

Northern California COVID-19 Resources

GET HELP WITH FOOD ASSISTANCE

Government and Non-Profit Food Assistance Programs

There are numerous state, federal, and local government food assistance programs that can help low income families, especially during COVID-19. There are also resources offered directly by charities, churches as well as non-profit organizations. People that need help paying for groceries, meals or free food for their families or themselves have a number of options available to them. Due to COVID-19, services of these assistance programs may have changed, please check with the program to see what they are offering.

Learn more about national food assistance programs [here](#).

CalFresh EBT Online

As of April 28, 2020, you can use your EBT card to make purchases online. Individuals and families can purchase groceries online using their EBT card at Amazon and Walmart. If you receive CalWORKs, you may also be able to use your cash benefits to make purchases online at Walmart. Californians can call 1-(877)-847-3663 (FOOD) to be connected to your local county social service office.

Learn more about EBT online purchasing [here](#).

Foodpantries.org

A compiled list of food pantries and food banks in the state of California with the help of online users. FoodPantries.org works together with the best government and nonprofit subsidized grocery resources on the Internet.

See the list of food pantries in various California counties [here](#).

Pandemic EBT (P-EBT) Benefits

Because schools are closed due to COVID-19, children who are eligible for free or reduced-price meals can get up to \$365 in food benefits in addition to their pick up meals from school. These food benefits are called Pandemic EBT or P-EBT.

Get more information on E-EBT benefits and how to apply [here](#).

Alameda County Food Bank

To help the rising numbers of people in need of food in Alameda County, the Alameda Food Bank are moving all their distributions to their warehouse to provide more room for social distancing and can provide drive-up service.

Find information about Alameda Food Bank's distribution hours [here](#).

Alameda County Davis Street Food Pantry

In the midst of the COVID-19 virus and shutdowns, Davis Street has implemented strong emergency disaster and risk management protocols to continue their food distribution services in Alameda County.

Schedule and locations of Davis Street's food distributions [here.](#)

Alameda County San Leandro Community Food Pantry

San Leandro Community Food Pantry is a volunteer run organization that provides food for the marginalized members of the San Leandro and Alameda. Each week, they open the doors for anyone who needs food to go through the pantry, choosing items from each food section.

Learn more about San Leandro Community Food Pantry's distributions [here.](#)

San Leandro and Alameda School Districts Offering Free Meals

To-go boxed meals are free to all children 18 and under regardless of meal program eligibility during their closure. As an essential function of their school district, this service is not affected by the recent shelter in place order issued by Alameda County.

Find schools offering free meals to students [here.](#)

2-1-1 Alameda Food Resources for Families and Seniors

Alameda County has compiled a massive resources list for Alameda residents. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find the massive resources list for Alameda County residents [here.](#)

Community Action Partnership, Kern (CAPK)

CAPK, is continuing to hold local food distributions for residents in Kern County during COVID-19. The Food Bank office business hours are Monday thru Friday from 8:00am – 5:00pm. Contact them at (661) 398-4520 to get more information on the nearest food distribution site near you.

View CAPK's food bank contact information [here.](#)

2-1-1 Kern Food Pantries

Search for a food pantry in Kern County near you through 2-1-1 Kern County's website. Other food amenities near you are also available to be found. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Search for food pantries across Kern County [here.](#)

Golden Empire Gleaners

The Golden Empire Gleaners is a private food bank that is run by only four paid staff and hundreds of volunteers for Kern residents. They work with hundreds of agencies and organizations to provide food need. Most of their clients are referred from partnering agencies. Contact your case worker if you receive any service from the county such as Cash Aid, CalFresh, Mental, etc. All other Kern County Areas: (800) 273-2275.

Learn more about Golden Empire Gleaners' food distribution [here](#).

Bakersfield and Kern County School Districts Offering Free Meals

Many schools in Bakersfield and Kern county are still offering meals to students.

Find locations offering free meals to students under 18 years old [here](#).

Kern Department of Public Health Food Referrals

Kern's Department of Public Health compiled a list of referrals to local Kern County organizations that offer food distributions. Many food distributors only serve those with referrals during COVID-19.

Find contact information for food referrals [here](#).

Open Gate Ministries Tulare County

Open Gate Ministries is continuing to serve Tulare County during the stay-at-home order at their Dinuba, Orosi, and Cutler locations once a month. They are currently implementing a drive-thru distribution system where residents are required to stay in the car during distributions.

Find distribution location information [here](#).

Sacramento Food Bank

Sacramento Food Bank and their community partners are committed to distributing food and will stay open during COVID-19.

Find a Sacramento emergency response agencies and their food distributions near you [here](#).

2-1-1 Sacramento County Food Services

Sacramento County has compiled a massive resources list for Sacramento residents. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find the massive resources list for Sacramento County residents [here](#).

2-1-1 Tulare Food Distribution

2-1-1 Tulare County's website has gathered a searchable database of organizations and programs that offer food. Other food amenities and assistance near you are also available to be found. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Search for food pantries across Tulare County [here](#).

Tulare County – Meals on Wheels

The goal of the Tulare Meals on Wheels program is to deliver nutritious meals to Tulare’s homebound senior citizens, especially during the COVID-19 pandemic, to assist them to live independently and stay in their homes. To sign up a senior, call the Senior Community Center at (559) 685-2330.

More information on Tulare County’s Meals on Wheels program [here](#).

Food Link Tulare County

To reduce risk due to COVID-19, all Nutrition on the Go distributions will be drive through. Please stay in your cars, send only one person per household, and make space in your car beforehand.

Find the nearest Food Link distribution site in Tulare [here](#).

GET HELP WITH FINANCIAL ASSISTANCE

Employment Development Department (EDD)

The EDD provides a variety of support services to people who have lost their jobs, had their hours reduced, or had their businesses affected due to the impacts of COVID-19 in California. They also gathered a COVID-19 Unemployment Benefits Guide for anyone to reference.

Resources for workers and employers impacted by COVID-19 can be found [here](#).

Small Business COVID Resources

Resources are available throughout California for small businesses impacted by COVID-19 including funding opportunities during COVID-19, labor and workforce support, and business taxes.

The collection of resources can be found [here](#) and information for stimulus programs [here](#).

U.S. Small Business Administration (SBA) Disaster Loans

The SBA provides low-interest, long-term disaster loans to businesses of all sizes, private non-profit organizations, homeowners, and renters to repair or replace uninsured/underinsured disaster damaged property. SBA disaster loans offer an affordable way for individuals and businesses to recover from declared disasters.

More information and how to apply for SBA disaster loans can be found [here](#).

Low Interest Loans Programs

There are various short to medium loan options, some of which may offer borrowers low interest rates and/or affordable fees. Families can use a payday loan organization in order to get help for paying bills, rent and other expenses. Always read the fine print of any payday loan offer or when borrowing funds from any lender, as the repayment terms and interest rates can vary widely. Due to COVID-19, services of these assistance programs may have changed, please check with the program to see what they are offering.

More information on low interest loans and options can be found [here](#).

Reopening Businesses Guideline

Governor Newsom is now slowly reopening some sectors including retail, manufacturing, and logistics with modifications beginning Friday, May 8. Reopening sectors must adhere to the California resilience roadmap.

Follow the guidelines for reopening your business [here](#).

Worker Benefits Matrix

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

COVID-19 worker program eligibility information can be found [here](#).

Economic Impact Payments

To support Americans, the government is issuing stimulus checks to provide funding for individuals to use. You may be entitled to earn more depending on your family situation.

Learn more about the economic impact payments and filing resources [here](#).

2020 Rebate Information

The House Committee on Ways & Means have compiled frequently asked questions that shed some light on the 2020 rebates.

Receive more information about the 2020 rebates [here](#).

California Health Corps

California is preparing for an increase in the number of people who urgently need health care in our communities during the COVID-19 outbreak. To meet this moment, we're opening additional health care sites to treat people affected by COVID-19 and to relieve the pressure on our health care system by providing care for non-COVID-19 cases.

View available healthcare positions and apply [here](#).

List of Employers Hiring During the Coronavirus Pandemic

Despite the COVID-19 outbreak, there are some companies that are expecting to hire more employees to continue providing for customers.

View potential employers [here](#).

Work from Home Jobs

Due to COVID-19, work-at-home opportunities allow for some source of income. Popular work-at-home jobs include customer service/phone work, driving/transportation jobs, remote teaching jobs, selling a product, or providing a service.

A list of work-from-home job opportunities can be found [here](#).

Extra Money from Work at Home Positions and Hobbies

There are a number of different part or full-time jobs that can be done from home. There are also ways to turn a hobby into some extra cash or to maybe find some type of side job in the gig economy that fits your schedule and lifestyle. Due to COVID-19, some of these options may have been affected, please consider social distancing requirements for some positions.

Earn extra money from home positions, hobbies, or gigs [here.](#)

Undocumented Emergency Funds

If you are undocumented yourself or have family members who are undocumented and have been impacted by the COVID-19 pandemic, Betancourt Macias Family Scholarship Foundation is offering emergency funds. If folks do not have access to internet/or a computer, you can now access their emergency funds by calling them at (360) 524-3664.

Apply for undocumented emergency funds [here.](#)

Non-filer Federal Assistance

There are about 10 million U.S. families who don't file taxes across the country because they make under the minimum filing threshold. Meaning, those who need the economic impact payments most will get nothing unless they submit information to the IRS. Use this informational flyer to walk through the process of receiving your stimulus check if you have never filed a tax return before.

Download the non-filer federal assistance flyer and apply for the stimulus check [here.](#)

2-1-1 Alameda County Financial and Employment Resources

Alameda County has compiled a massive resources list for Alameda residents. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find the massive resources list for Alameda County residents [here.](#)

Alameda County (Oakland) Assistance Programs

Find how to apply for housing assistance, including rent, utility bill, or security deposit help along with other financial aid in Oakland and Alameda County. Charities, churches as well as government assistance type organizations help low income families pay the bills and address basic needs. Due to COVID-19, the programs may have been affected, please connect each resource to see what they currently offer.

Find the large list of various available assistance programs in Alameda County [here.](#)

2-1-1 Kern County Job Information

Kern County has resources for Kern residents looking for available job information and financial help in the county, including credit help, employment assistance, taxes, and much more. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Get employment information and assistance within Kern County [here.](#)

Kern County (Bakersfield) Assistance Programs

Low income families, senior citizens, the disabled and immigrants in Kern County can get financial help. Learn how to apply for rental assistance, get money for gasoline or transportation, a free box of food, medical care, government assistance, and even foreclosure counseling. Non-profits, charities, and government agencies in Bakersfield offer grants along with ongoing case management. Due to COVID-19, the programs may have been affected, please connect each resource to see what they currently offer.

Find the large list of various available assistance programs in Kern County [here.](#)

Kern County Employee Resources During COVID-19 Emergency

Kern County is actively responding to COVID-19 and is offering resources for Kern County workers.

Find resources for Kern workers [here.](#)

Sacramento County Assistance Programs

There are a variety of financial assistance services and programs offered to the local Sacramento County community. They range from counseling, foreclosure prevention, emergency rent and housing assistance, to providing residents with free clothing and food. Homeowners can get help for their mortgage and first-time borrowers can apply for loans too. Due to COVID-19, the programs may have been affected, please connect each resource to see what they currently offer.

Find the large list of various available assistance programs in Sacramento County [here.](#)

2-1-1 Sacramento County Employment and Financial Help Services

Sacramento County has compiled a massive resources list for Sacramento residents. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find Sacramento employment resources [here](#) and financial help services [here.](#)

2-1-1 Tulare County Income Resources

Tulare County has compiled a massive income assistance resources list for Tulare residents. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find Tulare income resources [here.](#)

Tulare County (Visalia) Assistance Programs

Low income families, as well as struggling households, can get help from mortgage or rent assistance to free food, medical care, and other support. There are churches, charities, and government benefit programs in Tulare County, each focused on helping residents pay their bills. Whether it is for transportation, gasoline, housing, medical, or some other expense, short- and long-term financial assistance is offered. Due to COVID-19, the programs may have been affected, please connect each resource to see what they currently offer.

Find the large list of various available assistance programs in Tulare County [here.](#)

Tulare County Resources for Workers and Businesses (TWIB)

Tulare Workforce Investment Board (TWIB) is continuing to provide employers and job seekers affected by COVID-19 with resources. They provide webinars, guides, and resources, and latest news for workers and businesses to help during the stay-at-home order.

View Tulare County's resources for workers and businesses [here](#).

GET HELP WITH EDUCATIONAL ASSISTANCE

PBS Learning Media

PBS have curated FREE, standards-aligned videos, interactives, lesson plans, and more for California teachers and students. They also provide at home learning resources for parents and teachers online.

See their online education resources [here](#).

Khan Academy Kids

Khan Academy Kids is a free, fun, educational program designed to inspire young children to become learners for life. The robust Khan Academy Kids curriculum and original content make learning engaging and fun for children ages two to seven. Their free program contains learning materials across math, language arts, and social-emotional learning, aligned to the Head start Early Learning Outcomes Framework and Common Core.

Start learning online with Khan Academy Kids [here](#).

Khan Academy

A nonprofit with the mission to provide a free, world-class education for anyone, anywhere. Khan Academy formulates personalized learning, trusted content with practice and lessons that cover K-12 through early college, and tool to empower teachers.

Join Khan Academy and start learning online [here](#).

From ABCs to ACTs

An online resource to supplement your child's curriculum. You can find crafts and activities for toddlers and preschoolers, free resources for new homeschoolers, and tons of fun printables to add to your homeschooling day.

Find more educational resources [here](#).

Youngzine.org

Youngzine is news and more for the young, where kids can read and write their own opinion pieces, poetry, and stories and showcase their art! Kids can also find articles on world news, science, technology, Earth, history, and society/arts.

Join the Youngzine community [here](#).

National Geographic Kids

National Geographic Kids is a children's magazine published by the National Geographic Society for kids to explore science, animals, and social studies. Kids can stay engaged with games, videos, and facts of so many animals.

Visit their website [here](#).

Children Books to Support Racial Diversity

Diverse BookFinder has offered some starting recommendations for some diverse and multicultural children's books to find great books the children in your life would love or creating an anti-bias children's book collection.

Visit a list of diverse books for children [here](#).

Alameda Unified School District Educational Resources

Alameda Unified School District has gathered educational resources for parents to reference and encourage their children to continue learning at-home.

View their educational resources [here](#).

Kern County Library

Kern County residents have access to 6 different platforms for downloading eBooks and eAudiobooks, as well as accessing streaming content.

Browse Kern County Library's online library [here](#).

GET HELP WITH FAMILY AND CHILDCARE RESOURCES

MyChildCare.ca.gov

Find information on licensed childcare providers that are currently open including location, health and safety details, ages of children served, capacity, and hours of care throughout California.

Find available childcare providers near you [here](#).

Wild Kratts Activities

Featured Creature Crafts combine science facts of animals and easy arts-and-crafts together for a fun time for any family.

Find more arts-and-crafts projects for the family [here](#).

Education.com

If you're looking for hands-on activities, printable worksheets, online games, guided lessons, lesson plans, and science projects for the whole family to enjoy. Resources for projects require only items around your house.

Find available childcare providers near you [here](#).

TheSpruceCrafts.com

The Spruce Crafts is a DIY craft and hobby site covering helpful tips and step-by-step tutorials from passionate makers. If you're bored at home during the stay-at-home order due to COVID, find a new crafting project to keep you and your family occupied.

Explore new craft projects for your family [here](#).

GreatSeniorLiving.com

Great Senior Living has some great general crafting ideas and games for seniors, and the whole family, to keep them occupied during the stay-at-home order.

Find your some inspiration for your next craft project [here](#).

Alternative Payment Program Imperial County

The Early Care & Education Programs of Imperial County Office of Education is offering the Alternative Payment Program. The Program is a financial child care assistance program that serves low-income families who are employed, seeking employment, or participating in a job training or education program. For more information, you can contact them at (760) 312-6442.

Essential workers needing childcare can get more information [here](#).

2-1-1 Alameda County Child and Youth Resources

Alameda County has compiled a massive resources list for Alameda residents. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find the massive resources list for Alameda County residents [here](#).

Alameda County Child Care Assistance

Alameda Social Services are connecting them with child care during the coronavirus situation. If you are an essential worker looking for child care, please call your local R&R or fill out the Child Care Request form link to submit your child care needs.

Fill out a Child Care Request form and get more information for child care services [here](#).

2-1-1 Kern County Parental Resources

Kern County has provided Kern parents with various family support resources including childcare, family recreation, family support, and much more. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find available family support resources in Kern [here](#).

Kern County Community Connection for Childcare

For Kern parents who are in essential services and need childcare, Kern County Superintendent of Schools have a childcare referral system. You can call their main office at (661) 861-5200 or (877) 861-5200 toll free and request a list of licensed family child care provider or centers from one of our referral counselors.

Join their referral system for Kern childcare [here](#).

2-1-1 Sacramento County Family and Senior Services

Sacramento County has compiled a massive resources list for Sacramento residents. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find Sacramento family services [here](#) and senior services [here](#).

Sacramento County Childcare for Essential Workers

Sacramento city leaders announced a free childcare plan for those whose jobs are on the front line of the coronavirus pandemic. The free Essential Worker Childcare program will be offered to first responders, health care workers, and essential City of Sacramento employees.

Search for a nearby childcare service in Sacramento [here](#).

2-1-1 Tulare County Family Resources

Tulare County has compiled a massive income assistance resources list for both adults and children in Tulare, including adult care, child care, and much more. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find Tulare family resources and programs [here](#).

Tulare County Kings Community Action Organization (KCAO)

KCAO is offering emergency subsidized child care services for essential workers and at-risk children and families. For assistance regarding child care services, please contact Ruth Rodriguez at (559) 415-7220 or Patsy Douthat (559) 415-7225.

You can find more information for KCAO's child care services in Tulare [here](#).

Tulare County Council on Child & Youth Development

In response to the growing COVID-19 pandemic, the California Department of Education has issued guidance on the availability of child care assistance for Essential Workers. If you are an essential worker living in Tulare County, you may receive child care assistance.

Find more information for child care assistance for essential workers in Tulare [here](#).

GET HELP WITH RACIAL DIVERSITY RESOURCES

Raising Race Conscious Children

An article from BuzzFeed has included important steps that parents can take with their children to open up honest conversations about race or racism. Within the article, there are also additional resources parents can use.

Learn how to start conversations about race and racism with your child [here](#).

Words Matter When Talking About Race

USA Today, a nationwide online newspaper, has covered the importance of using correct terminology during this current cultural divide.

Read more on how the selection of words when talking about race is important [here](#).

Your Kids Aren't Too Young to Talk About Race: Resource Roundup

So, you've realized your kids aren't too young to talk about race, so now what? Prettygooddesign.org has rounded up some resources for parents, caregivers, teachers/educators, adults, and children to learn more and encourage discussions about race.

View their list of educational resources regarding race [here](#).

Sesame Street Town Hall: Standing Up to Racism

On June 6, CNN and Sesame Street held their second town hall that addressed racism, embraced diversity, and being more empathetic and understanding. During the town hall, CNN and Sesame Street characters came together to answer questions regarding race submitted by families.

Watch the entire CNN/Sesame Street Town Hall [here](#).

YouTube Kids: Understanding Each Other Playlist

YouTube Kids has compiled a playlist for you and your children to watch regarding the importance of viewing different perspectives and accepting everyone.

Watch the Understanding Each Other Playlist [here](#).

YouTube Kids: Togetherness Playlist

YouTube Kids has also compiled another playlist for you and your children to watch that focuses on loving yourself and everyone around.

Watch the Togetherness Playlist [here](#).

GET HELP WITH HEALTH AND PREVENTION INFORMATION

National Medical Bills or Free Health Care

Get information and assistance programs that can help with medical bills. In addition, find how to get free or affordable medical or dental care as well as prescription medications. Low income families, seniors and people who either lack health insurance or who are underinsured can explore these various financial assistance programs.

Find information on state and federal governments, grant programs, and non-profits [here](#).

Covered California

Since the beginning of the coronavirus emergency, millions of Californians have filed for unemployment benefits, including many who lost their job-based health coverage. If your job was affected by COVID-19, or if you lack income because your hours were cut or if you're no longer working, you can receive health insurance from Covered California

Find information on available coverages, legibility, and how to apply [here](#).

Local Health Services/Offices in California

The California Department of Public Health informs, coordinates, and assists local health services and offices in the matters of public health. Because California has such a large and diverse population across a vast geographic area, we encourage you to contact your local health services department for more information on programs and information related to you and your region.

The full list of local health services departments in California can be found [here](#).

Caring for Children During COVID-19

The Centers for Disease Control and Prevention (CDC) has included tips, advice, and information in regards to protect children and other from getting sick on their website.

Get more information on how to protect your children from COVID-19 [here](#).

General COVID-19 Prevention Advice

The World Health Organization (WHO) are updating their website with materials and protective measures based on new scientific findings as the epidemic evolves. With the current situation being so unpredictable, check regularly for the latest news.

Get updated information and downloadable materials regarding prevention [here](#).

Each Mind Matters Blog

Each Mind Matters is millions of individuals and thousands of organizations working to advance mental health. Each Mind Matters is dedicated to providing ongoing information and resources for your mental health during these trying times. Check often for updated resources, blog posts, and news.

View mental health resources and blog posts [here](#).

Protective Plastic Splash Face Shield

With the rising demand of facial covering, namebadge.com has convert into creating protective face shields for public purchase. Their liquid splash shields are intended to be used as face splash shields for nonhazardous liquids.

Purchase protective plastic splash face shields before they run out [here.](#)

Custom Face Masks

Custom face masks are being produced for purchase by totallypromotional.com with very affordable prices. Their masks are face contoured for a snug, comfortable fit, as recommended by the CDC.

Order a custom face mask [here.](#)

GoNoodle

GoNoodle gets kids moving so they can be their best. GoNoodle engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free at school, home, and everywhere kids are!

Join GoNoodle's movement for free [here.](#)

COVID-19 Positive Employee Flowchart - Non-healthcare Employees

If you are non-healthcare business and have an employee that is suspected or confirmed positive to have COVID-19, please follow this flowchart to determine what to do next. Following these procedures will keep your business following proper prevention standards.

Download the COVID-19 positive non-healthcare employee flowchart [here.](#)

COVID-19 Positive Employee Flowchart - Healthcare Employees

If you are healthcare business and have an employee that is suspected or confirmed positive to have COVID-19, please follow this flowchart to determine what to do next. Following these procedures will keep your business following proper prevention standards.

Download the COVID-19 positive healthcare employee flowchart [here.](#)

Safe Reopening FAQs for Workers and Employees

Protecting workers, employers and the public is absolutely critical to safely reopening workplaces. The California government gathered some FAQs to address many workplace-related issues as California proceeds through its Resilience Roadmap.

Get some answers to frequently asked questions regarding reopening [here.](#)

State Employer Playbook for Safe Reopening

A safe re-opening requires compliance with both state and local public health guidance, and local guidance can come from your country and your city. This Employer Playbook provides guidance for employers to help them plan and prepare for reopening their business and to support a safe, clean environment for workers and customers.

View the California COVID-19 Employer Playbook [here](#).

2-1-1 Alameda County Physical and Mental Health Resources

Alameda County has compiled a massive resources list for Alameda residents. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find the massive resources list for Alameda County residents [here](#).

2-1-1 Kern County Health Resources

Kern County has compiled a massive resources list for Kern residents, including assistance in healthy living, insurance, medical/dental, medical expenses, and much more. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find the massive resources list for Kern County residents [here](#).

2-1-1 Sacramento County Health Care and Mental Health Services

Sacramento County has compiled a massive resources list for Sacramento residents. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find health care services for Sacramento residents [here](#) and mental health services [here](#).

2-1-1 Tulare County Health Resources

Tulare County has compiled a massive health resources list for Tulare residents, including health care options, a list of health facilities, specialized treatments, supportive services, and much more. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find health services in Tulare County [here](#).

GET HELP WITH TRANSPORTATION ASSISTANCE

Care.com – California Senior Transportation

California residents are offering rides all across California for seniors needing transportation to go to essential health appointments.

Find a massive list of drivers driving seniors across California [here](#).

Kern Transit

Kern Transit has been making service changes due to COVID-19 but still offers transportation methods. Accommodations will be made for passengers who use Kern Transit to reach life-saving medical treatment, such as dialysis, and are adversely affected by these changes. Riders needing accommodations can call 1-(800)-323-2396 for assistance.

Get continuously updating information regarding Kern Transit system [here](#).

2-1-1 Alameda County Transportation and Senior Rides Resources

Alameda County has compiled a massive resources list for Alameda residents. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find the massive resources list for Alameda County residents [here](#).

2-1-1 Kern County Transportation Resources

Kern County has compiled a massive resources list for Kern residents, including information on transit systems in Kern and other transportation services. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find the massive resources list for Kern County residents [here](#).

2-1-1 Sacramento County Transportation and Senior Rides Services

Sacramento County has compiled a massive resources list for Sacramento residents. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find transportation options for all residents in Sacramento [here](#).

2-1-1 Tulare Transportation Resources

Tulare County has compiled a list of transportation assistances for Tulare residents, including medical appointment transportation for seniors. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find transportation services available in Tulare County [here](#).

GET HELP WITH UTILITY ASSISTANCE

EveryoneOn

EveryoneOn works with a wide range of Internet Service Providers (ISPs) and device providers to feature their low-cost internet service programs and computers on their platform. In response to the coronavirus pandemic and its impact on society, multiple ISPs have made updates to their low-cost internet service programs to ensure individuals and families stay connected during this challenging time.

Find low-cost internet service and computers in your area [here](#).

human-I-T

human-I-T is here to help those who are not connected or are paying too much for internet. Take advantage of their free resource by filling out the form on their website or text them for assistance at (562) 372-6925.

View options for low-cost internet [here.](#)

Rent Hardship Letter

Due to the stay-at-home order across California, many Californians have lost the means to pay their monthly rent. This letter can be used to inform your landlord that you are unable to afford this month's rent.

Download a printable version of the rent hardship letter [here.](#)

Rent and Find Housing Assistance Programs

Find help with rent from government agencies, non-profit organizations and charity programs. The exact type of assistance available, whether for a past due or upcoming rent payment or other bill, will depend on the amount of funds available as well as the tenant's situation. Due to COVID-19, services of these assistance programs may have changed, please check with the program to see what they are offering.

View rent and housing help [here.](#)

Find Help with Electric, Utility, or Heating Bills

There are places you can turn to if you need help with paying your electric, utility, water or heating bills. Several different applications are available to energy bill assistance programs. Emergency financial help is provided to pay electric bills by numerous federal and state government organizations as well as charities. There are also non-profits that may offer grants for paying a portion of a utility or light bill and there are solutions, such as payment plans, that are offered directly by utility companies. Due to COVID-19, services of these assistance programs may have changed, please check with the program to see what they are offering.

Get help with utility bills [here.](#)

Find Help with Other Utility Bills

There are programs to help you pay bills, debts, mortgage, rent, and more in the form of financial assistance, free items, and other forms of support. There are companies (private and non-profit) that will offer direct financial aid or that will help you save on bills, government programs, tax breaks, and coupons. Due to COVID-19, services of these assistance programs may have changed, please check with the program to see what they are offering.

Get help with various kinds of utility bills [here.](#)

Pacific Gas & Electric Company (PG&E)

As the COVID-19 pandemic continues to impact our communities, PG&E are committed to helping our customers throughout this crisis by providing financial assistance programs, tools and tips to save energy. If you have recently lost your job, even if you are receiving unemployment benefits, you may qualify for a reduced energy rate through their CARE or FERA programs.

Get help with PG&E utility bills [here](#).

SoCalGas Utility Assistance Programs

SoCalGas is continuing their 24-hours a day, 7 days a week customer service to answer your questions, or help you select a payment option. If you're in need of assistance with your utility bill, call them at 1-(800)-427-2200.

See SoCalGas's utility assistance programs [here](#).

2-1-1 Alameda County Utility and Housing Assistance Resources

Alameda County has compiled a massive resources list for Alameda residents. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find the massive resources list for Alameda County residents [here](#).

2-1-1 Kern County Utility Resources

Kern County has compiled a massive resources list for Kern residents, including conservation, bill payment plans, and connections to providers. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find the massive resources list for Kern County residents [here](#).

2-1-1 Sacramento County Housing and Shelter Services

Sacramento County has compiled a massive resources list for Sacramento residents. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find affordable housing services for residents in Sacramento [here](#).

2-1-1 Tulare Utility Resources

Tulare County has compiled a list of utility bill payment assistances for Tulare residents, on electric bills, gas bills, internet bills, and much more. Due to COVID, these services may have been affected, please contact each service to see what they are currently offering.

Find discounts on utility bills available to Tulare residents [here](#).

GET UPDATES OF COVID-19

Center of Disease Control (CDC)

CDC is aggressively responding to the global outbreak of COVID-19 and community spread in the United States. They continuously update information of the COVID-19 situation, data, and preventive measures.

Keep up to date with the COVID-19 situation [here](#).

World Health Organization (WHO)

WHO works worldwide to promote health, keep the world safe, and serve the vulnerable. On their website, they update global data of the COVID-19 situation daily, post their press conferences, provide available research, and offer strategies and plans.

Browse their extensive resources regarding COVID-19 [here](#).

California Department of Public Health

California Department of Public Health have been keeping updates, data, and resources specifically for California.

Get California specific data and resources regarding COVID-19 [here](#).

COVID-19 Fraud Alert

Unfortunately, many frauds regarding COVID-19 including offering vaccinations, test kits, and receiving texts, emails or checks from the government have started to arise. Make sure you're aware of the latest fraud cams and protect your family and your money.

Stay aware of the latest frauds and scams regarding COVID-19 [here](#).

FDA List of Hand Sanitizers That Should Not Be Used

The FDA is keeping an updated list of companies and distributors that have procured unsafe-to-use hand sanitizers that are or may be contaminated with 1-propanol, in addition to other hand sanitizers the agency is urging consumers not to use.

Learn more and find the FDA's list [here](#).

Alameda County COVID-19 Updates

Alameda County Public Health Department is keeping updated with COVID-19 data regarding Alameda County.

For more data regarding COVID-19 in Alameda County [here](#).

Kern County COVID-19 Updates

Kern County Public Health Services Department is keeping updated with COVID-19 data regarding Kern County.

For more data regarding COVID-19 in Kern County [here](#).

Sacramento County COVID-19 Updates

Sacramento County is gathering updated data and information about COVID-19 in Sacramento County.

Stay up to date with COVID-19 updates in Sacramento County [here](#).

Tulare County COVID-19 Updates

The County of Tulare has created a separate website for Tulare County residents to stay updated with COVID-19 data and facts within Tulare County.

Stay up to date with COVID-19 updates in Tulare County [here](#).