



UNITED STATES CONGRESSMAN **JERRY MCNERNEY**
REPRESENTING CALIFORNIA'S *9th* DISTRICT

COVID-19 Resource Guide

Dear Neighbor,

As our country continues to combat the deadly coronavirus pandemic, we are all having to adapt to a new way of living. Many states, [including California](#), are under stay-at-home orders that have impacted our ability to go to work and school, as well as how we engage in our day-to-day activities.

Right now, it is important to look to trusted sources to stay informed, as guidance and the government's response to this crisis is evolving quickly. **That's why my office has compiled this resource guide, to provide you with a one-stop-shop for information on crucial programs, services and resources.** This resource guide will be updated as new information becomes available.

While my offices in Stockton, Antioch and Washington, D.C. remain closed to the public until further notice, I am committed to continuing to offer assistance in the safest way possible, including:

- **Receiving and responding to telephone calls and electronic communications.** Staff is monitoring emails and regularly checking voicemail at all three offices.
 - To contact my Stockton office, call (209) 476-8552.
 - To contact my Antioch office, call (925) 754-0716.
 - To contact my Washington, D.C. office, call (202) 225-1947.
- **Providing casework assistance.** Residents needing assistance with federal government services can contact my offices or visit [my website](#).
- **Responding to correspondence.** Those wishing to weigh in on issues can still contact me through [my website](#).
- **Providing update on important public health information and actions taken by Congress.** Information regarding the COVID-19 outbreak can be found on [my website](#). Additionally, you can follow along with updates on my [Facebook](#) and [Twitter](#) accounts. For the most up-to-date information on the COVID-19 outbreak, please refer to the [CDC's website](#).

I, along with my colleagues in Congress, are continuing to prioritize legislative solutions to help Americans during these stressful times. When the virus began to take its toll on our nation, we passed an \$8.3 billion funding package to help states, communities, and federal agencies address public health needs by investing in preventative and response efforts, in addition to research for the development of a COVID-19 vaccine. We then passed the Families First Coronavirus Response Act, which included two weeks of emergency paid sick leave, up to three months of paid family and medical leave, and enhanced unemployment insurance.

As families began to feel the economic squeeze of lifesaving stay-at-home directives, Congress passed the CARES Act – a \$2 trillion relief package that provided direct payments to millions of Americans and offered funding for small businesses. Most recently, we passed an interim emergency relief bill to increase funds for small businesses, in addition to providing money for increased testing capacity and supplies for frontline health care workers. I will keep fighting to ensure that Americans have what they need to weather this pandemic, and my offices will continue to offer services and support to our community.

As we start gaining control of the epidemic, we must remember that the actions we take not only affect ourselves and those around us, but that they have a significant impact on the most vulnerable members of our community. As Americans, it is critical that we remember the needs of others, especially seniors or those who may be in need of assistance. Our nation has a history of coming together in times of crisis, and this is no exception. I encourage everyone to take precautions to keep yourselves, your loved ones, and members of our community safe and healthy.

Sincerely,



Rep. Jerry McNerney
Member of Congress

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COVID-19 and Health Information

COVID-19 can spread from person to person through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. The best way to prevent illness is to avoid exposure to this virus.

[The Centers for Disease Control and Prevention \(CDC\) is advising people to take the following everyday preventive actions:](#)

- **Frequently wash your hands with soap and water** for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow, and be sure to throw used tissues in the trash.
- **Avoid touching your eyes, nose, and mouth with unwashed hands.**
- **Avoid close contact with people**, especially those who are sick, by keeping a distance of 6 feet between yourself and others.
- **Clean and disinfect frequently touched surfaces** daily with detergent or soap and water prior to disinfection.
- **Stay home if you are sick**, except to get medical care. Call your healthcare provider to tell them that you have or may have COVID-19 based on the symptoms you are experiencing. This will help the facility prepare for your visit in an effort to reduce further exposure to others.
- **Wear cloth face coverings in public settings** where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission. How to Wear a Cloth Face Covering:
 - **Cloth face coverings should:**
 - fit snugly but comfortably against the side of the face
 - be secured with ties or ear loops
 - include multiple layers of fabric
 - allow for breathing without restriction
 - be able to be laundered and machine dried without damage or change to shape
 - If you do not have a cloth face covering and would like to make one, instructions can be found [here](#).

Resources

- [World Health Organization \(WHO\)](#) – [COVID-19 Frequently Asked Questions](#)
- [Centers for Disease Control \(CDC\)](#)
 - [Situation Summary](#)
 - [Guidance](#)
 - [Frequently Asked Questions](#)
- [California Health and Human Services](#)
- [California Department of Public Health](#)
 - California [Stay-at-Home Information](#)
 - Additional [Guidance](#) from California Department of Public Health
- [California Department of Health Care Services](#) - [Medi-Cal Eligibility and Covered California Frequently Asked Questions](#)
- [Covered California](#) - Enroll in health care coverage through Covered California [here](#).
- [Contra Costa Health Services](#) - [Guidance](#) and [Information for the Community](#)
 - Contra Costa Health Services Emergency – Information for [Shelter-in-Place](#) and [reopening phases](#). If you have questions about the COVID-19 Shelter-in-Place Order, you can call: (844) 729-8410
 - [Guidance for Persons at Higher Risk from COVID-19](#)
- [San Joaquin County Public Health](#)
 - San Joaquin County Public Health Services – Information for [Stay-at-Home and reopening phases](#).
 - San Joaquin County Public Health Services – [Family Health Programs](#)
- [Sacramento County Department of Health Services](#)
 - Sacramento County Department of Health Services – information for [Stay-at-Home and reopening phases](#).
- COVID-19 Tests - For information on testing and to locate a testing site in your county, see below.
 - [California Testing Task Force](#)
 - [Contra Costa County](#)
 - [San Joaquin County](#)
 - [Sacramento County](#)
- [Health Plan of San Joaquin](#): A publicly-sponsored, not-for-profit, Health Maintenance Organization (HMO) that manages health care for Medi-Cal members.

- [Health Resources and Services Administration – Find a Health Center](#)
- [National Association of Free and Charitable Clinics](#)
- [National Alliance on Mental Health Illness \(NAMI\) – Mental Health Resources](#)

COVID-19 Maps and Visualizations

- Centers for Disease Control – [COVID Data Tracker](#)
- [California Health and Human Services Open Data Portal](#): Provides the latest COVID-19 data, maps, and dashboards.
- [California COVID-19 Data and Case Statistics](#)
- [County Specific Information](#)
- ArcGIS Interactive Map – [Coronavirus COVID-19 Global Cases](#)
- The New York Times – [Coronavirus Map](#)
- Johns Hopkins University’s [COVID-19 Global Tracking Map](#)

Fitness Resources

- [YMCA 360](#): Virtual YMCA
- [Fitness Blender Free Workout Videos](#)
- [Orange Theory](#): Provides workouts focused on themes such as core, upper and lower body. No workout equipment required.
- [Fitness Blender](#): Provides workouts that range from low impact to high intensity and offer weightlifting, cardio, kickboxing, yoga and Pilates. Minimal equipment needed.
- [Redefining Strength](#): Provides workouts and exercise variations with dynamic warm up routines to get started.
- [Overtime Athletes](#): Provides content for speed training, agility drills and mobility exercises.
- [At-home workout videos](#) from Gold’s Gym.
- [Nightly workouts](#) on the Planet Fitness Facebook page.
- [Online yoga classes](#) from Core Power Yoga.
- Yoga, HIIT, and Barre classes via Down Dog fitness mobile apps available for [healthcare workers](#) and [teachers, parents, and students](#) through until July 1, 2021.
- Group Exercise Workouts
 - Les Mills [At-Home Workouts](#)
 - [30-Minute Cardio Latin Dance Workout](#)
 - [30-Minute STRONG Zumba-Full Body Toning](#)
 - [10-Minute Standing Core Workout](#)
 - [30-Minute Hip Hop Fit Workout](#)
 - [30-Minute At-Home Boxing Workout](#)
- Exercise Resources for Children
 - [Avengers Tabata Challenge](#)
 - [Black Panther Workout](#)
 - [Fortnite Dance Workout](#)
 - [CosmicKids Yoga](#)

COVID-19 Vaccines

The U.S. Food and Drug Administration (FDA) issued Emergency Use Authorization (EUA) for three COVID-19 vaccines: Pfizer-BioNtech COVID-19 Vaccine, Moderna COVID-19 Vaccine, and John & Johnson's Janssen COVID-19 Vaccine. Now that there are authorized and recommended COVID-19 vaccines in the United States, accurate vaccine information is critical. The [Centers for Disease Control and Prevention](#) (CDC) has a dedicated [webpage](#) to provide information and updates on COVID-19 vaccines, including recommendations regarding who should be vaccinated first.

The State of California is providing prioritization and allocation guidance to local health jurisdictions and health care providers so that the vaccine can be equitably distributed and administered at the community level to everyone in California who wants it. More information about COVID-19 vaccination in California be found [here](#). To find information about COVID-19 vaccinations locally, click below:

- [Contra Costa County](#)
- [San Joaquin County](#)
- [Sacramento County](#)

How vaccines work

Vaccines help our immune system fight infections in the future. COVID-19 vaccines will protect us from the virus that causes COVID-19 by helping our bodies develop immunity to the virus without us having to get the illness. It typically takes a few weeks after the last dose in a series to become fully protected. Sometimes vaccination can cause symptoms, such as fever. These symptoms are normal and are a sign that the body is building immunity.

Benefits of getting vaccinated

COVID-19 vaccines are meant to prevent you from getting COVID-19. It is not yet known if the COVID-19 vaccine will keep you from spreading the virus, but this is being carefully studied.

When can I get vaccinated?

California is allocating COVID-19 vaccines as they become available. Every Californian can sign up at myturn.ca.gov or call **(833) 422-4255** to see if it's their turn to get the COVID-19 vaccine. If you're not currently eligible, you can sign up to be notified when it's your turn.

California is now vaccinating:

- Phase 1A
 - Healthcare workers
 - Long-term care residents
- Phase 1B (as supplies allow)
 - Individuals 65 and older
 - Sector populations: Agriculture and food, Education and childcare, Emergency services

Beginning March 15, healthcare providers may use their clinical judgement to vaccinate individuals aged 16-64 who are deemed to be at the very highest risk to get COVID-19, because they have the following severe health conditions:

- Cancer, current with weakened immune system
- Chronic kidney disease, stage 4 or above
- Chronic pulmonary disease, oxygen dependent
- Down syndrome
- Solid organ transplant, leading to a weakened immune system
- Pregnancy
- Sickle cell disease
- Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies (but not hypertension)
- Severe obesity (Body Mass Index ≥ 40 kg/m²)
- Type 2 diabetes mellitus with hemoglobin A1c level greater than 7.5%
- Or if as a result of a developmental or other severe high-risk disability one or more of the following applies:
 - The individual is likely to develop severe life-threatening illness or death from COVID-19 infection
 - Acquiring COVID-19 will limit the individual's ability to receive ongoing care or services vital to their well-being and survival
 - Providing adequate and timely COVID care will be particularly challenging as a result of the individual's disability.

Frequently Asked Questions:

Question: Who is eligible to get the vaccine now?

Answer: California is now vaccinating:

- Phase 1A
 - Healthcare workers
 - Long-term care residents
- Phase 1B (as supplies allow)
 - Individuals 65 and older
 - Sector populations: Agriculture and food, Education and childcare, Emergency services

Please check with your local county public health ([San Joaquin](#), [Contra Costa](#), [Sacramento](#)) to find out who is receiving the vaccine in your area.

Question: How can I get the COVID-19 vaccination?

Answer: Most Californians will be vaccinated at community vaccination sites, doctor's offices, clinics, or pharmacies.

Question: When can the general public, who are not otherwise in Phase 1, start getting vaccinated?

Answer: Spring 2021 is the best estimate, but that may change. It depends on vaccine production and how quickly other vaccines become available.

Question: Can I register somewhere to get the COVID-19 vaccine? How will I be notified when it's my turn to get the vaccine, and where to get it?

Answer: Every Californian can sign up at myturn.ca.gov or call (833) 422-4255 to see if it's their turn to get the COVID-19 vaccine. If you're not currently eligible, you can sign up to be notified when it's your turn.

Additionally, some local health jurisdictions are also providing appointments, registration, and notification services. If you would like to sign up for notifications from your local health jurisdiction you can do so [here](#).

Question: I've already had COVID-19. Should I get a COVID-19 vaccine?

Answer: Yes. At this time, we do not know how long someone is protected from getting sick again after recovering from COVID-19.

Question: Will you make the COVID-19 vaccine mandatory?

Answer: No, there is no mandatory vaccination requirement from either the state or federal government.

Question: How much will the COVID-19 vaccine cost?

Answer: COVID-19 vaccines are free.

Additional Resources

- California COVID-19 Vaccines [Questions and Answers](#)
- California Department of Public Health [COVID-19 Vaccine Fact Sheet](#)
- California Department of Public [Health Healthcare Workers Frequently Asked Questions](#)
- California COVID-19 Vaccine: [Doses Allocated and Administered](#)
- CDC Information about the [Pfizer-BioTech COVID-19 Vaccine](#)
- CDC Information about the [Moderna COVID-19 Vaccine](#)
- CDC Information about [new COVID variants](#)

Economic Impact Payments to Individuals and Families

The *CARES Act* established a program that provides direct payments to individuals and families through the Internal Revenue Service (IRS). The payments are intended to help Americans during a time of need in our country, when many of our friends and neighbors are dealing with reduced incomes. The IRS delivered the first round of direct payments, referred to as an Economic Impact Payment (EIP), in April 2020 through to the end of 2020. If you didn't get the full amount of that Payment, you may be eligible to claim a Recovery Rebate Credit when you file your 2020 federal tax return.

As part of the *Coronavirus Response and Relief Supplemental Appropriations Act of 2021*, the Internal Revenue Service and the Treasury Department delivered a second round of Economic Impact Payments to Americans who received the first round of payments established by the *CARES Act*. More people are eligible for a payment than before in the second round of payments. Under the *CARES Act*, joint returns of couples where only one member of the couple had a Social Security number were generally ineligible for a payment – unless they were a member of the military. The *Coronavirus Response and Relief Supplemental Appropriations Act of 2021 changes* and expands that provision. In this situation, these families will now be eligible to receive payments for the taxpayers and qualifying children of the family who have work-eligible Social Security numbers. The second round of payments began on December 29, 2020 and are completed. If you did not receive a second EIP (or who receive less than they are entitled to), you may be eligible to claim a Recovery Rebate Credit when you file your 2020 tax return.

Eligibility:

Generally, if you are a U.S. citizen or U.S. resident alien, you will receive an Economic Impact Payment if you (and your spouse if filing a joint return) are not a dependent of another taxpayer and have a Social Security number valid for employment and your adjusted gross income (AGI) does not exceed certain limits. The IRS used 2019 tax return information to determine a taxpayer's income and family size (or 2018 tax return information if a taxpayer had not yet filed for 2019).

For single tax filers:

- If you make up to \$75,000 annually, you are eligible for \$1,200 for the first round of direct payments and \$600 for the second round.
- If you make above \$75,000, the direct payment is reduced.
- You are eligible for an additional payment per qualifying child under the age of 17. This additional payment is \$500 for the first round of direct payments and \$600 for the second round.

For joint tax filers:

- If you make up to \$150,000 annually, you are eligible for \$2,400 for the first round of direct payments and \$1200 for the second round.
- If you make above \$150,000 and \$198,000, the direct payment is reduced.
- You are eligible for an additional payment per qualifying child under the age of 17. This additional payment is \$500 for the first round of direct payments and \$600 for the second round.

Frequently Asked Questions about the First Economic Impact Payment:

Question: How will the IRS know where to send my payment?

Answer: If you received direct deposit of your refund based on your 2019 tax return (or 2018 tax return if you haven't filed your 2019 tax return), the IRS has sent your Payment to the bank account provided on the most recent tax return. If you filed a Form 8888, Allocation of Refund, with your tax return to split your refund into multiple accounts, your Payment was deposited to the first bank account listed. If you filed your 2019 or 2018 tax return but did not receive your refund by direct deposit, your Payment will be mailed to the address on file with the IRS even if you also receive Social Security, Railroad Retirement or Veterans Affairs benefits by direct deposit. This is generally the address on your most recent tax return or as updated through the United States Postal Service (USPS).

Question: Will I receive a letter or notice from the IRS about my payment?

Answer: For security reasons, the IRS will mail a letter (Notice 1444) about your Economic Impact Payment to your last known address within 15 days after your payment date. The letter will provide information on how the payment was made. If you are unsure if you're receiving a legitimate letter, you may visit [IRS.gov](https://www.irs.gov) first to protect against scam artists. Please keep this notice with your records and refer to it when filing your 2020 tax return to determine if you're eligible for any Recovery Rebate Credit.

Question: I haven't filed a federal tax return for 2018 or 2019 because I am not required to file. I don't receive Social Security retirement or any other federal benefits. What do I need to do to get a Payment?

Answer: Depending on your situation, if you didn't file a 2019 or 2018 tax return or register for a payment using the Non-Filers tool in 2020, you may be eligible to claim the Recovery Rebate Credit when you file a 2020 tax return in 2021.

Question: How do I find out if the IRS is sending me a payment?

Answer: People can check the status of both their first and second payments by using the "[Get My Payment](#)" tool, available in English and Spanish only on [IRS.gov](https://www.irs.gov).

Question: Will the direct payment affect my eligibility for federal income-targeted programs?

Answer: No.

Question: Are direct payments subject to federal income tax?

Answer: No.

Question: Is the Payment includible in my gross income?

Answer: No, the Payment is not includible in your gross income. Therefore, you will not include the Payment in your taxable income on your Federal income tax return or pay income tax on your Payment. It will not reduce your refund or increase the amount you owe when you file your 2020 Federal income tax return.

Question: Will I receive anything for my tax records showing I received an Economic Impact Payment?

Answer: Yes. People will receive an IRS notice, or letter, after they receive a payment telling them the amount of their payment. They should keep this for their tax records.

Question: Will I need to provide information about my Economic Impact Payment to claim the Recovery Rebate Credit on my 2020 tax return when I file in 2021?

Answer: Keep the notice you received regarding your Economic Impact Payment with your 2020 tax records. These notices are mailed to each recipient's last known address within 15 days after the Payment is made. If you do not receive a payment or did not receive the maximum amount this year, you may be eligible to claim the Recovery Rebate Credit when you file your 2020 tax return.

Frequently Asked Questions about the Second Economic Impact Payment:

Question: What do I need to do to get my payment?

Answer: No action is necessary. Your payment will be issued based on the information the IRS has on file for your 2019 tax return, the information you provided on the – no-longer-available – IRS Non-Filers tool, payment information entered on the "[Get My Payment](#)" tool, or information provided by a federal agency that issued benefits to you (Social Security Administration, Veteran Affairs, or Railroad Retirement Board). If you don't get a payment and you are eligible to receive one, you may be eligible to claim it on your 2020 tax return as the Recovery Rebate Credit.

Question: I didn't receive a direct deposit yet. Will I get a second Economic Impact Payment?

Answer: Maybe. IRS updated the "[Get My Payment](#)" (GMP) tool on January 5, 2021 to allow you to see if you're receiving the second Economic Impact Payment. If you checked GMP on or after January 5 and the GMP reflects a direct deposit date and partial account information, then your payment is deposited there. If the GMP reflects a date your payment was mailed; it may take up to three to four weeks for you to receive the payment. Watch your mail carefully for a check or an EIP debit card. If you're eligible, and don't receive a payment – or if you don't receive the full amount – you may be eligible to claim the Recovery Rebate Credit when you file your 2020 Form 1040 or 1040-SR tax return. See the IRS Statement — Update on Economic Impact Payments for more information.

Question: What if I see a different bank account when I use the [“Get My Payment”](#) tool from what I had on my 2019 tax return?

Answer: If you haven’t yet received your direct deposit, you should continue to watch your bank accounts for a deposit in coming days. IRS tax industry partners are taking steps to redirect stimulus payments to the correct accounts as quickly as possible. The information you see in the “Get My Payment” tool, including account numbers and potential deposit dates, may continue to display unfamiliar account numbers as the IRS continues to work through and update this issue. If you don’t recognize the bank account number displayed in the Get My Payment tool it does not mean your deposits were made to the wrong account or that there is a fraud. If you do not recognize the account number, it may be an issue related to how information is displayed in the tool tied to temporary accounts used for refund loans/banking products. The IRS is working to address this.

Question: I’m a Social Security, Railroad Retirement, or Veterans benefit recipient, do I need to take any action?

Answer: No action is necessary for you to receive the second payment. Your payment will be issued based on information the IRS has on file for your 2019 tax return, the information you provided on the - no longer available - IRS Non-Filers tool, payment information entered on the [“Get My Payment”](#) tool, or information provided by a federal agency that issued benefits to you (Social Security Administration, Veterans Affairs, or Railroad Retirement Board). If you don’t get a payment and you are eligible to receive one, you may be able to claim it on your 2020 tax return as the Recovery Rebate Credit.

Question: If I received my first Economic Impact Payment on an EIP Card, will my second payment be deposited on that same EIP Card?

Answer: No. New EIP Cards will be issued. The earlier EIP Cards will not be “reloaded.” If you received an EIP Card for the first Economic Impact Payment, it does not mean you will receive an EIP Card for second payment; you may receive a check. If you received a check for the first payment, you may receive an EIP Card for the second payment. If this applies to you, IRS urges people to carefully watch their mail for either of these during January. The EIP debit cards arrive in a white envelope that prominently displays the U.S. Department of the Treasury seal. More information about the EIP debit cards can be found [here](#).

Question: How can I transfer funds from my EIP Card to my bank account?

Answer: There are multiple ways to transfer funds from your EIP Card to an existing bank account at no cost to you. Be sure you have activated your EIP Card before attempting to transfer funds. Detailed steps can be found [here](#) in the ‘Top Questions’. If you are unable to access the internet and your card is activated, you can transfer funds by calling 1-800-240-8100 and follow the prompts to authenticate with the Interactive Voice Response Unit. If you discarded or destroyed your EIP card, you can also call Customer Service at 1-800-240-8100 and select the ‘Lost/Stolen’ option.

Question: What is the Recovery Rebate Credit?

Answer: The Recovery Rebate Credit is authorized by the Coronavirus Aid, Relief, and Economic Security (CARES) Act and the COVID-related Tax Relief Act. It is a tax credit against your 2020 income tax. Generally, this credit will increase the amount of your tax refund or decrease the amount of the tax you owe. The Recovery Rebate Credit was eligible to be paid in two rounds of advance payments during 2020 and early 2021. These advanced payments of the Recovery Rebate Credit are referred to as the first and second Economic Impact Payments. Individuals who received the full amounts of both Economic Impact Payments do not need to complete any information about the Recovery Rebate Credit on their 2020 tax returns. They already received the full amount of the Recovery Rebate Credit as Economic Impact Payments. More information about the Recovery Rebate Credit can be found [here](#).

For more information about direct payments, you can visit the [IRS Economic Impact Payments](#) webpage which has answers to questions and answers about the [First Economic Impact Payment](#) and the [Second Economic Impact](#).

To help provide additional assistance, the IRS also established a special phone line for taxpayers with questions about their Economic Impact Payments: (800) 919-9835.

Unemployment

The *CARES Act* expands unemployment benefits for workers during the COVID-19 pandemic. This social safety net is incredibly important as employers face mandatory closures and workers navigate reduced hours, furloughs, and layoffs.

Additional information about the expanded unemployment benefits:

- The federal government is fully funding “work sharing” programs under which workers with reduced hours are eligible for partial state unemployment benefits.
- States are able to expand eligibility for unemployment benefits to self-employed individuals, independent contractors, “gig economy” employees, and individuals who were unable to start a new job or contract due to the pandemic.

Federal CARES Act provisions for unemployment in California:

- [Pandemic Unemployment Assistance](#) – Provides unemployment benefits for people who don’t usually qualify for regular state Unemployment Insurance.
- [Pandemic Emergency Unemployment Compensation](#) – A benefit extension for people who have used all benefits available in their regular Unemployment Insurance claim.
- [Pandemic Additional Compensation](#) – An additional \$300 federal stimulus payment automatically added to each week of benefits received during a specified time period.

On December 27, 2020 Congress passed legislation to extend federal unemployment benefits that expired. The extensions in California include:

- Restoring the federal increase for all unemployment benefits, which adds \$300 to each week of benefits for up to 11 weeks through March 13, 2021.
- Extending the Pandemic Unemployment Assistance program by 11 weeks, providing up to 57 weeks of benefits.
- Extending the Pandemic Emergency Unemployment Compensation program by 11 weeks, providing up to 24 weeks of benefits.
- Continuing the federally funded [FED-ED](#) through March 14, 2021, providing up to 20 weeks of benefits. The FED-ED, or Federal-State Extended Duration, provides benefits for people who used all of their unemployment benefits during a period of high unemployment.
- Providing a supplement of \$100 per week to certain “mixed earners” who received at least \$5,000 a year in self-employment income but were eligible for regular unemployment, not Pandemic Unemployment Assistance.

Frequently Asked Questions:

Question: Am I eligible to file for unemployment benefits?

Answer: If you lost your job or had your hours reduced, you may be [eligible](#) for unemployment. When filing for UI benefits, you must have earned enough wages during the [base period](#) to establish a claim, and be:

- Totally or partially unemployed.
- Unemployed through no fault of your own.
- Physically able to work.
- Available for work.
- Ready and willing to accept work immediately.

To receive Unemployment Insurance (UI) benefit payments, you must meet all eligibility requirements when filing a claim and when certifying for benefits.

Question: Does my tipped income count for unemployment benefits?

Answer: Yes, however this is dependent on your tips being accurately reported. If they were underreported, in violation of federal law, it could lower your unemployment benefits.

Question: How do I file for unemployment benefits?

Answer: Everyone uses the same application, both for Unemployment Insurance (UI) and Pandemic Unemployment Assistance. The fastest way to apply is through [UI Online](#). You can also [apply for unemployment by phone, mail, or fax](#).

Question: Do unemployment benefits affect my eligibility for Medicaid or the Children's Health Insurance Program (CHIP)?

Answer: No.

Question: Can employees whose employers have applied for the Payment Protection Program (PPP) apply for unemployment?

Answer: Yes. If you had zero earnings in the week prior, as no fault of your own, you can apply for unemployment insurance while your employer requests assistance from the PPP.

Question: I received a Notice of Determination (DE 1080CZ) and I am not eligible for benefits. What should I do?

Answer: You have the right to file an appeal if you do not agree with all or part of our decision. For more information, visit [Unemployment Insurance Appeals](#).

Additional Resources:

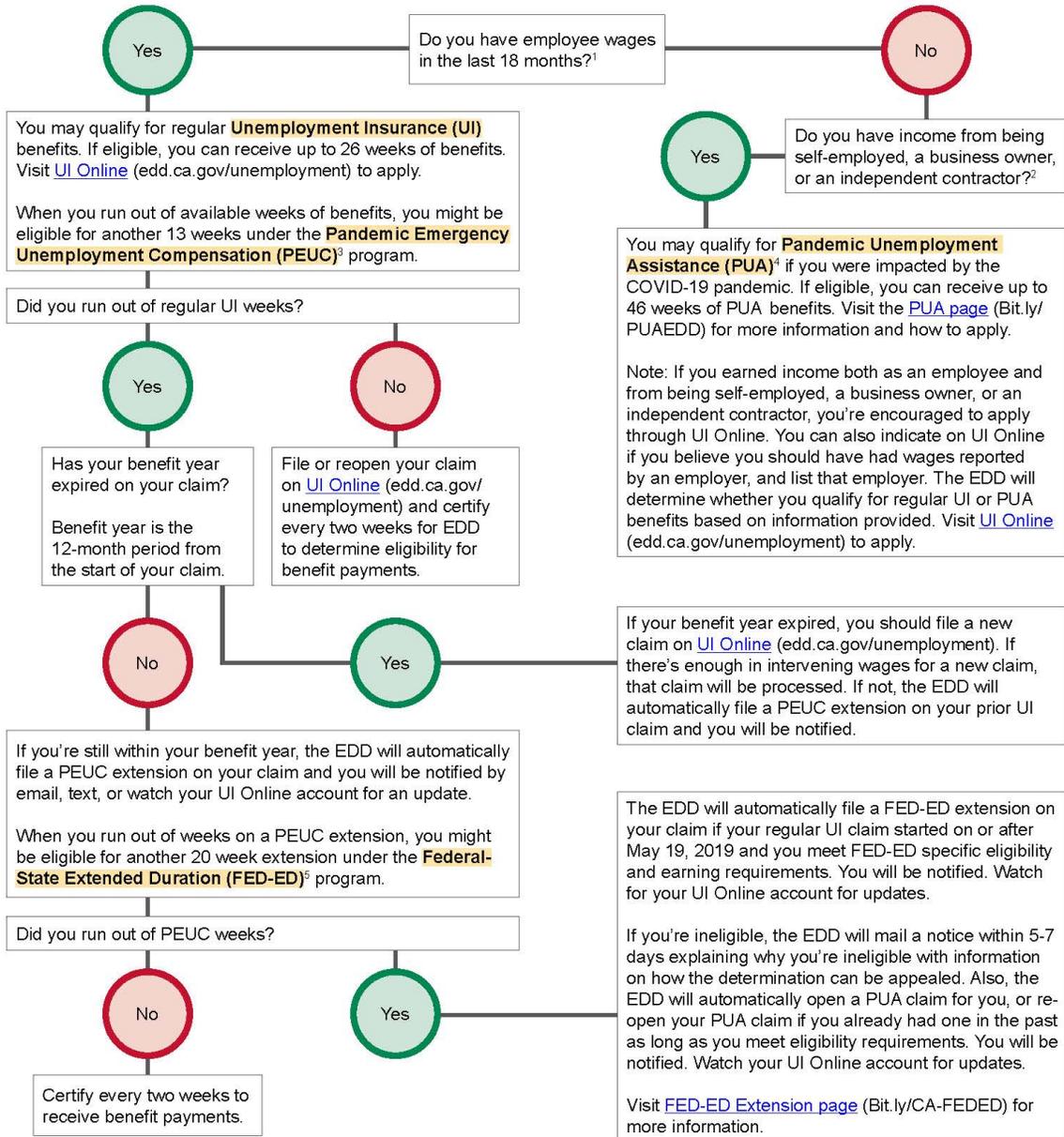
- [COVID-19: Unemployment Claims](#): Provides details about steps to take after filing your unemployment claim.
- California Employment Development Department (EDD) [Frequently Asked Questions](#).
- California EDD [Eligibility Frequently Asked Questions](#).

• California EDD Unemployment Benefit Programs Flowchart:

California Unemployment Benefit Programs

If you're out of work or had your hours or wages reduced, you may be eligible to receive unemployment benefits from California's Employment Development Department (EDD).

Start Here!



¹ Employee wages are usually reported on a W-2 tax form. Even if you have not received a W2 tax form from your employer, you may still have employee wages; your employer may have misclassified you as an independent contractor. If you believe you may have been misclassified and have employee wages, contact EDD and request a wage audit.

² This type of income is usually reported on a 1099 tax form. Just because your income is reported on a 1099 tax form does not mean you do not have employee wages; your employer may have misclassified you as an independent contractor. If you believe you may have been misclassified and have employee wages, contact EDD and request a wage audit.

³ The earliest a PEUC extension can begin is March 29, 2020, and is available through December 26, 2020.

⁴ The earliest a PUA claim can begin is February 2, 2020, and is available through December 26, 2020.

⁵ The earliest a FED-ED extension can begin is May 10, 2020. At this time there is no set end date.



Paid Sick Leave and Paid Family Leave

The Families First Coronavirus Response Act creates emergency paid sick and family leave for working families impacted by COVID-19. Employers with 500 employees or less are required to provide paid sick and family leave, and the federal government covers 100% of the cost of wages by providing a refundable payroll tax credit.

Paid sick leave requirements include:

- Employers must offer two weeks (10 days) of paid sick leave for COVID-19 related reasons. If an employee is sick or seeking diagnosis, the benefit replaces all of the employee's wages up to a maximum benefit of \$511 per day. If an employee is caring for another individual who is sick, the benefit replaces at least two-thirds of the employee's wages up to a maximum benefit of \$200 per day.
- The paid sick leave credit offsets 100% of employer costs for providing mandated paid sick leave.
- If the credit exceeds total liability for the employer, the outstanding cost in wages will be provided through a refund.
- Self-employed individuals are also eligible for this program and tax credit.

Paid family leave requirements include:

- Employers must offer 12 weeks of paid family leave for an employee with a minor child in the event of the closure of the child's school or place of care.
- The first ten days are unpaid, but the employee can overlap this with the ten days of paid sick leave explained above.
- After the first ten days, this benefit replaces at least two-thirds of the employee's wages up to a maximum of \$200 per day.
- The paid family leave credit offsets 100% of employer costs for providing mandated paid family leave.
- Just like the sick leave provisions, self-employed individuals are covered.

Frequently Asked Questions:

Question: If I already get paid sick leave, how am I effected?

Answer: Existing leave offered can count towards the 10 days under this law. You are not required to receive additional paid sick days.

Question: How does the refundable payroll tax credits work?

Answer: Under this program, covered employers pay their workers as described above. They are then given a tax credit that offsets any payroll liability that the employer has during the applicable quarter. If credit exceeds the payroll tax liability, the employer will receive a refund up to the credit maximum.

Question: I'm an hourly worker, am I covered?

Answer: Yes, full-time hourly workers are entitled to 80 hours (or 10 days) of paid sick leave.

Question: I'm a gig economy or self-employed worker, am I covered?

Answer: Yes, however it instead is paid through a refundable income tax credit.

Question: Can you provide additional detail about the program?

Answer: Yes, you can find links to additional resources below:

- [Committee on Education and Labor Fact Sheet: Emergency Paid Sick Leave](#)
- [U.S. Department of Labor: Employee Paid Leave Rights](#)
- [U.S. Department of Labor: Employer Paid Leave Requirements](#)
- [U.S. Department of Labor Questions and Answers](#)
- U.S. Department of Labor poster for [federal workers](#) and one for [all other employees](#)
- U.S. Department of Labor [questions & answers](#) document about employer posting requirements, as well as a [Field Assistance Bulletin](#) describing the 30-day non-enforcement policy
- [Treasury, IRS & Department of Labor Announcement](#)

Additional Resources for Employees

- Office of the Governor – [Guidance on Essential Services](#)
- [California Employee Development Department \(EDD\) - Frequently Asked Questions](#)
- [California Labor & Workforce Development Agency](#): Services California workers and businesses by improving access to employment and training programs, enforcing California labor laws to protect workers and create an even playing field for employers, and administering benefits that include workers' compensation, unemployment insurance, disability insurance and paid family leave.
- [EDD Disability, Paid Family Leave, and other Resources](#)
- [Workforce Development Board Contra Costa](#)
- [San Joaquin County WorkNet](#)
- [Farm Employers Labor Services](#)
- [OnwardCA](#): One-stop resource for Californians impacted by job loss during the COVID-19 Pandemic.

Small Business Administration (SBA) Resources

The *CARES Act* provides funding for loan forgiveness grants to small businesses and nonprofits to maintain existing workforce and help pay for other expenses including rent, mortgages, and utilities. Additional relief for small businesses includes Small Business Administration (SBA) emergency grants of up to \$10,000 for small business operating costs and six months of payments for small businesses with existing SBA loans.

The SBA has several resources to assist small businesses impacted by COVID-19:

- If you have specific questions regarding an application, or would like more information about loan resources contact an [SBA office or resource partner near you](#).
- [Disaster Assistance](#)
SBA Disaster Assistance Customer Service Center, Phone: (800) 659-2955;
E-mail: disastercustomerservice@sba.gov
- [Small Business Guidance & Loan Resources](#)
- [Economic Injury Disaster Loan](#): This loan advance will provide up to \$10,000 of economic relief to businesses that are currently experiencing temporary difficulties.
- [Express Bridge Loans](#): Enables small businesses that currently have a business relationship with an SBA Express Lender to quickly access up to \$25,000.
- [SBA Microloan Program Lenders](#)
- [SBA Debt Relief](#)

Paycheck Protection Program (PPP)

The *CARES Act* authorized funding for the [Paycheck Protection Program \(PPP\)](#) to incentivize small business to keep their employees on payroll. SBA will forgive loans if all employee retention criteria are met, and the funds are used for eligible expenses.

On December 27, 2020 Congress passed legislation to reopen the PPP through March 31, 2021. This legislation also creates set-asides for small businesses borrowers with 10 or fewer employees and businesses located in Low to Moderate Income (LMI) areas as well as set-asides for community lenders to increase their lending to the hard-to-reach communities. Additionally, smaller and hard-hit businesses that already received PPP loans will be eligible for a second round of funds, referred to as a Second Draw.

In order to reach the smallest businesses, SBA will offer PPP loans to businesses with fewer than 20 employees and sole proprietors only from Wednesday, February 24 through Tuesday, March 9, 2021 at 5pm ET. President Biden has also announced additional program changes to make access to PPP loans more equitable:

- Allow sole proprietors, independent contractors, and self-employed individuals to receive more financial support by revising the PPP's funding formula for these categories of applicants;
- Eliminate an exclusionary restriction on PPP access for small business owners with prior non-fraud felony convictions, consistent with a bipartisan congressional proposal;
- Eliminate PPP access restrictions on small business owners who have struggled to make student loan payments by eliminating student loan debt delinquency as a disqualifier to participating in the PPP; and
- Ensure access for non-citizen small business owners who are lawful U.S. residents by clarifying that they may use Individual Taxpayer Identification Number (ITIN) to apply for the PPP.

Key provisions of and resources for the PPP program include:

- Loans are provided by approved SBA lenders, not the SBA directly.
- First Draw PPP Loans can be used to help fund payroll costs, including benefits, and may also be used to pay for mortgage interest, rent, utilities, worker protection costs related to COVID-19, uninsured property damage costs caused by looting or vandalism during 2020, and certain supplier costs and expenses for operations.
- Second Draw PPP Loans can be used to help fund payroll costs, including benefits. Funds can also be used to pay for mortgage interest, rent, utilities, worker protection costs related to COVID-19, uninsured property damage costs caused by looting or vandalism during 2020, and certain supplier costs and expenses for operations.

- Loans have an interest rate of one percent and loans issued prior to June 5, 2020 have a maturity of 2 years. Loans issued after June 5, 2020 have a maturity of 5 years.
- Loan payments will be deferred for borrowers who apply for loan forgiveness until SBA remits the borrower's loan forgiveness amount to the lender. If a borrower does not apply for loan forgiveness, payments are deferred 10 months after the end of the covered period for the borrower's loan forgiveness (either 8 weeks or 24 weeks).
- No collateral or personal guarantees are required.
- Neither the government nor lenders will charge small businesses any fees.

Frequently Asked Questions:

Question: Who may qualify for a [first draw](#) PPP loan?

Answer: The following entities affected by Coronavirus (COVID-19) may be eligible:

- Sole proprietors, independent contractors, and self-employed persons
- Any small business concern that meets SBA's size standards (either the industry size standard or the alternative size standard)
- Any business, 501(c)(3) non-profit organization, 501(c)(19) veterans organization, or tribal business concern (sec. 31(b)(2)(C) of the Small Business Act) with the greater of:
 - 500 employees, or
 - That meets the SBA industry size standard if more than 500
- Any business with a NAICS code that begins with 72 (Accommodations and Food Services) that has more than one physical location and employs less than 500 per location

Question: Who may qualify for a [second draw](#) PPP loan?

Answer: A borrower is generally eligible for a Second Draw PPP Loan if the borrower:

- Previously received a First Draw PPP Loan and will or has used the full amount only for authorized uses
- Has no more than 300 employees; and
- Can demonstrate at least a 25% reduction in gross receipts between comparable quarters in 2019 and 2020

Question: How and when can I apply for a First Draw PPP?

Answer: You can apply for a First Draw PPP Loan from January 11, 2021 until March 31, 2021 through a participating PPP lender. To be matched with a participating PPP lender, visit [SBA Lender Match](#).

Question: How and when can I apply for a Second Draw PPP?

Answer: You can apply for a First Draw PPP Loan January 13, 2021, until March 31, 2021 through a participating PPP lender. To be matched with a participating PPP lender, visit [SBA Lender Match](#).

Question: How do I ensure that my PPP loan is [forgiven](#)?

Answers: First Draw PPP Loans made to eligible borrowers qualify for full loan forgiveness if during the 8- to 24-week covered period following loan disbursement:

- Employee and compensation levels are maintained
- The loan proceeds are spent on payroll costs and other eligible expenses; and
- At least 60 percent of the proceeds are spent on payroll costs

Second Draw PPP Loans made to eligible borrowers qualify for full loan forgiveness if during the 8 to 24 week covered period following loan disbursement:

- Employee and compensation levels are maintained in the same manner as required for the First Draw PPP loan
- The loan proceeds are spent on payroll costs and other eligible expenses; and
- At least 60 percent of the proceeds are spent on payroll costs

Question: Can you provide additional detail about the program?

Answer: Yes, you can find links to additional resources below:

- [SBA Paycheck Protection Program Summary](#)
- [SBA First Draw PPP Loans Summary](#)
- [SBA Second Draw PPP Loans Summary](#)
- [Frequently Asked Questions about PPP Loan Forgiveness](#)
- [Committee on Small Business 2021 Omnibus Small Business Fact Sheet](#)

Economic Injury Disaster Loans

In response to the Coronavirus (COVID-19) pandemic, small business owners, including agricultural businesses, and nonprofit organizations in all U.S. states, Washington D.C., and territories can apply for an [Economic Injury Disaster Loan \(EIDL\)](#). The EIDL program is designed to provide economic relief to businesses that are currently experiencing a temporary loss of revenue due to coronavirus (COVID-19).

Key program details include:

- Small business owners and qualified agricultural businesses in all U.S. states and territories are currently eligible
- Interest rates of 3.75% are available for small businesses and rates 2.75% are available for nonprofits.
- Loans can be used for working capital and normal operating expenses such as continuation of health care benefits, rent, utilities, fixed debt payments.
- EIDL recipients can defer loan payments for 12 months.
- You can apply [here](#) on the SBA's website.
- A [Small Business Development Center](#) may be able to help you prepare your application.

Additional Resources

- [SBA EIDL Program Summary](#)
- [Committee on Small Business 2021 Omnibus Small Business Fact Sheet](#)
- [COVID-19 Economic Injury Disaster Loan FAQs](#)

State and Local Resources for Small Businesses

The State of California has other available resources to assist small businesses:

- [State of California Information for Businesses and Employers](#)
- [California Small Business Loan Guarantee Program](#)
- [California Entrepreneurship Task Force](#)
- [CA Governor's Office of Business and Economic Development \(GO-Biz\)](#)

Local resources for small businesses:

- [Contra Costa Small Business Development Center](#)
- [Contra Costa Health Services – Information for Businesses](#)
- [Contra Costa Small Business Resources Page](#)
- [Contra Costa Call Center](#): (833) 320-1919 from 8:30 am to 5:00 pm every Monday through Friday. Connects businesses and workers with helpful federal, state, and local programs. This includes providing resources and referrals on loans and grants, unemployment insurance, payroll subsidies, and other critical concerns. The trained staff who answer calls can also assist with tapping into programs to reduce utility costs, access online career training, and other business services.
- [San Joaquin County Small Business Assistance Grant Program](#): Intended to assist businesses up to 100 full-time employees in San Joaquin County who have experienced financial harm due to the COVID-19 pandemic. The maximum grant is limited \$25,000. Grants will be awarded on a first-come, first-served basis for qualified applicants for as long funding remains available, or January 31, 2021, whichever is earlier.
- [San Joaquin County Personal Protective Equipment Grant Program](#): Intended to provide businesses and non-profits of any size with PPE supplies, such as masks. The grant is open to all qualified businesses in San Joaquin County while supplies of masks are still available.
- [San Joaquin Delta College Small Business Development Center](#)
Phone: (209) 954-5089
Email: sbdc@deltacollege.edu

- [Downtown Stockton Enterprise Loan Fund](#): The Downtown Stockton Enterprise Loan Fund (DSELF) is a non-profit, multi-bank community development corporation created to facilitate economic development in Stockton's economically underserved central city. The DSELF achieves economic development through: facilitating the growth of small to mid-sized businesses, and attracting, creating, and retaining new jobs.
- [Sacramento County Business Resource Guide](#)
- [Kivia Loans](#): Kiva is a non-profit that expands access to capital for entrepreneurs.
- [U.S. Chamber of Commerce](#): Resources and information for small businesses.
- [Save Small Business Fund](#): A grant making initiative to help small employers who are struggling during the COVID-19 pandemic.
- California Department of Insurance - [Fact Sheet: Insurance Coverage During Civil Unrest](#)

Resources for Employers

- [Centers for Disease Control Guidance for Employers](#)
- [Occupational Safety and Health Administration \(OSHA\) - Guidance on Preparing Workplaces for COVID-19](#)
- [California Department of Industrial Relations - Frequently Asked Questions](#) on Laws Enforced by the CA Labor Commissioner's Office
- [Cal/OSHA Guidance on Requirements to Protect Workers from COVID-19](#)
- [COVID-19 Business Tax Relief Tool](#) - The federal government enacted several laws that provide tax relief and assistance to businesses impacted by the Coronavirus (COVID-19). Some allow for an immediate dollar-for-dollar tax offset against payroll taxes to help pay for employee sick leave and some are designed to help keep employees on your payroll.
- [California Employment Development Department \(EDD\): EDD Payroll Taxes](#)
- [U.S. Chamber of Commerce](#)

Eviction Protection and Mortgage Forbearance

Renter Protections

In California, Governor Gavin Newsom signed into law the COVID-19 Tenant Relief Act which extends tenant protections included in the Tenant, Homeowner, and Small Landlord Relief and Stabilization Act of 2020 to June 30, 2021. These protections were originally set to expire on February 1, 2021. The Act includes the same eligibility and program rules as before including:

- Prevents evictions for nonpayment of rent by tenants experiencing a COVID-19 hardship.
- Available to any tenant who timely attests under penalty of perjury that he/she has not been able to pay full rent due to COVID-19-related circumstances.
- If a tenant pays at least 25 percent of his/her rent owed between September 2020 and June 2021, they are permanently protected from eviction for not paying their full rent during this period; however they will still owe their landlord all unpaid rent.
- Landlords may still proceed with certain other types of “just cause” evictions unrelated to a tenant’s failure to pay rent.

Additional Resources

- More information on the COVID-19 Tenant Relief Act can be found [here](#) as well as on this [factsheet](#).
- Information on the Tenant, Homeowner, and Small Landlord Relief Stabilization Act of 2020 can be found [here](#) as well as on this [factsheet](#).
- Information on what your declaration should include can be found [here](#).
- If your landlord is attempting to evict you and you took all the appropriate steps, contact a [local Legal Aid office](#) and learn about your protections.
- Additional tenant and landlord resources can be found [here](#).
- Information about relief from financial institutions, and questions and answers on financial relief can be found [here](#).

Mortgage Relief

There are two protections for homeowners with mortgages backed by Fannie Mae, Freddie Mac, or the federal government: **COVID hardship mortgage forbearance** and a **temporary halt to foreclosures**. These protections were originally made available to eligible homeowners under the Coronavirus Aid, Relief, and Economic Security (CARES) Act, and have since been expanded to provide additional assistance to homeowners through guidance from federal agencies, Fannie Mae, and Freddie Mac.

- **COVID hardship forbearance:** If you experience financial hardship due to the coronavirus pandemic, you may have a right to an initial COVID hardship forbearance of up to 180 days. You also may have the right to one or more extensions of that forbearance. You must request these options as they’re not automatic. More information can be found [here](#).
 - If your loan is backed by HUD/FHA, USDA, or VA, the deadline for requesting an initial forbearance is June 30, 2021.

- If your loan is backed by Fannie Mae or Freddie Mac, there is not currently a deadline for requesting an initial forbearance.
- If you already have a forbearance plan and need more time, you can request an extension.
 - If your mortgage is backed by Fannie Mae or Freddie Mac : You may request up to two additional three-month extensions, up to a maximum of 18 months of total forbearance. But to qualify, you must have received your initial forbearance on or before February 28, 2021. Check with your servicer about the options available.
 - If your mortgage is backed by HUD/FHA , USDA , or VA : You may request up to two additional three-month extensions, up to a maximum of 18 months of total forbearance. But to qualify, you must have started a forbearance plan on or before June 30, 2020. Not all borrowers will qualify for the maximum. Check with your servicer about the options available.
- **Foreclosure moratoriums:** If your loan is backed by Fannie Mae, Freddie Mac, HUD/FHA, USDA, or VA, your lender or loan servicer cannot foreclose on you until after June 30, 2021. Specifically, the guidance from Fannie Mae and Freddie Mac, HUD/FHA, VA, and USDA, prohibit lenders and servicers from beginning a judicial or non-judicial foreclosure against you, or from finalizing a foreclosure judgment or sale. This protection began on March 18, 2020.

Homeowners or small landlords who don't have federally-backed loans can contact their loan servicers to see what options are available to them.

Additional Resources

- Consumer Financial Protection Bureau: [Mortgage Relief Options and Protections](#).
- If you have an FHA mortgage, information on relief options can be found [here](#).
- If you have a USDA mortgage, information on relief options can be found [here](#).
- If you have a VA mortgage, information on relief options can be found [here](#).
- U.S. Department of Housing and Urban Development (HUD)-approved housing counselor [look up tool](#): Housing counselors throughout the country can provide advice on buying a home, renting, defaults, foreclosures, and credit issues.

Housing Resources

- [2-1-1](#): Dial 2-1-1 to speak with a trained Resource Specialist who can connect you to available services for housing, shelter, and homeless individuals. This service is available 24 hours a day, seven days a week. To search online for services in your county, see below:
 - [2-1-1 Contra Costa](#)
 - [2-1-1 San Joaquin](#)
 - [2-1-1 Sacramento](#)
- [U.S Department of Housing and Urban Development \(HUD\)](#): Oversees federal programs designed to help Americans meet their housing needs.
- State of California COVID-19 Response – Information about the California Eviction Moratorium, relief from financial institutions, and questions and answers on financial relief can be found [here](#).
- [Consumer Financial Protection Bureau Guide to COVID-19 Mortgage Relief Options](#): Information about mortgage and rental relief.
- [Housing Authority of the County of Contra Costa](#): Provides affordable housing for low income families, seniors and persons with disabilities in Contra Costa County.
- [Housing Authority of the County of San Joaquin](#): Provides shelter and assistance in San Joaquin County through a variety of affordable housing programs.
- [Sacramento Housing and Redevelopment Agency](#): Provides information about affordable housing opportunities and programs.
- [San Joaquin Fair Housing Association](#): Provides information for tenants and landlords. Phone (209) 451-3471
- [National Housing Conference COVID-19 Housing Resource Center](#): Provides housing related information and resources.
- [Stockton Shelter for the Homeless](#): Provides safe shelter to homeless individuals. Phone: (209) 466-2605; E-mail: info@stocktonshelter.org

- [Women's Center-Youth and Family Services](#): Provides free, confidential services and shelters specifically designed to meet the needs of homeless and runaway youth and victims of domestic violence, sexual assault, and human trafficking. For more information on services call (209) 941-2611.
- [Shelter Inc.](#): Shelter Inc. helps families and individuals who are homeless or in danger of becoming homeless by assisting with rental costs and providing emergency and permanent housing. Phone: (925) 335-0698, E-mail: shelter@shelterinc.org

Energy, Gas, Water, Trash, and Postal Information

As a result of the State of Emergency issued by Governor Gavin Newsom due to the COVID-19 pandemic, there is a moratorium on energy, natural gas, water, and sewer service disconnections for non-payment. More information can be found [here](#).

Energy and Gas

- [PG&E](#): PG&E has suspended service disconnections for nonpayment and waived deposit requirements for all residential and small business customers until further notice.
- [Lodi Electric](#): Lodi Electric is not turning off power for non-payment at this time. The City of Lodi will not contact you by phone or visit your home or business demanding payment. Please call the City of Lodi Finance Department at (209) 333-6717 to obtain your account balance or payment information.
- [California Department of Community Services and Development \(CSD\)](#): CSD works with private non-profit and local government organizations dedicated to helping low-income families achieve and maintain economic security, meet their home energy needs, and reduce their utility costs. CSD administers California's federal funding share for the [Community Services Block Grant](#), [Low-Income Home Energy Assistance Program](#), and [Weatherization Assistance Program](#).

Water

- [State of California Guidance on Water Shutoff](#): Governor Gavin Newsom signed an executive order that prohibits water shutoffs to homes and small businesses while the state responds to the COVID-19 pandemic.
- [Cal Water Low-Income Rate Assistance](#): Low-Income Rate Assistance offers a service-charge discount to qualifying low-income Cal Water customers.

Trash and Waste Removal

- Trash collection should remain uninterrupted, however if you have questions please contact your service provider directly.

Postal

- [United States Postal Service \(USPS\)](#) – USPS is continuing to deliver mail during the COVID-19 pandemic. See below for additional information.
 - [Coronavirus Updates for Residential Customers](#)
 - [Delivery](#)
 - [Mailing and shipping](#)

Transportation

- [5-1-1](#): Dial 5-1-1 for information on transportation options.
 - [5-1-1 Contra Costa](#)
 - [Sacramento Region 5-1-1](#)
 - San Joaquin Valley: Dial 5-1-1
- [Altamont Corridor Express \(ACE\)](#): Provides commuter rail service in California, connecting Stockton and San Jose.
- [Amtrak San Joaquins](#): Provides passenger railroad service throughout California and the San Joaquin Valley.
- [Tri Delta Transit](#): Provides bus service in Contra Costa County. Due to the impact of COVID-19 Tri Delta Transit timetables will be temporarily adjusted.
- [Way to Go, Contra Costa! Transportation Resource Guide](#): Provides information about transportation services in Contra Costa County.
- [San Joaquin Regional Transit District \(RTD\)](#): Provides bus service in San Joaquin County.
 - [RTD Dial-a-Ride Service](#): Offers paratransit services to persons who, due to their disability, are unable to perform the skills necessary to use RTD's fixed route service.
- [Lodi GrapeLine](#): Provides bus service in the City of Lodi.
- [Escalon eTrans](#): Provides bus service in the City of Escalon.
- [Manteca Transit](#): Provides bus service in the City of Manteca.
- [Ripon Blossom Express](#): Provides bus service in the City of Ripon.
- [Tracy Tracer](#): Provides bus service in the City of Tracy.
- [Sacramento Regional Transit District \(SacRT\)](#): Provides transportation services in Sacramento County.
 - [Free Ride to Receive the COVID-19 Vaccine](#): Starting Monday, March 1, 2021 through May 31, 2021, SacRT will offer free transit rides for everyone who needs to get to a scheduled COVID-19 vaccine appointment location. This includes all vaccination sites in Sacramento County within SacRT's service area, including hospitals, pharmacies, and other immunization locations.

To ride free, you only need to show a COVID-19 vaccine appointment confirmation in the form of an email, text or vaccine card, which will serve as valid fare only on

the date noted in your appointment confirmation to ride SacRT's fixed-route bus, light rail, Folsom Stage Line, Smart Ride or SacRT GO services. Please note: free rides are not available for SacRT's contracted services (Rancho CordoVan and Elk Grove's e-Tran services).

- [Mobility Matters](#): Provides mobility management services including rides programs for seniors and veterans in Contra Costa County. Phone: (925) 284-2207.
- [Greyhound](#): Provides bus service throughout the country.
- [Lyft](#): A ridesharing service that arranges rides in real-time, through a mobile app or online.
- [Uber](#): A ridesharing service that arranges rides in real-time, through a mobile app or online.

Food Resources

- For immediate food aid call the U.S. Department of Agriculture (USDA) National Hunger Hotline at (866) 3-HUNGRY (866-348-6479) or (877) 8-HAMBRE (877-842-6273). Information is available in English and Spanish. The hotline operates every Monday through Friday from 7 am to 10 pm Eastern Time.
- California Department of Social Services – [CalFresh Program](#): The CalFresh Program, federally known as the Supplemental Nutrition Assistance Program (SNAP), issues monthly electronic benefits that can be used to buy most foods at many markets and food stores. The Families First Coronavirus Response Act authorized CalFresh recipients to receive an Emergency Allotment on their Electronic Benefit Transfer (EBT) card.
 - Information about SNAP related scams can be found [here](#).

Local Resources

- Contra Costa County [COVID-19 Food Distribution Map](#)
- Contra Costa Community Produce Program: Provides 15-20 pounds of free fresh produce to low-income families and individuals twice a month. Please bring two bags with handles.
 - Information for Antioch can be found [here](#).
 - Information for Brentwood, Oakley, and Bethel Island can be found [here](#).
- Contra Costa Senior Food Programs: Provides free groceries twice a month to low-income individuals aged 55 or older. Only one senior per household can receive food. Bring a picture ID and proof of address (PG&E bill, for example).
 - More information can be found [here](#).
 - Free groceries are also provided every Friday from 9 am to 11 am at the Oakley Senior Center: 215 Second Street, Oakley. Please bring your own bag.
- [Contra Costa Health Services Women, Infants, and Children \(WIC\) Program](#): Serves Contra Costa County residents. WIC is a supplemental nutrition program that offers food vouchers, nutrition education and counseling, and health care referrals to low-income pregnant or postpartum women, breastfeeding and non-breastfeeding, and to infants and children up to age 5. You can apply online at <https://cchealth.org/wic/> or call (800) 414-4WIC.
- [Food Bank of Contra Costa & Solano](#): The Food Bank of Contra Costa and Solano distributes food directly to low-income individuals at community sites. Phone: (855) 309-FOOD (3663)
- [Loaves and Fishes of Contra Costa](#): Loaves and Fishes has closed dining rooms for sit-down meals in response to the COVID-19 crisis but is providing "to-go" meals and pre-filled bags with food pantry items. Phone: (925) 293-4792

- [Food for You Program](#): The San Joaquin County USDA Commodity Program, FOOD FOR YOU, provides free food for low-income individuals throughout the county. Individuals must meet residence requirements and distribution sites are determined by zip code. Eligibility is based on monthly income. No application is necessary; individuals must simply provide proof of residence (i.e. utility bill, rent receipt, etc.).
- [Family Resource & Referral Center Women, Infants, and Children \(WIC\) Program](#): Serves San Joaquin County residents. WIC is a supplemental nutrition program that offers food vouchers, nutrition education and counseling, and health care referrals to low-income pregnant or postpartum women, breastfeeding and non-breastfeeding, and to infants and children up to age 5.
- [Emergency Food Bank Stockton/San Joaquin](#): Provides packaged emergency food in San Joaquin County. Phone: (209) 464-7369; Address: 7 Scotts Avenue, Stockton
- [Saint Mary's Dining Room](#): Provides breakfast, lunch, and dinner, health clinics, clothing and hygiene resources, and social services to homeless and low-income individuals and families. Phone: (209) 467-0703; Address: 545 West Sonora Street, Stockton
- [Bread of Life](#): Provides supplemental groceries, toiletries and resources to families that are struggling to make ends meet. Bread of Life distributes groceries at 6 locations throughout San Joaquin County and Merced on the third Saturday of each between 8 am and 12 pm.
- [Stockton Senior Lunch Program](#): Provides meals for seniors. In order to be eligible, a person must be 60+ years of age and may be accompanied by their spouse regardless of age and/or a disabled individual who resides at home with and accompanies an older individual who participates in the program. There is a \$3.00 per meal suggested contribution. No one will be denied services for the inability to contribute.
- [Instacart](#): Grocery delivery service.
- Information regarding food resources for seniors can be found [here](#).

For Children and Students

- U.S. Department of Agriculture Food and Nutrition Service: [Meals for Kids While Schools are Closed](#)
- The California Department of Public Education has a mobile application to help you find nearby California afterschool and summer meal program sites. Instructions on how to download the app can be found [here](#).
- Contra Costa County Office of Education [Meal Service Information](#): Allows you to access each school district's website for information, including availability of remote meal services for students.
- San Joaquin County Office of Education (SJCOE): SJCOE and school districts in San Joaquin County continue to provide meals to students. Information about school breakfast and lunch pick-up sites can be found [here](#).
- Information about school-specific meal services for students can be found [here](#).

Resources for Veterans

- [U.S. Department of Veterans Affairs \(VA\) - Veterans Crisis Line](#): (800) 273-8255 and Press 1; Text 838255; Support for deaf and hard of hearing: (800) 799-48889
- [VA Homeless Help Line](#): (877) 4AID-VET (877-424-3838)
- [Economic Impact Payments for Veterans](#): Veterans and their beneficiaries who receive Compensation and Pension (C&P) benefit payments from VA will receive an Economic Impact Payment with no further action needed on their part.
- [VA COVID-19 Frequently Asked Questions](#)
- VA Veterans [Resources](#)
- [California Department of Veterans Affairs](#): Provides information about state and federal benefits that veterans are entitled to receive and how to claim them.
- VA Care Facilities: If you are a veteran and need medical care, contact your VA care facility. To find a VA care facility near you, click [here](#). If you have been exposed to someone with COVID-19 symptoms or if you have symptoms including a fever, cough, or shortness of breath, contact your VA care facility prior to any visit.
 - [VA Northern California Health Care System](#): (800) 382-8387
 - [VA Palo Alto Health Care System](#): (800) 455-0057
- Veterans Service Offices: Provides assistance to veterans by helping them understand and apply for any VA benefits they may be entitled to including compensation, education, vocational rehabilitation and employment, home loans, life insurance, pension, health care, and burial benefits. For assistance, call your local veterans service office.
 - [Contra Costa County Veterans Service Office](#): (925) 313-1481; E-mail: Veterans@vs.cccounty.us.
 - [San Joaquin County Veterans Services Office](#): (209) 468-2916
 - [Sacramento County Veterans Service](#): (916) 874-6811
- [Supportive Services for Veteran Families \(SSVF\)](#): SSVF grantees have the capacity to place enrolled SSVF program participants in temporary housing (motels and hotels) while working towards a permanent housing placement. In response to the COVID19 pandemic, these placements are allowed even if other temporary housing options are available if those options would place high-risk Veterans into congregate living environments. Such temporary housing placements are only available to eligible, homeless Veteran households enrolled in SSVF who need placement into permanent housing. National Call Center for SSVF Funds: (877) 424-3838

- [Veterans Business Outreach Center](#): Provides information and assistance for education and services for veteran owned small businesses, focusing on business development, technology deployment and e-commerce.
- [2-1-1](#): Dial 2-1-1 to speak with a trained Resource and Referral Specialist who can connect you to available services for housing/shelter, healthcare, mental health/counseling, substance abuse, education, food, financial help, employment training, children's services, seniors/older adults, family services, transportation, groups and associations, crisis help, veterans/military, and legal assistance. This service is available 24 hours a day, seven days a week. To search online for services in your county, see below:
 - [2-1-1 Contra Costa](#)
 - [2-1-1 San Joaquin](#)
 - [2-1-1 Sacramento](#)
- [Mobility Matters](#): Provides mobility management services including rides programs for seniors and veterans in Contra Costa County. Phone: (925) 284-2207.

Resources for Seniors

- U.S. Department of Justice (DOJ) [Elder Justice Initiative](#): The mission of the Elder Justice Initiative is to support and coordinate DOJ's enforcement and efforts to combat elder abuse, neglect and financial fraud and scams that target seniors.
 - [Elder Fraud and Abuse Resources](#)
 - National Elder Fraud Hotline: (833) 372-8311
 - Eldercare Locator Helpline: (800) 677-1116
 - Victim Connect Hotline: (855) 484-2846
- [Supplemental Security Income \(SSI\)](#): SSI helps aged, blind, and disabled people, who have little to no income, and provides cash to meet basic needs for food, clothing, and shelter. There will be no interruption in SSI payments during the COVID-19 pandemic.
 - [Economic Impact Payments for SSI Recipients](#)
- [California Department of Aging](#)
 - Senior Information Line: (800) 510-2020
This toll-free telephone number links older Californians and their caregivers to information and assistance in their own area.
 - [Health Insurance Counseling and Advocacy Program \(HICAP\)](#): (800) 434-0222
HICAP serves current Medicare beneficiaries and those planning for future health and long-term care needs. HICAP counseling is confidential and free of charge.
 - [Long-Term Care Ombudsman](#) Crisis line: (800) 231-4024
This CRISIS line is available 24 hours a day, 7 days a week, to receive complaints from residents residing in long-term care facilities.
 - [COVID-19 Information](#) for Older Adults and People with Disabilities
 - [COVID-19 & LGBTQ Older People](#): Provides information about supportive resources available for LGBTQ elders, caregivers, and concerned community members.
- [2-1-1](#): Dial 2-1-1 to speak with a trained Resource and Referral Specialist who can connect you to available services for housing/shelter, healthcare, mental health/counseling, substance abuse, education, food, financial help, employment training, children's services, seniors/older adults, family services, transportation, groups and associations, crisis help, veterans/military, and legal assistance. This service is available 24 hours a day, seven days a week. To search online for services in your county, see below:
 - [2-1-1 Contra Costa](#)
 - [2-1-1 San Joaquin](#)
 - [2-1-1 Sacramento](#)

- [Adult Protective Services](#): If you suspect neglect or abuse, call (833) 401-0832.
- [Contra Costa County Employment and Human Services – Senior Resources](#)
- [Human Services Agency of San Joaquin County Aging and Community Services](#)
- [Sacramento County Department of Child, Family and Adult Services](#)
- [Agency on Aging Area 4](#): Information on services for seniors in Sacramento County.
- Catholic Charities – [Senior Services](#)
- [SAGE National LGBT Elder Hotline](#): (877) 360-5428
The SAGE LGBT Elder Hotline is available 24 hours a day, 7 days a week to provide information about community support resources such as healthcare, transportation, counseling, legal services, and emotional support programs. The hotline is available in English and Spanish, with translation in 180 languages.
- [Mobility Matters](#): Provides mobility management services including rides programs for seniors and veterans in Contra Costa County. Phone: (925) 284-2207.

Food Resources for Seniors

- [Great Plates Delivered Program](#): Is a free meal delivery service for California’s older adults.
 - [Program Guidance](#)
 - [Participant Frequently Asked Questions](#)
 - [Local Administrator Frequently Asked Questions](#)
 - [Restaurants Frequently Asked Questions](#)
- Contra Costa Senior Food Programs: Provides free groceries twice a month to low-income individuals aged 55 or older. Only one senior per household can receive food. Bring a picture ID and proof of address (PG&E bill, for example).
 - More information can be found [here](#).
 - Free groceries are also provided every Friday from 9 am to 11 am at the Oakley Senior Center: 215 Second Street, Oakley. Please bring your own bag.
- [Stockton Senior Lunch Program](#): Provides meals for seniors. In order to be eligible, a person must be 60+ years of age and may be accompanied by their spouse regardless of age and/or a disabled individual who resides at home with and accompanies an older individual who participates in the program. There is a \$3.00 per meal suggested contribution. No one will be denied services for the inability to contribute.
- [Meals on Wheels](#): Meals on Wheels is a program that delivers meals to seniors at home who are unable to purchase or prepare their own meals.

- Special Grocery Store Hours for Seniors & Other Vulnerable Residents: If you are a senior or have other chronic medical conditions, please protect yourself by staying at home. If you need to purchase groceries in person, there are a number of stores that have established dedicated shopping hours. This includes:
 - [Albertsons](#): From 7 am to 9 am every Tuesday and Thursday.
 - [Dollar General](#): The first hour after the store's opening will be available for seniors.
 - [Safeway](#): From 7 am to 9 am every Tuesday and Thursday.
 - [Target](#): The first hour after the store's opening on Tuesdays is reserved for those 65+, pregnant women, and those defined by the Centers for Disease Control and Prevention as vulnerable or at-risk.
 - [Save Mart](#): Store opening to 9 am every Tuesday and Thursday is reserved for seniors and individuals with compromised health.
 - [Food Maxx](#): Store opening to 9 am every Tuesday and Thursday is reserved for seniors and individuals with compromised health.
 - [Smart & Final](#): 6 am to 7 am every day is reserved for shoppers 60+, expectant mothers, those with disabilities, and first responders in the medical field.
- Information for additional food resources can be found [here](#).

Resources for Individuals with Disabilities

- [Supplemental Security Income \(SSI\)](#): SSI is a federal income supplement program designed to help aged, blind, and disabled people, who have little to no income, and provides cash to meet basic needs for food, clothing, and shelter. There will be no interruption in SSI payments during the CoVID-19 pandemic.
 - [Economic Impact Payments for SSI Recipients](#)
- [California Department of Developmental Services \(DDS\)](#): Provides support to individuals with developmental disabilities through a network of 21 regional centers and state-operated facilities.
- [California State Council on Developmental Disabilities](#): Provides COVID-19 resources for individuals with developmental disabilities and their family members.
- California Department of Education [Special Education Guidance for COVID-19](#)
- [State of California Department of Aging](#): Provides information for older adults and people with disabilities.
 - [COVID-19 Information and Resources](#)
 - [Programs and Services](#)
- [California Department of Managed Health Care](#)
 - [Hearing Disabilities Fact Sheet](#)
 - [Vision Disabilities Fact Sheet](#)
- [California Employment Development Department \(EDD\)](#)
 - [State Disability Insurance \(SDI\)](#): Provides short-term disability insurance benefits to eligible workers who need time off work. You may be eligible for disability insurance if you are unable to work due to non-work-related illness or injury, pregnancy, or childbirth.
 - [Paid Family Leave \(PFL\)](#): Provides benefits to individuals who need to take time off work to care for a seriously ill child, parent, parent-in-law, grandparent, grandchild, sibling, spouse, or registered domestic partner. Benefits are also available to new parents who need time to bond with a new child entering their life either by birth, adoption, or foster care placement.
- [USA.gov Financial Assistance and Support Services for People with Disabilities](#)
- [National Council on Disability](#): Provides resources for individuals with disabilities.

- [The Arc California - COVID-19 Resources for People with Disabilities, Families, and Service Providers](#)
- [Access Living – COVID-19 Resources for the Disability Community](#)
- [National Federation of the Blind COVID-19 Resources](#)
- [2-1-1](#): Dial 2-1-1 to speak with a trained Resource and Referral Specialist who can connect you to available services for housing/shelter, healthcare, mental health/counseling, substance abuse, education, food, financial help, employment training, children’s services, seniors/older adults, family services, transportation, groups and associations, crisis help, veterans/military, and legal assistance. This service is available 24 hours a day, seven days a week. To search online for services in your county, see below:
 - [2-1-1 Contra Costa](#)
 - [2-1-1 San Joaquin](#)
 - [2-1-1 Sacramento](#)
- [Regional Center of the East Bay](#): Serves children and adults with developmental disabilities in Contra Costa County.
- [Valley Mountain Regional Center](#): Serves children and adults with developmental disabilities in San Joaquin County.
- [Alta California Regional Center](#): Serves children and adults with developmental disabilities in Sacramento County.
- [Disabilities Rights California](#): Provides information to individuals with disabilities on their legal rights.
- [Disabilities Voices United](#): Provides resources and recommendations for people with developmental disabilities and their families.
- [Autism Society of California](#): Provides support for individuals with an autism spectrum disorder.

Resources for Parents

- California Surgeon General - [Stress Relief for Caregivers and Kids During COVID-19](#)
- Contra Costa Health Services – [Information About Schools and Childcare](#)
- [First 5 Association of California Resources for Children and Families](#): Provides COVID-19 resources for children and families along with education and at home learning resources.
- [First 5 Contra Costa – Guidance for Childcare and Preschool Settings](#)
- [Contra Costa Health Services Women, Infants, and Children \(WIC\) Program](#): Serves Contra Costa County residents. WIC is a supplemental nutrition program that offers food vouchers, nutrition education and counseling, and health care referrals to low-income pregnant or postpartum women, breastfeeding and non-breastfeeding, and to infants and children up to age 5. You can apply online at <https://cchealth.org/wic/> or call (800) 414-4WIC.
- Contra Costa County Employment & Human Services – [CalWORKS Cash Aid](#) provides financial aid for children who lack financial support and care, and to promote and encourage work to enable families to become self-sufficient.
- Contra Costa County Library
 - [Virtual Storytime Content for Families](#)
 - [Wi-Fi Hotspot Kits](#): If you have a Library card, you can check out a hotspot for free and use it to connect your tablet, laptop or other Wi-Fi enabled device. You can borrow a hotspot for 21 days.
- San Joaquin County Public Health Services – [Family Health Programs](#)
- [San Joaquin County Family COVID Assistance Grant Program](#) - Intended to assist families and individuals who have suffered financial harm due to the pandemic. Grants will be awarded on a first-come, first-served basis for qualified applicants for as long funding remains available, or January 31, 2021, whichever is earlier.
- [First 5 San Joaquin](#): Provides financial support for critical programs such as health, preschool and literacy programs, to ensure programs effectively meet the needs of families. Learn more about the funded programs.
- [Family Resource and Referral Center](#): Family Resource & Referral Center is a critical link to quality child care services for all parents, child care providers, and children in San Joaquin County and the surrounding area. Call (209) 461-2908 for more information.

- [National Parent Helpline](#): Provides emotional support from a trained advocate so you can become an empowered and stronger parent. Phone: (855) 427-2736
- Safe Kids Worldwide – A Parent’s Guide to Child Safety in [English](#) and [Spanish](#)
- Learning activities for children and students can be found [here](#).

Schools and Educational Resources

- [California Department of Education – COVID-19 Information and Resources](#)
- [State of California Safe Schools For All Hub](#): The Safe Schools For All Hub consolidates key resources and information related to COVID-19 and schools. New resources will be added to the Hub on a routine basis.
- [California Student Aid Commission](#): Administers financial aid programs for students attending public and private universities, colleges, and vocational schools in California.
- [California Community Colleges – Student Resources](#)
- [University of California \(UC\) Admission Requirements Adjusted in Wake of COVID-19](#): The University of California implemented temporary measures to relax undergraduate admissions requirements for UC applicants as applicable due to the extraordinary challenges students and their families are facing in the midst of the COVID-19 pandemic.

Student Loans

- [U.S. Department of Education Federal Student Aid – Student Aid Frequently Asked Questions](#)
- [FedLoan - COVID-19 Relief for Student Loan Borrowers](#)

Schools

- [Antioch Unified School District](#)
 - During Distance Learning, Grab-and-Go meals are available for curbside pick-up Monday through Friday, 10 a.m.-12 p.m. Students received either a blue, green or orange “Meal Pick Up Instructions” flyer from their school. The flyer must be presented in order to obtain a breakfast, lunch, supper and snack for your student(s). A list of meal pick-up locations can be found [here](#).
- [Banta Elementary School](#)
 - All children are eligible for free meals through June 30, 2021. More information on meals for students can be found [here](#).
- [Brentwood Union School District](#)
 - Grab and Go meals are available for children 18 years and younger through July 30, 2021. More information on meals for students can be found [here](#).
 - Information on distance learning can be found [here](#).

- [Byron Union School District](#)
 - Free Grab and Go meals are available Monday through Friday from 11:30 am to 1:00 PM at the following locations:
 - Discovery Bay Elementary
 - Timber Point Elementary
 - Excelsior Middle School

- [Escalon Unified School District](#)
 - Free meals are available for children 18 years and younger. Five days of meals will be served every Wednesday during regular school calendar days. Meals can be picked up at the following locations and times:
 - Dent Elementary: 7:30 am – 9:30 am
 - El Portal Middle School: 3:00 pm – 6:00 pm
 - Colleville: 1:00 pm – 2:00 pm
 - Information on Pandemic EBT can be found [here](#).
 - Information on distance learning can be found [here](#).

- [Galt Joint Union High School District](#)
 - Information on meals for students can be found [here](#).
 - Information on distance learning can be found [here](#).

- [Galt Joint Union Elementary School District](#)
 - Information on meals for students can be found [here](#).

- [Knightsen Elementary School District](#)
 - Grab and Go meals will be served at Knightsen Elementary in front of the gym every Wednesday and Friday from 11:00 am to 1:00 pm. More information on meals for students can be found [here](#).
 - Information on distance learning can be found [here](#).

- [Lammersville Unified School District](#)
 - Information on meals for students can be found [here](#).
 - Information on distance learning support can be found [here](#).

- [Liberty Union High School District](#)
 - Information on meals for students can be found [here](#).
 - Information on distance learning can be found [here](#).
 - Information on device and internet access can be found [here](#).

- [Lincoln Unified School District](#)
 - Information on meals for students can be found [here](#).

- [Linden Unified School District:](#)
 - Information on meals for students can be found [here](#).

- [Lodi Unified School District](#):
 - Free meal pickup is available for all children 18 years and under every Monday, Wednesday, and Friday from 10:30 am to 1:00 pm at open locations. A list of meal pick-up locations can be found [here](#).
 - Information on digital learning can be found [here](#).

- [Manteca Unified School District](#)
 - Information on meals for students can be found [here](#).
 - Information on distance learning can be found [here](#).

- [New Hope Elementary School District](#)

- [New Jerusalem Elementary School District](#)
 - For information on school closure, distance learning, or school supplies such as computers, contact the school district at: (209) 830-6363.

- [Oakley Union Elementary School District](#)
 - Curbside To-Go Meals will be available for pick-up at school sites for students. Adults or students can pick up meals by presenting the Student meal PIN Notification Letter. More information on meals for students can be found [here](#).
 - Information on distance learning can be found [here](#).

- [Oak View Elementary School District](#)
 - Information on meals for students can be found [here](#).

- [San Joaquin County Office of Education](#)
 - Information on meals for students can be found [here](#).

- [Stockton Unified School District](#)
 - Meals are available to all children 18 years and under at 28 sites every Wednesday from 10:30 am – 12:30 pm. More information on meals for students can be found [here](#).
 - Information on technology and internet access can be found [here](#).

- [Los Medanos Community College \(LMC\)](#): Spring 2021 classes will be predominantly online.

- [San Joaquin Delta College](#): Delta College is providing instruction and support services remotely until COVID-19 subsides. Only essential personnel will report to campus.
 - Distance learning, internet access, and other student resources can be found [here](#).

- [University of the Pacific \(UOP\)](#): Spring 2021 Semester information can be found [here](#).

Arts, Music and STEM Resources

Arts

- [Arts Ed Collab COVID-19 Resources for Educators and Learners](#): Arts educational resources
- [Fast Company Free Drawing Classes from Famous Illustrators](#): Provides virtual resources and free classes for kids, parents, and anyone else who needs a creative break.
- [Chicago Arts Partnerships in Education Arts Resources for Families Stuck at Home](#): Provides arts resources for families including digital learning activities, interactive art tools, digital collections and interactive exhibitions, and live and interactive streams.
- [Crayola Printable Coloring Pages](#)
- [Disney Learn to Draw](#): Complete series of how-to tutorials on drawing.
- Where Imagination Grows [arts & crafts activities](#)
- Printable [Census activity sheets](#) for kids
- Lunch Doodles with Mo Willems [art and drawing lessons](#)
- Sesame Street in Communities – [Child Activities and Education During COVID-19](#)

Music

- JAMaROO Kids [music and movement videos for kids](#)
- YouTube Learning [video lesson playlists and channels](#) for preschoolers
- [Jazz Blog](#): Watch free jazz concerts.
- [House of Blues Music Forward Foundation COVID-19 Stay at Home Music Resources](#)
- [Recording Academy Grammy Awards Watch List](#): Provides a list of latest livestreaming concerts to watch online.
- [NPR List of Live Virtual Concerts](#)
- [The Kennedy Center Couch Concerts](#): Provides a series of concert performances you can stream online.
- [Billboard Livestream and Virtual Concerts to Watch](#)

Science, Technology, Engineering and Math (STEM)

- NASA Jet Propulsion Laboratory [STEM activities for kids](#)
- NASA STEM Engagement [at-home learning activities](#)
- [STEM DuPage STEM at Home](#): Provides information on at-home STEM learning.
- California Academy of Sciences [science activities & videos](#)
- [Math activities](#) for preschoolers
- [Exploratorium Learning Toolbox](#)
- [National Geographic](#)
- [Science Bob](#): Provides instruction on science experiments you can do at home.
- [Elmer's Fun Things to do While You Stay-at-Home](#)
- [World of Wonders Science Museum Online Resources](#)
- [STEM Ecosystems Activities for Children](#)
- [Mad Science At-Home Activities](#)

General

- [Smithsonian Institution Digital Resources for Students](#): Resources for students
- [Library of Congress Digital Resources for Students](#): Resources for students
- [TED](#): Provides talks online on a range of topics from science to arts to global issues.
- [PBS Kids](#): Provides activities and tips to help kids play and learn at home.
 - PBS Learning Media [Video Lessons](#)
 - PBS Kids for Parents [resources, tips and activities](#)
- Sesame Street [Caring for Each Other](#) Resources

- Museum Resources
 - [Museum Computer Network Guide to Virtual Museum Resources, E-Learning, and Online Collections](#): Provides virtual museum or museum-adjacent resources.
 - Virtual [Museum Tours](#)
 - Children’s Discovery Museum of San Jose [Virtual Museum Activities](#)
 - [30+ Virtual Field Trips](#): Provides information on virtual field trips and resources.

- Stories and Books
 - Story Pirates [Podcast](#)
 - The Alien Adventures of Finn Caspian [Story Podcast](#)
 - Free [stories for children](#) ages 3 and up
 - Storyline [children’s books](#) read by your favorite celebrities
 - Sparkle Stories [audio stories](#) for kids
 - The Contra Costa County Library has launched [Virtual Storytime Content for Families](#)

- Activities
 - Highlights [online activities](#) for kids
 - Into the Book reading teaching tools available in [English and Spanish](#)
 - National Geographic Kids [online activities](#)
 - [ABC Mouse](#): Provides online curriculum for children ages 2-8. Free for 30 days.
 - Wide Open School [multi-subject education resources](#) for grades Pre-K – 12
 - Scholastic [Learn at Home](#) Lessons
 - Khan Academy [lessons for kids ages 2-18](#)
 - Outdoor [Learning Activities](#) for Kids
 - Zero to Three [Play Activities](#) by Age Group

Pets and Animals

- Centers for Disease Control and Prevention
 - [If You Have Animals](#): Information on animal care during the COVID-19 pandemic, including what to do for your pets and protecting pets if you are sick.
 - [What to Do if Your Pet Tests Positive for the Virus that Causes COVID-19](#)
- [Contra Costa County Animal Services](#)
- [San Joaquin County Sheriff – Animal Services Division](#)
- [Sacramento County Animal Care and Regulation](#)
- [Contra Costa Animal Services COVID-19 Planning for Your Pet](#): Provides information on how individuals can plan now for the eventuality of becoming hospitalized and establish ongoing care for their pets with a friend, neighbor, or relative.
- [Sacramento SPCA COVID-19 Update](#): Provides information on public services for pet owners, free pet food and emergency boarding of your pet.
- Red Rover [Emergency Resources for People and Pets Affected by COVID-19](#)
 - [Emergency Boarding Grants](#) and [Urgent Care Grants](#)
 - [Assistance with Basic Pet Care and Other Needs](#)
- The Humane Society of the United States
 - [Coronavirus Frequently Asked Questions](#): Provides information on how animal needs are being addressed during the Coronavirus pandemic, as well as information for pet owners and those wanting to offer support.
 - [Resources and Financial Assistance for Pet Owners](#)
- Reporting Animal Cruelty
 - If you witness suspected cruelty to animals, call your local animal control agency as soon as possible or dial 9-1-1 if you're unfamiliar with local organizations.
 - [The Humane Society of the United States Report Animal Cruelty](#)
 - [ASPCA Report Animal Cruelty](#)
 - Animal Welfare Institute [Frequently Asked Questions About Animal Cruelty](#)

Resources for Mental Health and Reporting Abuse

If you or anyone else are in immediate danger, call 9-1-1. If you need to report abuse or require assistance, please see the resources below.

Child Abuse

- California Department of Social Services - [Report Suspected Child Abuse or Neglect](#)
- Child Welfare Gateway - [Information on Child Abuse and Neglect](#)
- Contra Costa County Employment and Human Services [Children and Family Services Emergency Response Hotline](#)
- [Child Abuse Prevention Council of Contra Costa County](#)
- [Human Services Agency of San Joaquin County Children's Services](#)
- [Child Abuse Prevention Council of San Joaquin County](#)
- [Sacramento County Department of Child, Family and Adult Services](#)
- [The Child Abuse Prevention Center of Sacramento](#)

Elder Abuse

- U.S. Department of Justice (DOJ) [Elder Justice Initiative](#): The mission of the Elder Justice Initiative is to support and coordinate DOJ's enforcement and efforts to combat elder abuse, neglect and financial fraud and scams that target seniors.
 - [Elder Fraud and Abuse Resources](#)
 - National Elder Fraud Hotline: (833) 372-8311
 - Eldercare Locator Helpline: (800) 677-1116
 - Victim Connect Hotline: (855) 484-2846
- California Department of Social Services - [Report Suspected Elder Abuse or Neglect](#): To report abuse, call (833) 401-0832 and when prompted enter your 5-digit zip code to be connected to the Adult Protective Services in your county, 7 days a week, 24 hours a day.
- Centers for Disease Control and Prevention – [Elder Abuse Prevention](#)
- [Adult Protective Services](#): If you suspect neglect or abuse, call (833) 401-0832.

Domestic and Sexual Violence

- If You Are a Victim of Sexual Assault or Domestic Violence
 - Call 9-1-1 if you are in a life-threatening situation
 - Report the incident to local police
 - See a healthcare provider as soon as possible to receive a health exam and sexual assault evidence kit.

- Call a crisis hotline:
 - National Domestic Violence Hotline: (800) 799-SAFE (7233)
 - National Sexual Assault Hotline: (800) 656-HOPE (4673)
- State of California Department of Justice – [Sexual Violence Information](#)

Substance Abuse

- Substance Abuse and Mental Health Services Administration – [Disaster Distress Helpline](#), (800) 985-5990
- [Alcoholics Anonymous \(AA\)](#): Provides information and assistance in overcoming an addiction or chemical dependency. Due to the COVID-19 pandemic, AA has [canceled in person meetings](#) and is conducting its gatherings online. Information about how to join an online AA meeting can be found [here](#).

Mental Health

- California COVID-19 Response – [Resources for Emotional Support and Well-Being](#)
- California Surgeon General Playbooks:
 - [Stress Relief During COVID-19](#)
 - [Stress Relief for Caregivers and Kids During COVID-19](#)
- [National Alliance on Mental Health Illness \(NAMI\)](#)
 - [Mental Health Resources](#)
 - NAMI Helpline: (800) 950-6264, Text NAMI to 741-741
- National Suicide Prevention Lifeline: (800) 273-TALK (8255)
- Contra Costa County Mental Health Crisis Line: If you are experiencing a mental or emotional crisis, call the 24-hour Access Line at (888) 678-7277 for mental health resources or the Contra Costa Crisis Center at (800) 833-2900 for 24-hour crisis support.
- San Joaquin County Mental Health Crisis Line: (209) 468-8686
- Sacramento County Mental Health Crisis Line: (888) 881-4881
- Alzheimer’s Association: [COVID-19 Tips for Dementia Caregivers](#)

Local Resources

- [Women’s Center-Youth and Family Services](#): Provides free, confidential services and shelters specifically designed to meet the needs of homeless and runaway youth and victims of domestic violence, sexual assault, and human trafficking. For more information on services call (209) 941-2611.
- [Family Justice Center](#): Provides a one-stop center for victims of domestic violence, sexual assault, child abuse, elder abuse, and human trafficking.

Scams and Consumer Protection Resources

- Consumer Financial Protection Bureau (CFPB) - [Protecting Finances](#)
- California Attorney General
 - [COVID-19 Consumer Information and Resources](#)
 - [Report Scams](#)
- Federal Emergency Management Agency (FEMA) Rumor Control Page in [English](#) and [Spanish](#)
- [Federal Trade Commission \(FTC\)](#)
 - [Complaint Assistant](#): Report a scam or other consumer problem to the FTC.
 - [Coronavirus Scams Alerts](#)
 - Important Information on [checks from the government](#)
 - [Avoid Scams While Finding Help During Quarantine](#)
 - [COVID-19 Related Government Imposter Scams](#)
 - [Seven Coronavirus Scams Targeting Your Business](#)
 - FTC Coronavirus [Warning Letters](#) to Companies
 - FTC and FCC Send Joint [Letters](#) to VoIP Service Providers Warning against 'Routing and Transmitting' Illegal Coronavirus-related Robocalls
 - FTC Announces [Latest Round of Letters](#) Warning Companies to Cease Unsupported Claims that Their Products Can Treat or Prevent Coronavirus
 - FTC Sends [21 Letters](#) Warning Marketers to Stop Making Unsupported Claims That Their Products and Therapies Can Effectively Treat Coronavirus
- U.S. Department of Agriculture – [SNAP Scam Alert](#)
- U.S. Department of Justice [COVID-19 Fraud Prevention Page](#)
- National Association of Attorneys General – [Consumer Protection](#)
- Contra Costa District Attorney, Consumer Protection (Civil) Unit – [Price Gouging](#)

Travel Guidance and Resources

The [U.S. Department of State \(DOS\)](#) provides information to help individuals make educated decisions about their safety and travel. More information can be found [here](#).

If you have traveled overseas and would like to notify the State Department of your situation, please contact the 24-Hour Consular Affairs Emergency Line:

(888) 407-4747 (United States and Canada)

(202) 501-4444 (Overseas)

Additionally, the State Department recommends that individuals traveling overseas enroll in the [Smart Traveler Enrollment Program \(STEP\)](#). STEP is a free service that allows U.S. citizens and nationals traveling and living abroad to enroll their trip with the nearest [U.S. Embassy or Consulate](#).

Enrolling in STEP allows you to:

- Receive important information from the Embassy about safety conditions in your destination country, helping you make informed decisions about your travel plans,
- Help the U.S. Embassy contact you in an emergency, whether natural disaster, civil unrest, or family emergency.
- Help family and friends get in touch with you in an emergency.

Additional Resources:

- U.S. Department of State: Information for [Cruise Ship Passengers](#).
- U.S. Department of State: [Traveler's Checklist](#)
- U.S. Department of State: [Country Information](#)
- U.S. Department of State: [Your Health Abroad](#)
- Centers for Disease Control: Information on [general travel](#) and [Cruise Ship Travel](#).

Volunteer Information

- [California Volunteers](#)
- [California Check-in Campaign](#): The Check-In Campaign urges all Californians to check in on their older neighbors to make sure they are okay. Phone: (833) 544-2374
- [California Health Corps](#): This initiative works to expand California's health care workforce and recruit health care professionals to address the COVID-19 surge. Health care professionals with an active license, public health professionals, medical retirees, medical and nursing students, or members of medical disaster response teams in California are all encouraged to join the new California Health Corps.
- [American Red Cross](#)
- [United Way of San Joaquin County](#)
- [Food Bank of Contra Costa & Solano](#)
- Federal Emergency Management Agency (FEMA) – [How to Help](#): Find the best way to donate, volunteer or provide critical supplies to fight the COVID-19 pandemic.
- Contra Costa County Advisory Council on Aging – [Be A Good Neighbor Flyer](#)
- [HandsOn Sacramento](#): Volunteer opportunities in Sacramento County.
- [Volunteer Match](#): Connects individuals with opportunities to volunteer.
- [Meals on Wheels of Contra Costa](#): Opportunities for volunteer drivers and non-drivers to provide meals to seniors at home who are unable to purchase or prepare their own meals.
- Oakley Senior Center: Volunteer to help distribute food for seniors 55 and older on Fridays from 9 am to 11 am at the Oakley Senior Center. Phone: (925) 626-7223
- [Brentwood Strong](#): Volunteer opportunities in Brentwood.
- [Emergency Food Bank](#): Volunteer with the Emergency Food Bank in Stockton.
- [Stockton Shelter for the Homeless](#): Volunteer with the Stockton Shelter for the Homeless.
- [Dine Stockton](#): Support restaurant workers and their families by ordering take-out and delivery from home.

State of California Information

On March 19, 2020, California Governor Gavin Newsom issued an Executive Order and Public Health Order directing all Californians to stay home except to go to an essential job or to shop for essential needs.

Governor Newsom also released the Blueprint for a Safer Economy on August 28, 2020. The Blueprint guides counties as they reopen sectors closed due to the COVID-19 pandemic by evaluating health risks. Based on data of how prevalent COVID-19 is in each county and the extent of community spread, each county will fall into one of four colored tiers – Tier 1 Purple (Widespread), Tier 2 Red (Substantial), Tier 3 Orange (Moderate) and Tier 4 Yellow (Minimal). That color will indicate how sectors can operate in the county. More information on the Blueprint and county tier assignments can be found [here](#).

- [State of California COVID-19](#): Provides information on COVID-19 and the State of California
- [California Testing Task Force](#): Provides information on testing and testing sites in the state.
- COVID-19 [Vaccine Information](#) – Provides information on California’s vaccination plan and vaccination progress.
 - Every Californian can sign up at myturn.ca.gov or call **(833) 422-4255** to see if it’s their turn to get the COVID-19 vaccine. If you’re not currently eligible, you can sign up to be notified when it’s your turn.
- California’s [Safe Schools For All Hub](#): Provides resources and information related to COVID-19 and schools.
- [Office of the Governor](#)
 - [Press Releases](#)
- [California Office of Emergency Services \(Cal OES\)](#): Cal OES is responsible for overseeing and coordinating emergency preparedness, response, recovery, and homeland security activities within the state.
- Department of Motor Vehicles (DMV) [Virtual DMV](#): The DMV Virtual Office allows you to conduct select transactions that previously required an office visit. This new convenient service allows you to upload necessary documents to complete your transaction. A DMV customer service representative will review and contact you to finalize the process – saving you time and a trip to a DMV office.

Phone: (800) 777-0133; TTY (800) 368-4327

- [California Labor & Workforce Development Agency](#): Services California workers and businesses by improving access to employment and training programs, enforcing California labor laws to protect workers and create an even playing field for employers, and administering benefits that include workers' compensation, unemployment insurance, disability insurance and paid family leave.
- [California Department of Parks and Recreation](#) – [Park closures and resources](#).

Contra Costa County Services

- [Contra Costa County COVID-19](#): Includes COVID-19 related information and services.
- [Contra Costa Health Services - Guidance](#) and [Information for the Community](#)
 - Contra Costa Health Services Emergency – Information for [Shelter-in-Place](#) and [reopening phases](#). If you have questions about the COVID-19 Shelter-in-Place Order, you can call: (844) 729-8410
 - [Guidance for Persons at Higher Risk from COVID-19](#)
- COVID-19 Tests - Information on testing and testing sites in Contra Costa County can be found [here](#).
- COVID-19 Vaccine Information – Information on Contra Costa County’s COVID-19 vaccine distribution phases can be found [here](#) or by calling (844) 729-8410.
 - Residents who are eligible to be vaccinated can complete a [Vaccine Appointment Request Form](#) or can call to request an appointment by calling (833) 829-2626.
 - [Help Your Neighbor](#) web page: Provides information that eligible county residents need to make a COVID-19 immunization appointment with Contra Costa Health Services or its community partners.
- [2-1-1 Contra Costa County](#): Dial 2-1-1 to speak with a trained Resource and Referral Specialist who can connect you to available services for housing/shelter, healthcare, mental health/counseling, substance abuse, education, food, financial help, employment training, children’s services, seniors/older adults, family services, transportation, groups and associations, crisis help, veterans/military, and legal assistance. This service is available 24 hours a day, seven days a week.
- [Contra Costa County Employment and Human Services \(EHS\)](#): Includes information for children’s services, aging and disabled services, Head Start, and community services. Phone: (925) 957-5647; for Spanish call: (925) 957-5648
- [Contra Costa County Sheriff’s Office](#)
- [Contra Costa County Court Closures](#)
- Contra Costa County Library - [Wi-Fi Hotspot Kits](#): If you have a Library card, you can check out a hotspot for free and use it to connect your tablet, laptop or other Wi-Fi enabled device. You can borrow a hotspot for 21 days.

San Joaquin County Services

- [San Joaquin County COVID-19](#): Includes COVID-19 related information and services.
- [San Joaquin County Public Health](#)
 - San Joaquin County Public Health Services – Information for [Stay-at-Home and reopening phases](#).
 - San Joaquin County Public Health Services – [Family Health Programs](#)
- COVID-19 Tests - Information on testing and testing sites in San Joaquin County can be found [here](#).
- COVID-19 Vaccine Information – Information on San Joaquin County’s COVID-19 vaccine schedule and vaccine clinics can be found [here](#) or by calling 2-1-1.
 - Residents can also sign up to be notified when they are eligible for the COVID-19 vaccine by completing the [San Joaquin Vaccine Interest Form](#).
- [2-1-1 San Joaquin \(211SJ\)](#): Dial 2-1-1 to speak with a trained Resource and Referral Specialist who can connect you to available services for housing/shelter, healthcare, mental health/counseling, substance abuse, education, food, financial help, employment training, children’s services, seniors/older adults, family services, transportation, groups and associations, crisis help, veterans/military, and legal assistance. This service is available 24 hours a day, seven days a week.
- [Human Services Agency of San Joaquin County](#): Services offered include California Work Opportunity and Responsibility to Kids (CalWORKs), Foster Care, CalFresh, General Assistance, Medi-Cal, Adoptions, Child Protective Services, Adult Protective Services, In-Home Supportive Services (IHSS), Refugee Assistance, and the Mary Graham Children’s Shelter. For services, please call: (209) 468-1000.
- [San Joaquin County Sheriff’s Office](#)
- [San Joaquin Ready Office of Emergency Services](#): Information on disaster preparedness, disaster recover, and emergency services.
- [Stockton Strong](#): An all-inclusive guide to COVID-19 related information and resources in Stockton.
- [Women’s Center-Youth and Family Services](#): Provides free, confidential services and shelters specifically designed to meet the needs of homeless and runaway youth and victims of domestic violence, sexual assault, and human trafficking. For more information on services call (209) 941-2611.

Sacramento County Services

- [Sacramento County COVID-19](#): Information about COVID-19 in Sacramento County.
- [Sacramento County Department of Health Services](#)
 - Sacramento County Department of Health Services – information for [Stay-at-Home and reopening phases](#).
- COVID-19 Tests - Information on testing and testing sites in Sacramento County can be found [here](#).
- COVID-19 Vaccine Information – Information on Sacramento County’s COVID-19 vaccine schedule and vaccination appointments can be found [here](#) or by calling (916) 875-2400.
- [South County Services](#): Social Services for families and individuals in the River Delta Region, Isleton, Walnut Grove, Courtland, Locke, Ryde and Hood.
- [2-1-1 Sacramento](#): Dial 2-1-1 to speak with a trained Resource and Referral Specialist who can connect you to available services for housing/shelter, healthcare, mental health/counseling, substance abuse, education, food, financial help, employment training, children’s services, seniors/older adults, family services, transportation, groups and associations, crisis help, veterans/military, and legal assistance. This service is available 24 hours a day, seven days a week.
- [Sacramento County Sheriff’s Office](#)
- [Sacramento Regional Transit District](#) (SacRT): Provides transportation services in Sacramento County.
 - [Free Ride to Receive the COVID-19 Vaccine](#): Starting Monday, March 1, 2021 through May 31, 2021, SacRT will offer free transit rides for everyone who needs to get to a scheduled COVID-19 vaccine appointment location. This includes all vaccination sites in Sacramento County within SacRT’s service area, including hospitals, pharmacies, and other immunization locations.

To ride free, you only need to show a COVID-19 vaccine appointment confirmation in the form of an email, text or vaccine card, which will serve as valid fare only on the date noted in your appointment confirmation to ride SacRT’s fixed-route bus, light rail, Folsom Stage Line, SmARt Ride or SacRT GO services. Please note: free rides are not available for SacRT’s contracted services (Rancho CordoVan and Elk Grove’s e-Tran services).

City Information

- [City of Antioch](#)
- [City of Brentwood](#)
- [City of Galt](#)
- [City of Lathrop](#)
- [City of Lodi](#)
- [City of Oakley](#)
- [City of Stockton](#)