-months-of-guitar-lessons-online-for-free-033020?utm\\_medium=Social&utm\\_source=Facebook&cid=%7Elosangeles%7Enatsoc%7Efacebok%7EEchobox&fbclid=IwAR3geUliEwWTWpHWL\\_e1sCISPwwxTDsFRSD3himN99rWgYvMtGDYzwm00pM#Echobox=1585586777](https://www.timeout.com/news/fender-is-giving-you-three-months-of-guitar-lessons-online-for-free-033020?utm_medium=Social&utm_source=Facebook&cid=%7Elosangeles%7Enatsoc%7Efacebok%7EEchobox&fbclid=IwAR3geUliEwWTWpHWL_e1sCISPwwxTDsFRSD3himN99rWgYvMtGDYzwm00pM#Echobox=1585586777)
- Deaf Woman Offers Free Virtual Sign Language Classes During Pandemic  
[https://spectrumlocalnews.com/nys/hudson-valley/human-interest/2020/04/07/deaf-woman-offers-free-virtual-sign-language-classes-during-pandemic?cid=facebook\\_Spectrum\\_News\\_Hudson\\_Valley&fbclid=IwAR0CLU1J9CIJXkqkqnHeMwoT2Qq1fDgrc-PwKnSxR5HTbaXD5MpKsTiehIU](https://spectrumlocalnews.com/nys/hudson-valley/human-interest/2020/04/07/deaf-woman-offers-free-virtual-sign-language-classes-during-pandemic?cid=facebook_Spectrum_News_Hudson_Valley&fbclid=IwAR0CLU1J9CIJXkqkqnHeMwoT2Qq1fDgrc-PwKnSxR5HTbaXD5MpKsTiehIU)
- Make a time capsule with kids  
[https://avrit.net/ViewerJS/#../CovidTimeCapsule/2020\\_Covid-19\\_Time\\_Capsule\\_US.pdf](https://avrit.net/ViewerJS/#../CovidTimeCapsule/2020_Covid-19_Time_Capsule_US.pdf)
- PBS Kids  
<https://www.pbs.org/parents/pbskidsdaily>

Currently offering free resources to parents through on demand educational videos and games. PBS Kids also has a variety of free resources to support families through the following avenues:

- PBS Kids Video App
  - PBS Kids Games App
  - PBS Kids 24/7 Channel
- 
- ABCYa  
<https://www.abcya.com/subscribe/free>  
Currently offering free educational games for children in grades Pre-K through 6th with online games available with desktop access.
  
  - Pluralsight  
<https://www.pluralsight.com/offer/2020/free-april-month>  
Currently offering one month of free access to expert-led technical video courses. Pluralsight teaches users new computer skills with classes like coding and mobile app development.

## Entertainment

- A list of the 100 best comedies of all time  
[https://www.indiewire.com/2020/03/edgar-wright-100-favorite-comedy-films-1202220015/?fbclid=IwAR2FNtURoyJax1BlpO4FAJ4QpITiHmQSVhznok1-XAMnYwx8yQ1bxoC\\_oRY](https://www.indiewire.com/2020/03/edgar-wright-100-favorite-comedy-films-1202220015/?fbclid=IwAR2FNtURoyJax1BlpO4FAJ4QpITiHmQSVhznok1-XAMnYwx8yQ1bxoC_oRY)
- Vromans Bookstore delivers for 99cent  
<https://www.vromansbookstore.com/?fbclid=IwAR1Yz6uDjLIT-UT5o5WA4HguVGRVqxyv1UAb4brbVbO-luIKpWFFHJfMTYI>
- 12 museum tours  
[https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?fbclid=IwAR0hwofID90MpLTp\\_10sW1noxynZoDaJ9fKgsFSsO2YSpfkOe1u9AL9t2Vs](https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?fbclid=IwAR0hwofID90MpLTp_10sW1noxynZoDaJ9fKgsFSsO2YSpfkOe1u9AL9t2Vs)
- Netflix Party – a way to enjoy “going to the movies” with your friends  
<https://www.netflixparty.com/>
- 6,000 historical books for kids digitized  
[http://www.openculture.com/2016/08/enter-an-archive-of-6000-historical-childrens-books-all-digitized-and-free-to-read-online.html?fbclid=IwAR1SxAt-Bp4xP-WQcH2yVQs\\_BF9D0IKD8IrMxsU-2s9oKwiKtGpC45bEVgY](http://www.openculture.com/2016/08/enter-an-archive-of-6000-historical-childrens-books-all-digitized-and-free-to-read-online.html?fbclid=IwAR1SxAt-Bp4xP-WQcH2yVQs_BF9D0IKD8IrMxsU-2s9oKwiKtGpC45bEVgY)
- The Metropolitan Opera is streaming for free encore presentations of its Live in HD series.  
<https://www.metopera.org/>
- NBA League Pass - Watch all classic and 2019/2020 games.  
<https://www.nba.com/nba-fan-letter-league-pass-free-preview>
- NFL Game Pass – Available for free until 5/31/2020  
<https://gamepass.nfl.com/packages?redirected=true>
- Baseball a Film by Ken Burns  
[https://www.pbs.org/show/baseball/utm\\_campaign=baseball\\_2020&utm\\_content=1584376969&utm\\_medium=pbsofficial&utm\\_source=twitter](https://www.pbs.org/show/baseball/utm_campaign=baseball_2020&utm_content=1584376969&utm_medium=pbsofficial&utm_source=twitter)
- Watch all the At-Home Concerts musicians have shared online  
<https://www.popsugar.com/entertainment/celebrity-livestream-concerts-during-coronavirus-videos-47318408#photo-47318436>
- Free 6week workout with Chris Hemsworth
  - <https://totallythebomb.com/chris-hemsworth-is-offering-free-virtual-workouts-for-the-next-six->

[weeks?fbclid=IwAR3aJpSTFAOXSAyUYsNBdXZ0K0G2ITB424Z5dmfSW9Zr78a2nQ0vuJYjyE](#)

- Virtual Travel  
[https://www.buzzfeed.com/annahaines/virtual-travel-experiences?utm\\_source=dynamic&utm\\_campaign=bffbuzzfeedtasty&ref=bffbuzzfeedtasty&fbclid=IwAR0sn8NzG9oZ9Hzd8Unk1KrN6TzK51\\_YrMR98lrzx5iD7x9cgPBWD3TChGM](https://www.buzzfeed.com/annahaines/virtual-travel-experiences?utm_source=dynamic&utm_campaign=bffbuzzfeedtasty&ref=bffbuzzfeedtasty&fbclid=IwAR0sn8NzG9oZ9Hzd8Unk1KrN6TzK51_YrMR98lrzx5iD7x9cgPBWD3TChGM)
- Free Concerts that streamed lived  
[https://www.travelzoo.com/blog/free-concerts-performances-live-streaming-soon/?utm\\_source=newsflash\\_us&utm\\_medium=email&utm\\_campaign=2872584\\_html\\_nationwide\\_deal%3a2872584&utm\\_content=2872584&ec=0&dlinkId=2872584](https://www.travelzoo.com/blog/free-concerts-performances-live-streaming-soon/?utm_source=newsflash_us&utm_medium=email&utm_campaign=2872584_html_nationwide_deal%3a2872584&utm_content=2872584&ec=0&dlinkId=2872584)
- Map of Victorian Houses in Los Angeles  
<https://la.curbed.com/maps/los-angeles-victorian-architecture-styles-map>
- 12 virtual train rides around the world  
<https://www.travelandleisure.com/trip-ideas/bus-train/virtual-train-rides?fbclid=IwAR05tRyk1ckERjPD2NAkjPHpc6CHII2nJGk3akEBTQBN8uZP5513bg5jxKg>
- LAUSD giving out PE equipment  
<https://www.nbclosangeles.com/news/local/play-equipment-distribution-to-begin-monday-at-two-laUSD-food-centers/2348725/?fbclid=IwAR1DcWA2is85wjDBozgkhlRnAoR5PLfM3VH-INuMX0KFi2L5FxtFr7xs>
- J.K Rowling new website to help you stay at home with more Harry Potter content  
<https://nowthisnews.com/pop/j-k-rowling-is-helping-people-stayhome-with-free-harry-potter-content>
- Reading Rainbow livestream every Friday with Lavar Burton  
<https://alt1053.radio.com/blogs/dallas/reading-rainbow-levar-burton-livestream-reading-friday?fbclid=IwAR3dMBibmyqTrUB0jmy7GGRgBxGLatTxRVNI-Atb1PN-eNWTqbqqmcbY1RU>
- Home with Essex  
<https://www.essexapartmenthomes.com/home-with-essex>  
At Essex, we understand that many of our residents have been impacted in various ways by these unprecedented times, and we are committed to partnering with our residents to help them find comfort in their homes by offering a number of resources and activities

#### **Fitness For All**

- Orange Theory Fitness  
<https://www.orangetheory.com/en-us/athome/all-otathome-videos/>  
Currently offering free, daily 30-minute workouts that can be done from the comfort of your own home with no equipment needed. Instructors will find

every day items you have laying around the house for residents to use in lieu of weights.

- Nike  
Currently offering free streaming workout videos, training programs and expert tips from trainers through the NTC/Nike App through the App Store. Workouts can be done with or without equipment and range in length from 5-59 minutes.
- CorePower Yoga  
<https://www.corepoweryogaondemand.com/keep-up-your-practice>  
Currently offering free online access to a collection of classes available weekly with classes ranging from 22-59 minutes.

#### **Fitness for Senior Residents**

- Has Fit  
<https://www.youtube.com/watch?v=8CE4ijWlQ18>  
Offering free 20-minute YouTube videos for seniors.
- Go4Life  
<https://www.youtube.com/watch?v=rkDlpZ3Musw>  
Offering free 60-minute YouTube videos for seniors.

#### **Fitness for Junior Residents**

- Kids Workout  
<https://www.youtube.com/watch?v=dhCM0C6GnrY>  
Offering free 25-minute YouTube videos for the entire family to enjoy together!
- GoNoodle  
<https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>  
Go Noodle is a free online resource that provides ways for kids and families to be active, stay mindful, and keep learning!
- Challenge Dance Workout for Kids  
<https://www.youtube.com/watch?v=8y6blbr-Hn0&feature=youtu.be>  
Offering free 25 minute YouTube videos for the entire family to enjoy together!
- Amazon Kindle  
<https://www.amazon.com/kindle-dbs/promoLanding?campaignId=907ea992-8e47-45f1-bacf-eeee592e4423&promoCode=907ea992-8e47-45f1-bacf-eeee592e4423&tag=nypost-20&tag=nypost-20>  
Currently offering free access to over one million books for two months if redeemed before 11:59pm (PST) on 6/30/2020.

- Sling TV  
<https://www.sling.com/deals/happy-hour>  
Currently offering free streaming for new customers for 14 days with no credit card needed to sign up.
- Disney Storytime  
<https://news.disney.com/magicmoments/video/storytime>  
Currently offering over 20 free story time videos of members of the Disney family reading their favorite stories from the comfort of their own homes.
- Sirius XM  
<https://www.siriusxm.com/>  
From now until May 15,2020 stream SiriusXM for free on your phone, online, and other devices. You can access the offering either through the link above or the Sirius app.
- Draw Disney Characters  
<https://disneyarks.disney.go.com/blog/2020/03/draw-mickey-mouse-at-home-with-a-disney-parks-artist/>  
A free, complete series of how-to tutorials on drawing Disney characters.
- Draw Pixar Characters  
<https://news.disney.com/magicmoments/video/draw-with-pixar>  
A free, complete series of how-to tutorials on drawing Pixar characters.
- Origami for Kids  
<https://www.easypeasyandfun.com/easy-origami-for-kids/>  
Twenty simple and fun origami activities for kids. Learn to create: Sharks, Bunnies, Boats, Fish, etc. Some shapes include a printable template.
- Shoebox Dollhouse  
<https://happyhooligans.ca/shoebox-dollhouse-craft-for-kids/>  
Learn how to make a dollhouse with a shoebox and some recycled materials. This is a great rainy-day project for kids of all ages.
- Disneyworld Virtual  
<https://www.youtube.com/channel/UCYyJUEtYv-ZW7BgjhP3UbTg>  
Virtually experience Walt Disney World attractions, shows, hotels, monorails, trains, boats, park areas, and more within an interactive 360° video environment. Virtual Disney World offers a complete immersive experience like never before. Relive the attractions and places you love anytime, anywhere! Virtual Disney World 360° videos are best experienced with a VR headset or a smart phone and a virtual headset such as Google.
- Vatican Online Museum Tour

<http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>

Virtually experience the Vatican and more within an interactive 360° video environment.

- Louvre Online Museum Tour

<https://www.louvre.fr/en/visites-en-ligne>

Virtually experience the Louvre and more within an interactive 360° video environment.

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