



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

# COVID-19 Resource Guide

Antioch District Office

4703 Lone Tree Way  
Antioch, CA 94531  
Phone: (925) 754-0716  
Fax: (925) 754-0728

Stockton District Office

2222 Grand Canal Blvd., Suite #7  
Stockton, CA 95207  
Phone: (209) 476-8552  
Fax: (925) 754-0728

Washington D.C. Office

2265 Rayburn House Office Building  
Washington, DC 20515  
Phone: (202) 225-1947  
Fax: (202) 225-4060

Dear Neighbor,

As our country continues to combat the deadly coronavirus pandemic, we are all having to adapt to a new way of living. 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,

A handwritten signature in blue ink, appearing to read "Jerry McNerney", with a long horizontal flourish extending to the right.

Rep. Jerry McNerney  
Member of Congress

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# COVID-19 and Health Information

COVID-19 spreads when an infected person breathes out droplets and very small particles that contain the virus. These droplets and particles can be breathed in by other people or land on their eyes, noses, or mouth. In some circumstances, they may contaminate surfaces they touch. People who are closer than 6 feet from the infected person are most likely to get infected.

## [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.
- Wear a mask when there is a lot of COVID in your community. [COVID-19 Community Levels](#) are a tool to help communities decide what prevention steps to take based on the latest data:



### Low

- Wear a mask based on your personal preference, informed by your personal level of risk



### Medium

- If you are immunocompromised or at [high risk for severe illness](#)
  - Talk to your healthcare provider about additional precautions, such as wearing masks or respirators indoors in public
- If you live with or have social contact with someone at high risk for severe illness, consider testing yourself for infection before you get together and wearing a mask when indoors with them.

 **High**

- Wear a well-fitting mask indoors in public, regardless of vaccination status or individual risk (including in K-12 schools and other community settings)
- If you are immunocompromised or at [high risk for severe illness](#)
  - Wear a mask or respirator that provides you with greater protection

[Wearing a mask over your nose and mouth is recommended](#) in indoor public transportation settings.

More information on use and care of masks can be found [here](#). Information on types of masks and respirators can be found [here](#).

**COVID-19 Variants**

Viruses constantly change through mutations, and new variants of a virus are expected to occur. Sometimes new variants emerge and disappear. Other times, new variants of viruses persist. Several variants of the virus that causes COVID-19 have been documented in the US and globally during the pandemic. More information on COVID-19 variants can be found [here](#).

**Resources**

- [World Health Organization \(WHO\) – COVID-19 Frequently Asked Questions](#)
- [Centers for Disease Control \(CDC\) - Guidance](#) and [Frequently Asked Questions](#)
- CDC Guidance for [Caring for Post-COVID Conditions](#)
- [California Health and Human Services](#)
- [California Department of Public Health](#)
  - California [Reopening 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](#)
  - Contra Costa Health Services [Health Orders](#)
  - Contra Costa Health Services [Information for the Community](#)

- [San Joaquin County Public Health](#)
  - San Joaquin County Public Health Services [Health Orders and Guidance](#)
  - San Joaquin County Public Health Services [Family Health Programs](#)
- [Sacramento County Department of Health Services](#)
  - Sacramento County Department of Health Services [Health Orders and Guidance](#)
- 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 Funeral Assistance](#): The President approved funding for COVID-19-related funeral expenses incurred on or after January 20, 2020, under the Coronavirus Response and Relief Supplemental Appropriations Act of 2021 and the American Rescue Plan Act of 2021. COVID-19 Funeral Assistance Helpline is available Monday through Friday from 9 am to 9 pm EST: (844) 684-6333.
  - [Funeral Assistance Policy](#)
  - [Funeral Assistance FAQ](#)

### **COVID-19 Maps and Visualizations**

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



## Fitness Resources

- [Fitness Blender Free Workout Videos](#): Provides workouts that range from low impact to high intensity and offer weightlifting, cardio, kickboxing, yoga and Pilates. Minimal equipment needed.
- [Orange Theory](#): Provides workouts focused on themes such as core, upper and lower body. No workout equipment required.
- [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](#)  
[https://www.goldsgym.com/anywhere/?fbclid=IwAR3MNCgHmDH4EFz\\_NleK6TKdq3IhwtXAepVceSqTqNtVaZjbtul92P3DheY](https://www.goldsgym.com/anywhere/?fbclid=IwAR3MNCgHmDH4EFz_NleK6TKdq3IhwtXAepVceSqTqNtVaZjbtul92P3DheY) from Gold's Gym.
- Yoga, HIIT, and Barre classes <https://www.downdogapp.com/> via Down Dog fitness mobile apps available for [teachers, parents, and students](#).
- Group Exercise Workouts
  - [30-Minute Cardio Latin Dance Workout](#)
  - [30-Minute STRONG Zumba-Full Body Toning](#)
  - [10-Minute Standing Core Workout](#)
  - [30-Minute Hip Hop Fit Workout](#)
  - [30-Minute At-Home Boxing Workout](#)
- Exercise Resources for Children
  - [Avengers Tabata Challenge](#)
  - [Black Panther Workout](#)
  - [Fortnite Dance Workout](#)
  - [CosmicKids Yoga](#)

# COVID-19 Vaccines

COVID-19 vaccines available in the United States are effective at protecting people—especially those who are boosted— from getting seriously ill, being hospitalized, and even dying. Three COVID-19 vaccines are used in the United States to prevent COVID-19. Pfizer-BioNTech or Moderna are COVID-19 mRNA vaccines and are preferred. You may get Johnson & Johnson’s Janssen (J&J/Janssen) COVID-19 vaccine in some situations. [Vaccine recommendations](#) are different depending on your age, the vaccine you first received, and time since last dose. The [Centers for Disease Control and Prevention](#) (CDC) has a dedicated [webpage](#) to provide information and updates on COVID-19 vaccines, including recommendations regarding who should be vaccinated. Information about COVID-19 vaccination in California be found [here](#).

- To find information about COVID-19 vaccinations locally, click below:
  - [Contra Costa County](#)
  - [San Joaquin County](#)
  - [Sacramento County](#)

## **How vaccines work**

Vaccines reduce the risk of COVID-19, including the risk of severe illness and death among people who are fully vaccinated. In addition to data from clinical trials, evidence from real-world vaccine effectiveness studies show that COVID-19 vaccines help protect against COVID-19 infections, with or without symptoms (asymptomatic infections). Vaccine effectiveness against hospitalizations has remained relatively high over time, although it tends to be slightly lower for older adults and for people with weakened immune systems. Learn more about COVID-19 vaccine effectiveness and safety [here](#).

## **When can I get vaccinated?**

Any Californian aged 6 months and older is eligible for vaccination. There are several ways you can get vaccinated:

- You may sign up at [myturn.ca.gov](https://myturn.ca.gov) or call **(833) 422-4255** to get a COVID-19 vaccine appointment.
- You can locate a vaccine clinic that accepts [walk-ins](#).
- Search [vaccines.gov](https://vaccines.gov), text your ZIP code to 438829, or call **1-800-232-0233** to find vaccine locations near you.
- Check your local pharmacy’s website to see if there are available vaccine appointments. Find out which pharmacies are participating in the [Federal Retail Pharmacy Program](#).
- Contact the [state health department](#) for additional vaccine information and locations.

### [COVID-19 Vaccine Booster Shots](#)

COVID-19 vaccines are working well to prevent severe illness, hospitalization, and death. However, public health experts see reduced protection over time against mild and moderate disease, especially among certain populations. For the best protection, everyone 6 months and older is recommended to [stay up to date with their COVID-19 vaccines](#), which includes getting [boosters](#) if eligible. The CDC recommends everyone ages 5 years and older get one booster after completing their [COVID-19 vaccine primary series](#), if eligible. In addition, a second booster is recommended for adults ages 50 years and older and some people ages 12 years and older who are [moderately or severely immunocompromised](#).

### [Frequently Asked Questions:](#)

**Question:** Who is eligible to get the vaccine now?

**Answer:** Any Californian aged 6 months and older is eligible for vaccination.

**Question:** How can I get the COVID-19 vaccination? Can I register somewhere to get the COVID-19 vaccine?

**Answer:** Every Californian can sign up at [myturn.ca.gov](https://myturn.ca.gov) or call (833) 422-4255 get their COVID-19 vaccine appointment. You may also locate a [vaccine clinic](#) that accepts walk-ins. Additionally, some local health jurisdictions are also providing appointments, registration, and notification services. If you would like to sign up for notifications from your local health jurisdiction you can do so [here](#).

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

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

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

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

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

**Answer:** COVID-19 vaccines are free.

### [Additional Resources](#)

- California COVID-19 Vaccines [Questions and Answers](#)
- California Department of Public Health [Employer Vaccination Toolkit](#)
- California COVID-19 [Vaccination Progress Data](#)
- CDPH [COVID-19 Vaccines and Pregnancy](#)
- CDC Information about [the Second Dose](#)

- CDC Information about the [Pfizer-BioTech COVID-19 Vaccine](#) and [Q&A for Comirnaty](#)
- CDC Information about the [Moderna COVID-19 Vaccine](#)
- CDC Information about the [Johnson & Johnson's Janssen COVID-19 Vaccine](#)
- California Department of Public Health [Pfizer COVID-19 Vaccine Factsheet](#)
- California Department of Public Health [Moderna COVID-19 Vaccine Factsheet](#)
- California Department of Public Health [Johnson & Johnson COVID-19 Vaccine Factsheet](#)
- CDC Information about [COVID-19 Vaccine Booster Shot](#)
- CDC Information about [new COVID variants](#)
- [Families with Vaccinated and Unvaccinated Members](#)
- [Digital COVID-19 Vaccine Record Portal](#): California residents can access a digital copy of their COVID-19 Vaccine Record. More information can be found [here](#).

## Economic Impact Payments to Individuals and Families

The *CARES Act* established a program that provides direct payments to individuals and families through the Internal Revenue Service (IRS). The payments are intended to help Americans during a time of need in our country, when many of our friends and neighbors are dealing with reduced incomes. The IRS delivered the first round of direct payments, referred to as an Economic Impact Payment (EIP), in April 2020 through to the end of 2020.

As part of the *Coronavirus Response and Relief Supplemental Appropriations Act of 2021*, the Internal Revenue Service and the Treasury Department delivered a second round of Economic Impact Payments to Americans who received the first round of payments established by the *CARES Act*. The second round of payments were issued on December 29, 2020, through to mid-January of 2021.

In March 2021, the *American Rescue Plan Act* was signed into law, authorizing a third round of Economic Impact Payments.

The IRS has issued all first, second, and third Economic Impact Payments. Most eligible people already received their stimulus payments. People who did not receive a second EIP (or received less than they are entitled to), may be eligible to claim a [Recovery Rebate Credit](#) on their 2020 or 2021 federal tax return.

**For more information about direct payments, you can visit the [IRS Economic Impact Payments](#) webpage.**

### **Additional Resources**

- [Frequently Asked Questions](#) about the First Economic Impact Payment
- [Frequently Asked Questions](#) about the Second Economic Impact Payment
- [Frequently Asked Questions](#) about the Third Economic Impact Payment
- Information on the [Recovery Rebate Credit](#)
- For Information on the EIP Card click [here](#) or you can contact customer service at 1-800-240-8100.

## 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](mailto:disastercustomerservice@sba.gov)
- [Small Business Local Assistance and Resources](#)
- [SBA Microloan Program Lenders](#)
- [SBA Debt Relief](#)

# 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](#)
- [CA Governor's Office of Business and Economic Development \(GO-Biz\)](#)
  - [California Comeback Guide](#): A guide for businesses to identify relevant state funding resources for recovery.

## 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](mailto:sbdc@deltacollege.edu)
- [Downtown Stockton Enterprise Loan Fund](#): The Downtown Stockton Enterprise Loan Fund (DSELF) is a non-profit, multi-bank community development corporation created to facilitate economic development in Stockton's economically underserved central city. The DSELF achieves economic development through: facilitating the growth of small to mid-sized businesses, and attracting, creating, and retaining new jobs.
- [Sacramento County Business Resource Guide](#)
- [Kiva Loans](#): Kiva is a non-profit that expands access to capital for entrepreneurs.

### **Resources for Employers**

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

### **Resources for Employees**

- [Workers Resources](#) and [Essential Workforce Guidance](#)
- [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.



# Eviction Protection and Mortgage Forbearance

## **Eviction Protection**

There are resources for you if your housing situation has been impacted by COVID-19. More information can be found [here](#).

## **Mortgage Relief**

Most homeowners can temporarily pause or reduce their mortgage payments if they're struggling financially by requesting forbearance. Forbearance is when your mortgage servicer or lender allows you to pause or reduce your mortgage payments for a limited time while you build back your finances. Forbearance doesn't mean your payments are forgiven or erased. You are still obligated to repay any missed payments, which, in most cases, may be repaid over time or when you refinance or sell your home. Before the end of the forbearance, your servicer will contact you about how to repay the missed payments. More information about forbearance can be found [here](#).

## **Additional Resources**

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

## Housing Resources

- [2-1-1](#): Dial 2-1-1 to speak with a trained Resource Specialist who can connect you to available services for housing, shelter, and homeless individuals. This service is available 24 hours a day, seven days a week. To search online for services in your county, see below:
  - [2-1-1 Contra Costa](#)
  - [2-1-1 San Joaquin](#)
  - [2-1-1 Sacramento](#)
- [U.S Department of Housing and Urban Development \(HUD\)](#): Oversees federal programs designed to help Americans meet their housing needs.
- State of California [Housing and Rent](#) – Provides resources for individuals whose housing situation has been impacted by COVID-19.
- [CA COVID-19 Housing is Key](#): Resources for renters, landlords and homeowners.
- [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. Beginning on May 11, 2021, the Sacramento Housing and Development Agency is offering [emergency rent and utilities assistance](#) for renters who have experienced financial hardship due to the COVID-19 pandemic. [Apply](#) and learn more about eligibility and document requirements [here](#).
- [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](mailto: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](mailto:shelter@shelterinc.org)

# Energy, Gas, Water, Trash, and Postal Information

## **Energy and Gas**

- [PG&E](#): PG&E has a variety of options for financial assistance and support for Californians struggling to pay their PG&E bills during the COVID-19 pandemic.
- [Lodi Electric](#): Lodi Electric is not turning off power for non-payment at this time. The City of Lodi will not contact you by phone or visit your home or business demanding payment. Please call the City of Lodi Finance Department at (209) 333-6717 to obtain your account balance or payment information.
- [California Department of Community Services and Development \(CSD\)](#): CSD works with private non-profit and local government organizations dedicated to helping low-income families achieve and maintain economic security, meet their home energy needs, and reduce their utility costs. CSD administers California's federal funding share for the [Community Services Block Grant](#), [Low-Income Home Energy Assistance Program](#), and [Weatherization Assistance Program](#).

## **Water**

- [Cal Water Customer Assistance Program](#): 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.
- [Way to Go, Contra Costa! Transportation Resource Guide](#): Provides information about transportation services in Contra Costa County.
- [San Joaquin Regional Transit District \(RTD\)](#): Provides bus service in San Joaquin County.
  - [RTD Dial-a-Ride Service](#): Offers paratransit services to persons who, due to their disability, are unable to perform the skills necessary to use RTD's fixed route service.
- [Lodi GrapeLine](#): Provides bus service in the City of Lodi.
- [Escalon eTrans](#): Provides bus service in the City of Escalon.
- [Manteca Transit](#): Provides bus service in the City of Manteca.
- [Ripon Blossom Express](#): Provides bus service in the City of Ripon.
- [Tracy Tracer](#): Provides bus service in the City of Tracy.
- [Sacramento Regional Transit District](#) (SacRT): Provides transportation services in Sacramento County.
- [Mobility Matters](#): Provides mobility management services including rides programs for seniors and veterans in Contra Costa County. Phone: (925) 284-2207.
- [Greyhound](#): Provides bus service throughout the country.
- [Lyft](#): A ridesharing service that arranges rides in real-time, through a mobile app or online.
- [Uber](#): A ridesharing service that arranges rides in real-time, through a mobile app or online.

## Food Resources

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

### Local Resources

- Contra Costa County [COVID-19 Food Distribution Map](#)
- Contra Costa Community Produce Program: Provides 15-20 pounds of free fresh produce to low-income families and individuals twice a month. Please bring two bags with handles.
  - Information for Antioch can be found [here](#).
  - Information for Brentwood, Oakley, and Bethel Island can be found [here](#).
- Contra Costa Senior Food Programs: Provides free groceries twice a month to low-income individuals aged 55 or older. Only one senior per household can receive food. Bring a picture ID and proof of address (PG&E bill, for example).
  - Information for Antioch can be found [here](#).
  - Information for Brentwood, Oakley, 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.).
- San Joaquin County Public Health Services [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.
- 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](#).
- 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](#)
- VA [Compassionate Contact Corps](#): This program connects veterans with volunteers if they are lonely, socially isolated or would simply like to talk to someone regularly. Trained volunteers provide support by making periodic phone calls or video calls. Veterans should speak with your clinician or social worker and ask for a referral to begin receiving Compassionate Contact Corps calls.
- [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](mailto: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
  
- [2-1-1](#): Dial 2-1-1 to speak with a trained Resource and Referral Specialist who can connect you to available services for housing/shelter, healthcare, mental health/counseling, substance abuse, education, food, financial help, employment training, children’s services, seniors/older adults, family services, transportation, groups and associations, crisis help, veterans/military, and legal assistance. This service is available 24 hours a day, seven days a week. To search online for services in your county, see below:
  - [2-1-1 Contra Costa](#)
  - [2-1-1 San Joaquin](#)
  - [2-1-1 Sacramento](#)
  
- [Mobility Matters](#): Provides mobility management services including rides programs for seniors and veterans in Contra Costa County. Phone: (925) 284-2207.

## Resources for Seniors

- U.S. Department of Justice (DOJ) [Elder Justice Initiative](#): The mission of the Elder Justice Initiative is to support and coordinate DOJ's enforcement and efforts to combat elder abuse, neglect and financial fraud and scams that target seniors.
  - [Elder Fraud and Abuse Resources](#)
  - National Elder Fraud Hotline: (833) 372-8311
  - Eldercare Locator Helpline: (800) 677-1116
  - Victim Connect Hotline: (855) 484-2846
- [Supplemental Security Income \(SSI\)](#): SSI helps aged, blind, and disabled people, who have little to no income, and provides cash to meet basic needs for food, clothing, and shelter. There will be no interruption in SSI payments during the COVID-19 pandemic.
  - [Economic Impact Payments for SSI Recipients](#)
- [California Department of Aging](#)
  - Senior Information Line: (800) 510-2020  
This toll-free telephone number links older Californians and their caregivers to information and assistance in their own area.
  - [Health Insurance Counseling and Advocacy Program \(HICAP\)](#): (800) 434-0222  
HICAP serves current Medicare beneficiaries and those planning for future health and long-term care needs. HICAP counseling is confidential and free of charge.
  - [Long-Term Care Ombudsman](#) Crisis line: (800) 231-4024  
This CRISIS line is available 24 hours a day, 7 days a week, to receive complaints from residents residing in long-term care facilities.
  - [COVID-19 Information](#) for Older Adults and People with Disabilities
- [2-1-1](#): Dial 2-1-1 to speak with a trained Resource and Referral Specialist who can connect you to available services for housing/shelter, healthcare, mental health/counseling, substance abuse, education, food, financial help, employment training, children's services, seniors/older adults, family services, transportation, groups and associations, crisis help, veterans/military, and legal assistance. This service is available 24 hours a day, seven days a week. To search online for services in your county, see below:
  - [2-1-1 Contra Costa](#)
  - [2-1-1 San Joaquin](#)
  - [2-1-1 Sacramento](#)
- [Adult Protective Services](#): If you suspect neglect or abuse, call (833) 401-0832.

- [Contra Costa County Employment and Human Services – Senior Resources](#)
- [Human Services Agency of San Joaquin County Aging and Community Services](#)
- [Sacramento County Department of Child, Family and Adult Services](#)
- [Agency on Aging Area 4](#): Information on services for seniors in Sacramento County.
- Catholic Charities – [Senior Services](#)
- [SAGE National LGBT Elder Hotline](#): (877) 360-5428  
The SAGE LGBT Elder Hotline is available 24 hours a day, 7 days a week to provide information about community support resources such as healthcare, transportation, counseling, legal services, and emotional support programs. The hotline is available in English and Spanish, with translation in 180 languages.
- [Mobility Matters](#): Provides mobility management services including rides programs for seniors and veterans in Contra Costa County. Phone: (925) 284-2207.
- [Disability Information and Access Line](#): (888) 677-1199  
The Disability Information and Access Line (DIAL) is available to help people with disabilities get vaccinated. Trained staff is standing by to help find local vaccination locations, assist with making vaccination appointments, and connect callers to local services – such as accessible transportation – to overcome barriers to vaccination. DIAL is available Monday through Friday from 9 a.m. to 8 p.m. (Eastern) or by email at [DIAL@usaginganddisability.org](mailto:DIAL@usaginganddisability.org).
- [Aging Network Eldercare Locator](#): The Eldercare Locator is a nationwide service that connects older Americans and their caregivers with local support resources. Phone: 1-800-677-1116.

### **Food Resources for Seniors**

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

## Resources for Parents

- California Surgeon General - [Stress Relief for Caregivers and Kids During COVID-19](#)
- Contra Costa Health Services – [Information About Schools and Childcare](#)
- [First 5 Contra Costa](#) – [Guidance for Childcare and Preschool Settings](#)
- [Contra Costa Health Services Women, Infants, and Children \(WIC\) Program](#): Serves Contra Costa County residents. WIC is a supplemental nutrition program that offers food vouchers, nutrition education and counseling, and health care referrals to low-income pregnant or postpartum women, breastfeeding and non-breastfeeding, and to infants and children up to age 5. You can apply online at <https://cchealth.org/wic/> or call (800) 414-4WIC.
- Contra Costa County Employment & Human Services – [CalWORKS Cash Aid](#) provides financial aid for children who lack financial support and care, and to promote and encourage work to enable families to become self-sufficient.
- Contra Costa County Library
  - [Virtual Storytime Content for Families](#)
  - [Wi-Fi Hotspot Kits](#): If you have a Library card, you can check out a hotspot for free and use it to connect your tablet, laptop or other Wi-Fi enabled device. You can borrow a hotspot for 21 days.
- San Joaquin County Public Health Services – [Family Health Programs](#)
- San Joaquin County Public Health Services [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.
- [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

- Center for Disease Control and Prevention – [K-12 Schools Guidance](#) – [Early Childhood Education and Child Care Programs](#)
- Centers for Disease Control [Guidance for Institutions of Higher Education](#)
- California Department of Public Health - [Guidance for K-12 Schools](#) and [K-12 Schools Questions and Answers](#)
  - By California Department of Public Health [Order of August 11, 2021](#), all private and public schools serving students in transitional kindergarten through grade 12 (excluding home schools, childcare, and higher education) must verify the vaccine status of all workers.
- [California Department of Education](#) – [Coronavirus Response and School Reopening Guidance](#)
- [State of California Safe Schools For All Hub](#): The Safe Schools For All Hub consolidates key resources and information related to COVID-19 and schools. New resources will be added to the Hub on a routine basis.
- [California Student Aid Commission](#): Administers financial aid programs for students attending public and private universities, colleges, and vocational schools in California.
- [California Community Colleges](#) – [Student Resources](#)
- [University of California \(UC\) Admissions and COVID-19](#): The University will continue to work closely with applicants and students to ensure that they are able to apply and enroll as planned.

### Student Loans

- [U.S. Department of Education Federal Student Aid](#): COVID-19 emergency relief flexibilities have been extended through August 31, 2022. This includes a suspension of loan payments, a 0% interest rate, and stopped collections on defaulted loans.
  - [Student Aid Frequently Asked Questions](#)
- [FedLoan](#) - [COVID-19 Relief for Student Loan Borrowers](#)

## Schools

- [Antioch Unified School District](#)
  - All students are eligible for free breakfast and lunch for the 2021-2022 school year. More information on meals for students can be found [here](#).
  
- [Banta Unified School District](#)
  - All students are eligible for free lunch for the 2021-2022 school year, beginning on August 11, 2021. More information on meals for students can be found [here](#).
  
- [Brentwood Union School District](#)
  - All students are eligible for free school meals for the 2021-2022 school year. More information on meals for students can be found [here](#).
  - Information on distance learning can be found [here](#).
  
- [Byron Union School District](#)
  - All students are eligible for free breakfast and lunch for the 2021-2022 school year. More information on meals for students can be found [here](#).
  
- [Escalon Unified School District](#)
  - Information on meals for students can be found [here](#).
  - Pandemic EBT can be found [here](#).
  
- [Galt Joint Union High School District](#)
  - Information on meals for students can be found [here](#).
  
- [Galt Joint Union Elementary School District](#)
  - Information on meals for students can be found [here](#).
  
- [Knightsen Elementary School District](#)
  - All students are eligible for free school meals for the 2021-2022 school year. More information on meals for students can be found [here](#).
  - Information on distance learning can be found [here](#).
  
- [Lammersville Unified School District](#)
  - Information on meals for students can be found [here](#).
  - Information on distance learning support can be found [here](#).
  
- [Liberty Union High School District](#)
  - Information on meals for students can be found [here](#).

- [Lincoln Unified School District](#)
  - All students are eligible for free breakfast and lunch for the 2021-2022 school year. More information on meals for students can be found [here](#).
- [Linden Unified School District:](#)
  - Information on meals for students can be found [here](#).
- [Lodi Unified School District:](#)
  - All students are eligible for free breakfast and lunch for the 2021-2022 school year. 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](#)
- [New Jerusalem Elementary School District](#)
  - Information on meals for students can be found [here](#).
  - 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](#)
  - All students are eligible for free school meals for the 2021-2022 school year. More information on meals for students can be found [here](#).
  - Information on distance learning can be found [here](#).
- [Oak View Elementary School District](#)
  - All students are eligible for free school meals for the 2021-2022 school year. More information on meals for students can be found [here](#).
- [San Joaquin County Office of Education](#)
  - Information on meals for students can be found [here](#).
- [Stockton Unified School District](#)
  - Information on meals for students can be found [here](#).
  - Information on technology and internet access can be found [here](#).
- [Los Medanos Community College \(LMC\)](#): Effective November 1, 2021, the Contra Costa Community College District will require COVID-19 vaccinations for all employees and students taking in-person classes or who need to come to campus for any reason.

- [San Joaquin Delta College](#): Delta College is requiring COVID-19 vaccinations for students and employees. Students must be vaccinated or obtain a medical or religious exemption in order to register for Spring Semester classes that are meeting in person. Students now must also obtain a contact tracing badge if taking hybrid or in-person classes.
  - Distance learning, internet access, and other student resources can be found [here](#).
- [University of the Pacific \(UOP\)](#): The University requires all students and employees to be fully vaccinated. It is strongly encouraged that individuals receive a vaccine booster when eligible. Students are also required to complete a student training quiz and receive weekly COVID tests, which will be administered on campus.

# Arts, Music and STEM Resources

## Arts

- [Arts Ed Collab COVID-19 Resources for Educators and Learners](#): Arts educational resources
- [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](#)

## Music

- JAMaROO Kids [music and movement videos for kids](#)
- YouTube Learning [video lesson playlists and channels](#) for middle and high schoolers
- [House of Blues Music Forward Foundation COVID-19 Stay at Home Music Resources](#)
- [NPR Live Sessions](#)
- [The Kennedy Center Couch Concerts](#): Provides a series of concert performances you can stream online.

## 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.
- Sesame Street [Caring for Each Other](#) Resources
- [PBS Kids](#): Provides activities and tips to help kids play and learn at home.
  - PBS Learning Media [Video Lessons](#) and Kids for Parents [resources, tips and activities](#)

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

- [LGBTQ Youth Coping with Stress and Anxiety During COVID-19](#): (866) 488-7386
- [SAGE National LGBT Elder Hotline](#): (877) 360-5428

### **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 abroad. Country specific information can be found [here](#). The Centers for Disease Control and Prevention (CDC) also provides information on [international travel during COVID-19](#). The CDC recommends travelers do not travel internationally until they are fully vaccinated.

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.

### **Requirements for Air Passengers**

As of June 12, 2022, CDC will no longer require air passengers traveling from a foreign country to the United States to show a negative COVID-19 viral test or documentation of recovery from COVID-19 before they board their flight. If you are a non-U.S. citizen who is a nonimmigrant (not a U.S. citizen, U.S. national, lawful permanent resident, or traveling to the United States on an immigrant visa), you will need to [show proof of being fully vaccinated against COVID-19](#) before you travel by air to the United States from a foreign country.

Some categories of noncitizen, nonimmigrants are excepted from this requirement. If you meet the criteria for one of these categories, you will need to fulfill additional requirements to travel by air to the United States.

More information on international travel can be found [here](#).

**Additional Resources:**

- U.S. Department of State
  - Information for [Cruise Ship Passengers](#)
  - [Traveler's Checklist](#)
  - [Country Information](#)
  - [Your Health Abroad](#)
  - [Passport Operations in Response to COVID-19](#)
  
- Centers for Disease Control
  - Information on [domestic travel](#)
  - Information on [international travel](#)
  - Information on [cruise ship travel](#)
  - [Requirement for Proof of COVID-19 Vaccination for Air Passengers](#)
  - [Communication Resources for Travelers](#)
  - [Travel FAQ's](#)
  - [Travel Guidelines](#)
  - [After International Travel](#)
  - [COVID-19 Travel Recommendations by Destination](#)

## Volunteer Information

- [California Volunteers](#)
  - [My Turn – Volunteer](#): Volunteer opportunities at COVID-19 vaccination sites.
- [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.

## State of California Information

Masks are no longer required indoors in California, with a few exceptions. But they are still strongly recommended. The following are the statewide guidelines for masks. However, your local area may require masks where the state doesn't. Check your area's COVID-19 website for more information:

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

### **Guidance for the use of Face Coverings**

Masks are required in:

- Healthcare settings
- Emergency shelters
- Jails and prisons
- Homeless shelters
- Long-term care

Masks are strongly recommended in:

- Public transit, stations, terminals, and airports
- Indoor public settings
- K-12 schools
- Childcare

The following individuals are exempt from wearing masks at all times:

- Children under two years old, due to the risk of suffocation
- People with:
  - A medical condition,
  - Mental health condition, or
  - Disability that precludes wearing a mask. This includes:
    - Those for whom a mask could obstruct breathing
    - Who are unconscious or incapacitated
    - Unable to remove a mask without help
- People for whom seeing the mouth is essential for communication:
  - Hearing impaired, or
  - Those communicating with a person who is hearing impaired
- People for whom wearing a mask would create a risk as they work, as determined by:
  - Local, state, or federal regulators, or
  - Workplace safety guidelines

See CDPH's [Guidance for the Use of Face Coverings](#) and [Face Coverings Q&A](#) to learn more.



## Additional Resources

- [State of California COVID-19](#): Provides information on COVID-19 and the State of California.
  - Factsheet: [California is Open, What Does this Mean?](#)
  - Beyond the Blueprint [Guidance](#) and [Q&A](#)
- [California Testing Task Force](#): Provides information on testing and testing sites in the state.
- COVID-19 [Vaccine Information](#) – Provides information on California’s vaccination plan and vaccination progress.
  - Every Californian can sign up at [myturn.ca.gov](https://myturn.ca.gov) <https://myturn.ca.gov>/or call **(833) 422-4255** to see if it’s their turn to get the COVID-19 vaccine. If you’re not currently eligible, you can sign up to be notified when it’s your turn.
- California’s [Safe Schools For All Hub](#): Provides resources and information related to COVID-19 and schools.
- [Office of the Governor - Press Releases](#)
- [California Office of Emergency Services \(Cal OES\)](#): Cal OES is responsible for overseeing and coordinating emergency preparedness, response, recovery, and homeland security activities within the state.
- California [Golden State Stimulus](#)
- [CA COVID-19 Rent Relief](#): CA COVID-19 Rent Relief will help income-eligible households pay rent and utilities, both for past due and future payments. Applicants may also call the CA COVID-19 Rent Relief Call Center at 1-833-430-2122.
- 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 Safer at Work in [English](#) and [Spanish](#): Provides information about workplace rights, responsibilities, and resources during COVID-19.
- [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](#)
  - Contra Costa Health Services [Health Orders](#)
  - Contra Costa Health Services [Information for the Community](#)
- COVID-19 Tests - Information on testing and testing sites in Contra Costa County can be found [here](#).
- [COVID-19 Vaccine Information](#)
  - Residents who are eligible to be vaccinated can make an appointment through [COVID-19 Vaccine Scheduling](#) or can call (833) 829-2626 to request an appointment.
  - Contra Costa County [COVID-19 Booster Vaccines Now Available](#)
  - [Help Your Neighbor](#) web page: Provides information that eligible county residents need to make a COVID-19 immunization appointment with Contra Costa Health Services or its community partners.
- [2-1-1 Contra Costa County](#): Dial 2-1-1 to speak with a trained Resource and Referral Specialist who can connect you to available services for housing/shelter, healthcare, mental health/counseling, substance abuse, education, food, financial help, employment training, children's services, seniors/older adults, family services, transportation, groups and associations, crisis help, veterans/military, and legal assistance. This service is available 24 hours a day, seven days a week.
- [Contra Costa County Employment and Human Services \(EHS\)](#): Includes information for children's services, aging and disabled services, Head Start, and community services. Phone: (925) 957-5647; for Spanish call: (925) 957-5648
- [Contra Costa County Sheriff's Office](#)
- Contra Costa County Library - [Wi-Fi Hotspot Kits](#): If you have a Library card, you can check out a hotspot for free and use it to connect your tablet, laptop or other Wi-Fi enabled device. You can borrow a hotspot for 21 days.

## San Joaquin County Services

- [San Joaquin County COVID-19](#): Includes COVID-19 related information and services.
  - San Joaquin County Office of Emergency Services: [Current COVID-19 Health Orders](#)
- [San Joaquin County Public Health](#)
  - San Joaquin County Public Health Services [Health Orders and Guidance](#)
  - San Joaquin County Public Health Services [Family Health Programs](#)
- COVID-19 Tests - Information on testing and testing sites in San Joaquin County can be found [here](#).
- COVID-19 Vaccine and Booster Information – Vaccine and booster information can be found [here](#) or by calling 2-1-1.
- [Personal Protective Equipment Grant Program](#): Provides businesses and non-profits of any size with PPE supplies, such as masks, which will be available for pick-up at a location determined by the County.
- [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. Phone: (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 [Health Orders and Guidance](#)
- COVID-19 Tests - Information on testing and testing sites in Sacramento County can be found [here](#).
- COVID-19 Vaccine Information – Vaccine information can be found [here](#) or by calling (916) 875-2400.
- [South County Services](#): Social Services for families and individuals in the River Delta Region, Isleton, Walnut Grove, Courtland, Locke, Ryde and Hood.
- [2-1-1 Sacramento](#): Dial 2-1-1 to speak with a trained Resource and Referral Specialist who can connect you to available services for housing/shelter, healthcare, mental health/counseling, substance abuse, education, food, financial help, employment training, children’s services, seniors/older adults, family services, transportation, groups and associations, crisis help, veterans/military, and legal assistance. This service is available 24 hours a day, seven days a week.
- [Sacramento County Sheriff’s Office](#)
- [Sacramento County Emergency Rental Assistance \(SERA2\) Program](#) – Emergency rent and utilities assistance for renters living anywhere in Sacramento County who have experienced a reduction in household income or other financial hardship due to the COVID-19 pandemic. Eligible applicants can receive up to 15-18 months of assistance for past rent and utilities owed. The total assistance amount available will depend on household need. Applicants that have received an eviction notice from their landlord will be given priority. An eviction notice must be submitted with the application in order to receive priority. These applications will be processed according to application date or court date.
- [Sacramento Regional Transit District](#) (SacRT): Provides transportation services in Sacramento County.

## City Information

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