



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 Hospital 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 January 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](#)

Economic Impact Payments to Individuals and Families

The *CARES Act* established a program that will provide 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.

Eligibility:

For single tax filers:

- If you make up to \$75,000 annually, you are eligible for a rebate of \$1,200.
- If you make between \$75,000 and \$99,000, the rebate is reduced by \$5 for every \$100 of income above \$75,000.
- You are eligible for an additional \$500 per qualifying child under the age of 17.

For joint tax filers:

- If you make up to \$150,000 annually, you are eligible for a rebate of \$2,400.
- If you make between \$150,000 and \$198,000, the rebate is reduced by \$5 for every \$100 of income above \$150,000.
- You are eligible for an additional \$500 per qualifying child under the age of 17.

Frequently Asked Questions:

Question: How will I receive my direct payment?

Answer: The IRS will directly deposit the direct payment into your bank account if you have previously received a tax return via direct deposit. Otherwise, you will be sent a check. The IRS has set up a [“Get My Payment”](#) portal through which eligible individuals and families who have already filed tax returns can provide direct deposit information to the agency and check the status of your direct payment. Answers to questions about the “Get My Payment” portal can be found [here](#).

Question: What if I don’t file a tax return?

Answer: You are still eligible for a direct payment as long as you meet income requirements. Social Security beneficiaries will automatically receive their direct payment, even if they did not file a tax return. If you are eligible for the Economic Impact Payment but were not required to file a tax return for 2018 or 2019 and don't receive Social Security retirement, disability (SSDI), survivor benefits, supplemental security income (SSI), or Railroad Retirement benefits, you can use the [Non-Filers: Enter Payment Info Here Tool](#) to provide simple information so you can get your payment.

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

Answer: No.

Question: What information is required in order to receive a direct payment?

Answer: You must have a Social Security Number for the direct payment recipients and qualifying children.

Question: Are direct payments subject to federal income tax?

Answer: No.

Question: When will I receive my direct payment?

Answer: The IRS began rolling out Economic Impact Payments in April 2020. For most people, you won't have to do anything – the payment will be directly deposited into your bank account or sent to you by check. Be aware, however, that if it's sent by check, it might take a little longer.

For more information about direct payments, you can visit the [IRS Economic Impact Payments](#) webpage, which has answers to other [frequently asked questions](#).

To help provide additional assistance, the IRS also established a special phone line for taxpayers with questions about their Economic Impact Payments.

That number is: (800) 919-9835.

Additional Resources

- House Committee on Ways and Means
 - 2020 Rebates Frequently Asked Questions in [English](#) and [Spanish](#)
 - [Social Security and the CARES Act Fact Sheet](#)

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.

The bill allows all states to provide an additional 13 weeks of unemployment benefits to workers. The extension is available until December 31, 2020.

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.

Frequently Asked Questions:

Question: Where can I apply for unemployment insurance?

Answer: You can apply with the California Employment Development Department (EDD) [here](#), and can also find answers to other [frequently asked questions](#).

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: 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.

Additional Resources:

- House Committee on Ways and Means
 - [Unemployment Compensation Fact Sheet and Frequently Asked Questions](#)
 - [Table on Unemployment Compensation Timing](#)

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: Who is Eligible for Leave link](#)
- [U.S. Department of Labor Fact Sheet for Employees](#)
- [U.S. Department of Labor Fact Sheet for Employers](#)
- [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](#)
- [Paycheck Protection Program Loan \(PPP\)](#): An SBA loan that help businesses keep their workforce during the COVID-19 crisis.
- [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](#)

Economic Injury Disaster Loans

The SBA has signed emergency declarations with all 50 states and six territories in response to the COVID-19 pandemic. Small businesses owners can now apply for an Economic Injury Disaster Loan (EIDL), which will provide small businesses with working capital loans of up to \$2 million to address economic hardships from the outbreak and consequent shutdowns.

Key program details include:

- Loans will be provided up to \$2 million.
- Interest rates of 3.75 percent are available for small businesses and rates 2.75 percent are available for nonprofits.
- Loans can be used to pay fixed debts, payroll, accounts payable, and other financial obligations they could have met before the outbreak.
- EIDL recipients can defer loan payments for 12 months.
- You can apply [here](#) on the SBA's website.
- If your business is initially rejected for an EIDL, you will have six months to reapply. A [Small Business Development Center](#) may be able to help you prepare your application.

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 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.
- [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](#)
- [California Employment Development Department \(EDD\): EDD Payroll Taxes](#)
- [U.S. Chamber of Commerce](#)

Taxes

Internal Revenue Service (IRS)

The Treasury Department and [Internal Revenue Service \(IRS\)](#) announced that the federal income tax filing due date has been [automatically extended from April 15, 2020, to July 15, 2020](#).

Taxpayers can also defer federal income tax payments due on April 15, 2020, to July 15, 2020, without penalties and interest, regardless of the amount owed. This deferment applies to all taxpayers, including individuals, trusts and estates, corporations and other non-corporate tax filers as well as those who pay self-employment tax.

Taxpayers do not need to file any additional forms or call the IRS to qualify for this automatic federal tax filing and payment relief. Individual taxpayers who need additional time to file beyond the July 15th deadline, can request a filing extension by filing Form 4868 through their tax professional, tax software or using the Free File link on IRS.gov. Businesses that need additional time must file Form 7004.

The IRS urges taxpayers who are due a refund to file as soon as possible. Most tax refunds are still being issued within 21 days. IRS offers resources for [Free File](#), however if you prefer to file by mail you can order IRS forms [here](#).

The IRS will continue to monitor issues related to the COVID-19 virus, and updated information will be posted on a [special coronavirus page](#) on IRS.gov. For frequently asked questions visit [here](#).

California Franchise Tax Board (FTB)

[The California Franchise Tax Board \(FTB\)](#) announced updated special tax relief for all California taxpayers due to the COVID-19 pandemic. FTB is [postponing until July 15th the filing and payment deadlines](#) for all individuals and business entities for:

- 2019 tax returns
- 2019 tax return payments
- 2020 1st and 2nd quarter estimate payments
- 2020 LLC taxes and fees
- 2020 Non-wage withholding payments

Taxpayers do not need to claim any special treatment or call FTB to qualify for this relief.

If possible, taxpayers should continue to file tax returns on time to get their refunds in a timely manner, including claiming the Earned Income Tax Credit and Young Child Tax Credit. During this public health emergency, FTB continues to process tax returns, issue refunds, and provide phone and live chat service to taxpayers needing assistance.

You can find more details regarding FTB COVID-19 tax relief [here](#).

Eviction Protection and Mortgage Forbearance

Renter Protections

In California, Governor Gavin Newsom signed into law the Tenant, Homeowner and Small Landlord Relief and Stabilization Act. A tenant cannot be evicted for a COVID-19 related hardship that accrued between March 4 – August 31, 2020 if tenant returns declaration of hardship under penalty of perjury. A tenant cannot be evicted for a COVID-19 related hardship that accrues between September 1, 2020 – January 31, 2021 if the tenant returns declaration of hardship under penalty of perjury and pays at least 25% of the rent due.

- More information on the Act 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

The Coronavirus Aid, Relief, and Economic Security (CARES) Act put in place two protections for homeowners with federally or Government Sponsored Enterprise (GSE) backed mortgages (FHA, VA, USDA, Fannie Mae, Freddie Mac). Under the CARES Act, and with guidance from federal agencies and the GSEs, there are two protections for homeowners with federally or GSE-backed (Fannie Mae or Freddie Mac) or funded mortgages:

- **First, for many federally or GSE-backed loans, your lender or loan servicer may not foreclose on you until at least December 31, 2020.** Specifically, the CARES Act and the guidance from the GSEs, the FHA, the VA, and the 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, and extends through at least December 31, 2020.
- **Second, if you experience financial hardship due to the coronavirus pandemic, you have a right to request and obtain a forbearance for up to 180 days.** You also have the right to request and obtain an extension for up to another 180 days (for a total of up to 360 days). You must contact your loan servicer to request this forbearance. There will be no additional fees, penalties or additional interest (beyond scheduled amounts) added to your account. You do not need to submit additional documentation to qualify other than your claim to have a pandemic-related financial hardship.

Mortgage Forbearance

If you have a Federal Housing Administration (FHA), U.S. Department of Agriculture (USDA), U.S. Department of Veterans Affairs (VA), or Section 184 or 184A mortgage and you are experiencing financial hardship due to COVID-19, you have the right to request forbearance on your mortgage payments for up to six months without extra fees, penalties, or interest. The same is true if you have a mortgage backed by Fannie Mae or Freddie Mac. You may also request that this period be extended for another six months. In order to take advantage of forbearance, contact your mortgage servicing company directly.

- More information on relief options for federally backed mortgages can be found [here](#).
- 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](#).

Homeowners or small landlords who don't have federally-backed loans can contact their loan servicers to request forbearance. More information on mortgage relief options can be found [here](#).

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 \(CSD\) – Energy Assistance](#): 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 and Contra Costa County's mandated Shelter-in-Place order, Tri Delta Transit will have a 30% reduction in service. More information on temporary service reduction can be found [here](#).
- [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.
- [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.
 - More information on the Emergency Allotment can be found [here](#).
 - 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 Food Assistance Program: Provides free groceries once a month for low-income individuals and families. Bring a picture ID and proof of address (PG&E bill, for example), if you have it.
 - Information for Antioch can be found [here](#).
 - Information for Brentwood, Oakey, 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).
 - Information for Antioch can be found [here](#).
 - Information for Brentwood, Oakey, and Bethel Island 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](#).
- California Department of Education [2020 Summer Meal Service Sites](#): Provides a list of locations where children may receive free nutritious meals during school vacation and off-track periods.
- Contra Costa Food for Children: Provides boxes of free healthy food every month for children ages 4-6 years old. Bring a picture ID and proof of address (PG&E bill, for example), as well as proof of child's birthday.
 - Information for Antioch can be found [here](#).
 - Information for Brentwood, Oakey, and Bethel Island 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

- [PenFed Foundation COVID-19 Emergency Relief Program](#): Provides financial assistance to all Veterans, active military service members, and those currently serving in the Reserves and the National Guard who are experiencing a financial setback due to the COVID-19 pandemic.
- [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](#)

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
- [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](#)

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).
 - Information for Antioch can be found [here](#).
 - Information for Brentwood, Oakey, and Bethel Island 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 and Wednesdays 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 8 am Tuesday and Thursday 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](#)
- California Department of Education [2020 Summer Meal Service Sites](#): Provides a list of locations where children may receive free nutritious meals during school vacation and off-track periods.
- 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.
- The Contra Costa County Library has launched [Virtual Storytime Content for Families](#)
- Contra Costa Food for Children: Provides boxes of free healthy food every month for children ages 4-6 years old. Bring a picture ID and proof of address (PG&E bill, for example), as well as proof of child's birthday.
 - Information for Antioch can be found [here](#).
 - Information for Brentwood, Oakey, and Bethel Island can be found [here](#).
- San Joaquin County Public Health Services – [Family Health Programs](#)
- [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](#)
- [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 for fall 2020 and future years 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](#)
 - Information on meals for students can be found [here](#). To go meal service available and 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 and/or lunch for your student. Meals can be picked up Monday through Friday from 10 am to 12 pm at the following sites:
 - Antioch Middle School
 - Belshaw Elementary School
 - Carmen Dragon Elementary School
 - Deer Valley High School
 - Fremont Elementary School
 - Kimball Elementary School
 - Lone Tree Elementary School
 - March Elementary School
 - Mission Elementary School
 - Orchard Park School
 - Park Middle School
 - Turner Elementary School
 - Information on distance learning can be found [here](#).

- [Banta Elementary School](#)
 - Meals for students are available and can be picked up by filling out an [online meal order form](#). More information on meals for students can be found [here](#).
- [Brentwood Union School District](#)
 - Information on meals for students can be found [here](#). Grab and Go meals are available for students and include breakfast and lunch.
- [Byron Union School District](#)
 - Information on Food and Nutrition services can be found [here](#).
- [Escalon Unified School District](#)
 - Meals will be distributed every Monday and Thursday. Breakfast and lunch will be provided. Students who do not participate in the free/reduced meal program will be charged for their meals. Meals can be picked up at the following locations:
 - Farmington: 7:00 am to 8:00 am
 - Collegeville: 2:00 pm to 3:00 pm
 - El Portal 7:00 am to 8:30 am; 2:00 pm to 3:00 pm; 5:00 pm to 6:00 pm
 - Information on Pandemic EBT can be found [here](#).
 - Information on distance learning can be found [here](#).
- [Galt Joint Union High School District](#)
 - Meals will be provided to all minors 18 years old and younger until December 31, 2020, regardless of eligibility and school enrollment. Meals can be picked up Monday through Friday between 11:00 am and 12:15 pm at the following locations:
 - Galt High School: Nottoli Gym parking lot at the Lincoln Way entrance
 - Liberty Ranch High School: In front of the Gym at the Marengo Road entrance.
 - Information on Pandemic EBT 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](#).
 - Pandemic EBT information can be found [here](#).
 - Information on distance learning can be found [here](#).
- [Knightsen Elementary School District](#)
 - Information on meals for students can be found [here](#). Grab and Go meals will be served at Knightsen Elementary in front of the gym every Monday and Wednesday from 9:45 am to 11:30 am. Meals are \$2.50 for breakfast and \$3.50 for lunch per student unless you participate in the Free/Reduced Meal Program.
 - Information on distance learning can be found [here](#).

- [Lammersville Unified School District](#)
 - Information on meals for students 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](#).
 - Information on distance learning 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. More information on meals for students 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](#)
 - Information on internet access can be found [here](#).
- [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](#)
 - Information on meals for students can be found [here](#).
- [Oak View Elementary School District](#)
- [San Joaquin County Office of Education](#)
 - Information on meals for students can be found [here](#).
- [Stockton Unified School District](#)
 - Information on meals for students can be found [here](#).
 - Information on technology and internet access can be found [here](#).

- [Los Medanos Community College \(LMC\)](#): Most classes will be conducted fully online with a limited number of classes delivered in a partially-online/hybrid format.
- [San Joaquin Delta College](#): The campus is closed for face-to-face instruction and student services until further notice. Only essential personnel will report to campus.
 - Distance learning, internet access, and other student resources can be found [here](#).
- [University of the Pacific \(UOP\)](#): Answers to frequently asked questions 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 concert livestreams
- [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 live performances you can stream online. Performances are every Monday, Wednesday, and Friday at 4 pm.
- [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.

Cruise Ship Travel

The State Department recommends that individuals who are planning to travel by cruise ship closely monitor the State Department's information on [Cruise Ship Travel](#).

For onboard U.S. citizen emergencies (e.g., urgent medication need, ill passengers/crew), U.S. citizens or their relatives can email CruiseShipEmergencyUSC@state.gov directly. Please be sure to provide as much of the following information as possible about the U.S. Citizen in need of assistance:

- About the U.S. citizen(s) (If you are writing on behalf of another individual, please also provide your contact information)
 - Full name
 - Date of birth
 - Place of birth
 - Name of Ship
 - Last known location (please be as specific as possible)
 - Any available contact information
 - Any other information you think would be helpful in locating the U.S. citizen
- About you (Please provide the following information about yourself)
 - Your full name
 - Your contact information
 - Your relationship to the person about whom you are writing (e.g., spouse, parent, child, friend, employer, etc.)

The Centers for Disease Control has additional 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

- [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.
- [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](#).
- [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](#)

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](#).
- [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](#).
- [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](#)

City Information

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

Election Information

Voting is one of our most basic rights as citizens and is one way that individuals can participate to make changes in their communities. It is important to exercise your right to vote to make sure that your voice is heard. The general election will be held on Tuesday, November 3, 2020. If you have not yet registered to vote, I encourage you to do so. Information on voter registration and upcoming elections can be found [here](#) and below.

- [U.S. Election Assistance Commission](#): Provides timely and useful election information.
- California Secretary of State - [Voting in California](#)
 - [Register to Vote](#): [Information on how to register to vote can be found here.](#)
 - Vote by Mail – Governor Gavin Newsom issued an [executive order](#) requiring that each county’s elections officials send vote-by-mail ballots for the November 3, 2020 General Election to all registered voters. Californians who may need access to in-person voting opportunities – including individuals with disabilities, individuals who speak languages other than English, individuals experiencing homelessness, and others – will still be able to access in-person voting opportunities.
 - More information on how to request a vote-by-mail ballot for all elections (permanent vote-by-mail voting), can be found [here](#).
 - If you have not yet registered to vote and would like to request that a paper voter registration application be mailed to you, you can call (800) 345-VOTE(8683) or [email the Elections Division staff](#). It is important that your voter registration application be filled out completely and be postmarked at least 15 days before the election.
- [Contra Costa County Elections Division](#)
- [San Joaquin County Registrar of Voters](#)
- [Sacramento County Voter Registration and Elections](#)

2020 Census

Participating in the census is required by law. The results of the 2020 Census will help determine how hundreds of billions of dollars in federal funding flow into communities every year for the next decade. That funding shapes many aspects of every community, such as how much money will go to hospitals, fire departments, schools, roads, and other resources based on census data.

Responding to the Census

Please complete your form online, by phone, or by mail when your invitation to respond arrives. Find out more about each of these methods below:

- [Online Response Guide](#): Please note that if you are responding online, you must complete the census in one sitting, as you don't have the ability to save your progress.
- [Phone Response Guide](#)
- [Paper \(Mail\) Response Guide](#)
- Note: Beginning this summer, Census takers will start interviewing households in person for any individuals who have not yet responded to the Census.

Official Census Bureau mailings will include detailed information and a Census ID for completing the Census online. Some households will receive a paper questionnaire (sometimes known as the census form) but you do not need to wait for your paper questionnaire to respond to the Census. If you do not receive an invitation to respond from the Census Bureau, you may respond online or call the Census Bureau at (844) 330-2020. Questions the Census asks can be found [here](#).

How the Census Bureau Protects Your Data

The Census Bureau cannot release any identifiable information about you, your home, or your business - even to law enforcement agencies - and your answers cannot be used against you by any government agency or court. The answers you provide are used only to produce statistics. You are kept anonymous. The Census Bureau is not permitted to publicly release your responses in any way that could identify you or anyone else in your home.

Avoiding Scams and Fraud

All valid Census Bureau websites will always have ".gov" at the end. [My2020census.gov](https://my2020census.gov) is the direct website address you can use to respond to the 2020 Census online. 2020census.gov will also direct you to My2020census.gov to respond. The Census Bureau will not send unsolicited emails to request your participation in the 2020 Census unless you have signed up to receive them. The Census Bureau will not contact you on behalf of a political party. The Census Bureau will never ask for your information via email and will never ask for:

- Your Social Security number
- Your bank account or credit card numbers
- Anything on behalf of a political party
- Money or donations

If you suspect fraud, call (844) 330-2020 to speak with a Census Bureau representative. If it is determined that the person who came to your door claiming to be a Census worker does not actually work for the Census Bureau, contact your local police department.