

# Resource Guide For Families

## Impacted by COVID-19

A list of links for local and state resources

### Financial Resources

- If you or someone you know needs help paying for food, paying bills, etc. due to the COVID-19 pandemic, go to <http://FindHelp.org>.
- The state of California has waived one-week waiting period for collecting DI benefits.
- If you are unable to work for any of the following reasons click on the link: [https://edd.ca.gov/about\\_edd/coronavirus-2019.htm](https://edd.ca.gov/about_edd/coronavirus-2019.htm)
  - Sick or quarantined
  - Caring for an ill member
  - School Closures
  - Reduced Work Hours
  - Self-Employed



### School Kids



- Materials for kids K-12
  - <https://classroommagazines.scholastic.com/support/learnathome.html>
  - <https://pbskids.org/>
  - <https://fromabcstoacts.com/>
  - <http://www.amazingeducationalresources.com/>
- Online Musuems
  - <https://www.educatorstechnology.com/2014/01/20-wonderful-online-museums-and-sites.html>
- Online Literacy Resources
  - <https://growingbookbybook.com/online-literacy-resources/?fbclid=IwAR3jz7fgt46qi2GFEJWluzpM9Hta0tCDc5U4cxXdJhUGi9FDIFHVawsM6Hw>
- Visit your local school district website to learn where and when food distributions will be occurring.

### Warning

- Do not flush wipes down the toilet [http://cweawaternews.org/public-advised-to-not-flush-disinfecting-wipes-paper-towels-down-toilet-throw-them-away-instead/?fbclid=IwAR2i0057mHEwWm5eMBCxukQ8e-SEyq\\_ByTkWMMw-e3ZNNAKxr4VUy\\_Kx\\_IMQ](http://cweawaternews.org/public-advised-to-not-flush-disinfecting-wipes-paper-towels-down-toilet-throw-them-away-instead/?fbclid=IwAR2i0057mHEwWm5eMBCxukQ8e-SEyq_ByTkWMMw-e3ZNNAKxr4VUy_Kx_IMQ)

### Free Services

- For free internet via Spectrum call 1-844-488-8395
- Mobile Pantries are open. Locations can be called by 760-775-3663
- Need help with your water bill?  
<https://www.unitedwayofthedesert.org/help2others>
- Additional community resources <https://cvhip.com/>

### Health & Safety



- What is COVID-19?  
[https://www.rivcoph.org/Portals/0/Documents/CoronaVirus/Toolkits/Emergency/03-FLYER\\_COVID\\_What-you-need-to-know\\_FINAL.pdf](https://www.rivcoph.org/Portals/0/Documents/CoronaVirus/Toolkits/Emergency/03-FLYER_COVID_What-you-need-to-know_FINAL.pdf)  
<https://www.youtube.com/watch?v=BtN-goy9VOY>
- Riverside University Health System has compiled a list of health & safety toolkits <https://www.rivcoph.org/coronavirus>
- Steps for handwashing  
<https://www.rivcoph.org/Portals/0/Documents/CoronaVirus/Toolkits/Emergency/01-GuidanceHandwashingEnglish.pdf>
- Stay home if you are sick  
<https://www.rivcoph.org/Portals/0/Documents/CoronaVirus/Toolkits/Emergency/02-StayHome.pdf>
- Do not gather in groups of more than 10 people at a time
- Need medical insurance? You may qualify for Covered CA  
<https://www.coveredca.com/individuals-and-families/getting-covered/special-enrollment/#>
- Face Coverings <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

### Seniors

- Meals on Wheels provides nutritious meals for seniors  
<https://www.mealsonwheelsamerica.org/find-meals>
- Multiple grocery will open early for seniors  
<https://www.facebook.com/photo.php?fbid=10156712029976184&set=gm.2557141131164597&type=3&theater&ifg=1>
- Senior Advocacy of the desert assists low-income seniors with financial assistance [760-202-1024](https://www.senioradvocacyofthedesert.org/)

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