

This resource document is targeted for the **San Francisco Bay Area** and is not all-inclusive.

Resources labeled under “General Resources” apply to CA and/or USA.

Please feel free to share or copy-paste to your own list.

Thank you to all - seriously, I don't know how many people jumped in here - who have contributed.

**\*\*Updated through 3/30/2020 10:00AM.**

**Document is live (suggestion mode is on)**

**If you highlight to copy something, please deselect, otherwise suggestion mode will be turned off to make it easier for people to read**

*FYI - Document owner and the crowd-sourced community are fact-checking links/sources.*

**Tip: If you click the links in “Information by Region” or “General Resources” it'll bring you straight there on the page.**

**Information by Region):**

[San Francisco](#)

[Oakland - East Bay](#)

[North Bay](#)

[Peninsula/South Bay](#)

**General Resources for all Bay Area:**

[Information on COVID-19](#)

[How does the Stimulus Package affect me?](#)

[Housing Resources](#)

[COVID-era, no-contact Food Sources for Seniors \(crowd sourced\)](#)

*\*For additional resources related to groceries/food, please look by region.*

[Transportation](#)

[Utility Resources](#)

[Education Resources + Kids at Home](#)

[Talking to Children about COVID-19](#)

[Employment & Financial Support Resources](#)

[Health Insurance](#)

[Taxes](#)

[Undocumented Californians](#)

[Small Businesses](#)

[Mental Health Resources](#)

[Domestic Abuse Resources](#)

[Self Isolation/Quarantine - Free At-Home Fitness and Activities](#)

[Mutual Aid, Volunteer, Donate](#)

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**Other crowd-sourced resource docs and mutual aid docs**

*Resources pull from one another, but each have a different focus. Worth going through!*

- San Francisco Focused: [UCSF Community Resources in response to COVID-19](#)
- San Francisco Focused: [UCSF department of Medicine resources in response to COVID-19](#)
- Bay Area Focused: [COVID-19 Resources List by AACRE](#)
- Bay Area Focused: [Bay Area COVID-19 Mass Resource List](#)
  - [Spanish Version available here](#)
- Bay Area Focused: [Coronavirus Resource Sharing, compiled](#)
- Los Angeles: [COVID-19 Los Angeles Mass Resource List](#)
- Los Angeles (Spanish/English): [COVID-19 Mutual Aid](#)
- Los Angeles / National: [COVID-19 Mutual Aid Resource Links](#)
- Seattle: [Seattle Community Relief During Coronavirus](#)
- National: [FindHelp.org](#)
- National: [COVID-19 Information in A LOT of languages](#)
- National: [For students](#)
- National: [COVID-19 Resources for the Artist Organization Field](#)
- National: [Coronavirus Resource Kit](#)
- National: [Mutual Aid and Advocacy Resources Google Doc](#)
- National: [COVID-19 MUTUAL AID & ADVOCACY RESOURCE](#)
- National: [Collective Care Is Our Best Weapon against COVID-19](#)
- National: [US COVID-19 Mutual Aid Resources](#) (Google Folders by State)
- North America: [Mutual Aid Networks](#)

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## Information on COVID-19:

- What is COVID-19?
  - It is a new strain of coronavirus, which causes the cold; this means no one is immune. We have limited information on it right now, but early research suggests that it's more contagious than the common cold - it can live on metal or plastic surfaces for days. This means that about half of the world's population might get it this year. Most people are likely to survive (mortality rates are estimated to be between 1-3% for the general population), but it's up to you to self-quarantine and socially isolate in order to protect those most likely to contract it.

(3/18/2020) [Younger Adults Comprise Big Portion of Coronavirus Hospitalizations in U.S.](#) New CDC data showed that nearly 40% of patients sick enough to be hospitalized were aged 20-54. But the risk of dying was significantly higher in older people.

Why are we socially isolating? (Better term is: Please stay at home, get groceries once a week if you have to). Well, take a look at this [interactive graph](#)

- Harvard Coronavirus Resource Center: [Questions and Answers](#)
- [Information on COVID-19 in other languages.](#)
- [Information on COVID-19 in Chinese](#)
- [Johns Hopkins University real-time dashboard of global coronavirus infection map](#)
- [U.S. Occupational Safety and Health Administration](#)
- [U.S. Centers for Disease Control and Prevention](#)

- [California Department of Public Health](#)
- [World Health Organization](#)

- **Do you think you have COVID-19?**

- **Symptoms:**

- For confirmed COVID-19 infections, reported illnesses have ranged from people with little to no symptoms or mild cold symptoms to people being severely sick, some recovering and others dying.
- Symptoms may include fever, cough and sore throat. In some patients, these symptoms can worsen into pneumonia, with chest tightness, chest pain, and shortness of breath. Persons who are elderly, immunocompromised, or if have other comorbidities, such as heart disease, liver disease, are at higher risk of developing severe pneumonia and dying from the disease.
- Symptoms of the coronavirus may appear in as few as two days or up to 14 days after exposure, according to the U.S. Centers for Disease Control and Prevention.

- **Testing**

- [National directory](#) for testing, not comprehensive
- A local [Health Center](#) can assess whether a patient needs further testing, which may be done over the phone or using telehealth. Individuals may also receive primary health care services at their local health center at a reduced cost or free of charge depending on their economic status.
- If you are interested in getting tested for COVID-19, complete an online screener based on guidelines from public health officials. Based on the responses and testing appointment availability, you will learn whether you qualify for testing through this program at this time.
  - Verily is currently offering testing for COVID-19 to Californians in:
    - **Santa Clara County**
    - **San Mateo County**
    - Go to this [link](#) for more information
- **South Bay/Peninsula:** [Drive-through testing at Stanford Health Care, results in 24h \(needs referral by health care provider\)](#)
- **East Bay:** Lifelong will be providing no charge COVID-19 testing, but you must have symptoms and must call 510-981-4100 first to see if you're eligible for testing. [Click here for more information.](#)
  - They offer COVID-19 testing for free **but the doctors consultation is not**. If they take your insurance, the consultation over the phone should be free.
  - **If they do not accept your insurance, there is a "sliding door fee" that caps at \$145 for the phone appointment.** After that phone appointment, you will be given an appointment for testing
- **Undocumented families** who plan to apply for documentation in the future should still seek testing/treatment for COVID-19. This is a [public charge exempt reason](#).

- From SFPDPH: [Interim guidance to prevent the spread of COVID-19 in community living settings are for those renting rooms](#)
- Kaiser Permanente Northern California is offering drive through testing for members only:
  - Steps:
    1. Meet CDC criteria for testing
      - a. COVID 19 symptoms including cough, fever, difficulty breathing;
      - b. Exposure to symptomatic person, including health care workers, within 14 days of symptom onset;
      - c. Travel to affected area within 14 days of symptom onset
    2. Contact Primary Care Provider (phone or [kp.org](#)) to be screened.
    3. If eligible: Set up an appointment for COVID 19 Drive Through screening (swabs and respiratory virus screening).
    4. Self quarantine (3-7 days, subject to change) to await test results.

***Please consider other testing locations besides emergency rooms. ERs must continue to tend to critically ill patients and for every person that wants a test for peace of mind without symptoms, that staff member will be taken away from truly sick and injured patients.***

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## How does the stimulus package affect me?

AS OF MARCH 27, 2020 11:00AM

[Updated FAQ here](#) from NBC News  
[Great FAQ on it here](#) from the New York Times

It has been signed by the House (3/27/2020) and has been fully approved.

### Summary as transcribed from the NY Times FAQ:

#### Benefits to working people

- Increase standard weekly unemployment benefits by \$600 for the next four months.
  - Establish a new Pandemic Unemployment Assistance program that will provide workers who do not ordinarily qualify for unemployment insurance — such as freelancers, furloughed workers, and independent contractors — with a weekly payment equal to one-half of the state average unemployment benefit plus \$600.
- Extend the duration of unemployment benefits by 13 weeks
- One time cash payment. Who is eligible?
  - You MUST have filed your taxes with the IRS in 2018 or 2019. If not - [file ASAP](#) or risk delays or ineligibility. At least file the 2018 taxes!

- Individuals who earn less than \$75,000 a year will receive \$1,200 in cash
- Couples who earn under \$150,000 will receive \$2,400
  - Plus \$500 for every child in their care
- And someone filing as head of household would get the full payment if they earn \$112,500 or less.
- Individuals who made \$99,000 or more and couples who made \$198,000 or more would not receive a payment.
  - How is this calculated?
    - \$1,200 minus \$0.05 for every dollar over \$75,000 that an individual made.
    - \$1,200 minus \$0.05 for every dollar over \$112,500 that a head of household made.
    - \$2,400 minus \$0.05 for every dollar over \$150,000 that couples who filed jointly made.
- **DO NOTE THAT THIS BILL LEAVES OUT SOME WORKERS**
  - Workers who are able to work from home, and those receiving paid sick leave or paid family leave would not be covered. New entrants to the workforce who cannot find jobs would also be ineligible.
  - This provision wasn't intended to cover people who quit (or want to quit) because they fear that continuing to work puts them at risk of contracting coronavirus,

#### Benefits to small businesses

- Small businesses will get loans that are forgivable, so long as they don't fire workers.
  - Businesses with fewer than 500 employees will be eligible for loans to help cover the cost of payroll, benefits, utilities, rent, mortgage payments, or other debts. If businesses maintain staff, then every dollar of credit they spend on those aforementioned expenses will be forgiven by the government.

#### Student Loans

- Until Sept. 30, there will be automatic payment suspensions for any student loan held by the federal government.
  - If you've borrowed money from the federal government — a so-called direct loan — in the past 10 years, you're definitely eligible.
- Garnishment will be suspended, so is the seizure of tax refunds, the reduction of any other federal benefit payments and other involuntary collection efforts.
- Will not affect eligibility for student loan forgiveness programs

#### Also includes:

- \$15.5 billion for the Supplemental Nutritional Assistance Program;
- \$8.8 billion for Child Nutrition Programs to help ensure students receive meals when school is not in session;
- \$3.5 billion for Child Care and Development Block Grants, which provide child-care subsidies to low-income families and can be used to augment state and local systems;
- \$750 million for Head Start early-education programs;
- \$100 million in Project SERV grants to help clean and disinfect schools, and provide support for mental health services and distance learning;
- \$69 million for schools funded by the Bureau of Indian Education; and

- \$5 million for health departments to provide guidance on cleaning and disinfecting schools and day-care facilities.

### **Is this stimulus package perfect? No. Some key things at present to know:**

- [Senate Republicans inserted an easy-to-overlook provision](#) on page 203 of the 880-page bill that would permit wealthy investors to use losses generated by real estate to minimize their taxes on profits from things like investments in the stock market. The estimated cost of the change over 10 years is \$170 billion.
- Passenger airlines are being bailed out - they would qualify for \$25 billion in loans and certain other guarantees and could have access to \$25 billion in things like grants, which might not have to be repaid.
- Another provision of the bill would authorize \$17 billion in assistance for companies deemed crucial for national security, language that was written in part to ensure specific assistance for Boeing, three people with knowledge of the internal deliberations said.
- It gives U.S. Secretary of Education Betsy DeVos new waiver power to grant states and schools flexibility under the main federal K-12 law.
  - Consider her existing approach to special education needs, proper federal funding per school, civil rights protections, Title IX, accountability for school/college performance, affirmative action - *dozens and dozens of ways she has already been putting students at risk*.
- Senate bill does not include dedicated funding through the federal E-Rate program to provide students with internet-connected devices and internet connectivity at home if their school buildings have closed.
  - [Insufficient funds for higher education](#)

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## **Housing Resources**

*General provided here - look for more details by City, if available, on this page*

- (March 27, 2020, 3:00PM) [California is enacting a temporary ban on evictions Friday until May 31.](#)
  - Tenants must notify their landlords of their inability to pay rent up to seven days after their rent is due.
- (March 25, 2020, 5:35PM): [CA Homeowners to receive up to 90-Day Mortgage Payment Relief During COVID-19 Crisis](#)
  - No Negative Credit Impacts Resulting from Relief

- Moratorium on Initiating Foreclosure Sales or Evictions for at least 60 days
- Relief from Fees and Charges for at least 90 days
- [How to apply for loan relief](#)
- **Newsom has issued a statewide order for Californians to stay home,**
  - March 19, 2020 (6:45 PM) This is effective Thursday by midnight, through at least April 19th. **It is in effect until further notice**
  - [How this differs from “Shelter in Place” in the Bay Area and Los Angeles](#)
- **California State of Emergency comes with housing protections**
  - [Governor Newsom signed a bill that all evictions and foreclosures are to be halted until May.](#)
  - State of Emergency Declarations by Governor Newsom have triggered statewide anti-gouging laws which include important rent controls and eviction protections!
  - **It is now illegal for any landlord - located anywhere in California - to charge (or advertise) rents 10% or above what they were charging before February 10. This is for ALL California tenants in new or existing tenancies.**
  - Additionally, it is illegal for a landlord to evict tenants and then re-rent the vacated unit at a higher rent than what the evicted tenant is paying.
  - What can tenants do if a landlord increases their rent above 10% during a State of Emergency?
    1. File a claim with the Attorney General of California's office. To learn more and file a claim, call here (800) 952-5225 or [file online here](#).
    2. [Use this Tenants Together sample letter if you received a notice of increase above 10% after the February 10th Declaration of a State of Emergency.](#)
      - This eviction protection only applies to **nonpayment of rent tied to COVID-19-related causes.**
- [Map of Emergency Tenant Protections \(passed and not yet passed\)](#)
- **San Francisco County:**
  - March 16, 2020: Temporary eviction moratorium
    - Any renter who provides documentation related to a business closure, loss of employment or hours, or out-of-pocket medical costs due to the COVID-19 pandemic will have the right to fight an eviction proceeding
    - The Sheriff's Department this week confirmed it will no longer physically carry out evictions, and SF Superior Court is closed, but the court is still in session.
    - Rent payments are not waived but can be paid later. They would be due after the state of emergency is lifted.
    - **Ellis Act Evictions and Owner Move In Evictions are still in play - these are not exempt.**
    - If you cannot prove your loss of income was due to COVID-19, **you are not exempt.**
    - **Ellis Acts + Owner Move In evictions and the court proceedings are still ongoing even today - please email/call your [District Supervisor](#) about this.**
      - If you are experiencing an eviction, or about to, [click here](#)
  - For the unhoused:

- [Hamilton Families'](#) Shelter, Transitional Housing, Housing Services, and Real Estate programs will continue without interruption.
- Map of [hand washing stations](#) and [list of locations](#)
- **Alameda County** provisions/closures that affect any on-going evictions
  - March 17, 2020
    - Oakland Councilwoman Nikki Fortunato Bas introduced an ordinance this week to halt all eviction court proceedings and reject new filings in Alameda County.
    - Alameda Superior Court is now fully closed until April 7 due to shelter in place orders in response to coronavirus.
    - The clerk will still accept temporary restraining order applications, but all eviction proceedings are being suspended until April 8.
    - Supervisors Wilma Chan and Keith Carson today introduced a directive for County staff to create an ordinance providing a temporary 30-day moratorium on evictions in the Unincorporated Areas of Alameda County resulting from the COVID-19 pandemic. This directive was passed with a unanimous 4-0 vote-with one absence-by the full Board of Supervisors at today's Board Meeting, which came the day after Governor Gavin Newsom issued an executive order authorizing local governments to halt evictions for renters and homeowners.
      - The forthcoming ordinance will **prevent renters in the Unincorporated Areas from being evicted** if they can demonstrate a substantial loss of income as a result of COVID-19. This could include:
        - Loss of Employment
        - Reduction of compensated work hours
        - Workplace closures
        - The need to care for a home-bound school-age child, or similar hardships that impact an individual's earning ability.
- **San Jose:**
  - March 17, 2020:
    - 30-day Temporary Ban on coronavirus-related evictions, has been approved, effective immediately. For more information, visit [here](#)
    - Fact sheet [here](#)
    - The moratorium can be extended by future Council action
    - **Noting again: only coronavirus-related (non-payment of rent linked to COVID-19), not inclusive of Ellis Act, Owner Move In, or non-coronavirus related evictions.**
- **Students/Foster Youth**
  - If you are or know of a foster youth that is staying at a college dorm room that is going to be closed due to the coronavirus, please email [info@togetherwerise.org](mailto:info@togetherwerise.org) and they will provide or help you find housing during this transition.
  - Emergency Information and assistance for young people in and from foster care: <https://www.fosterclub.com/c19>

## Transportation

- Updated as of March 26, 2020 (11:04 AM)  
[Bay Area coronavirus shutdown: How transit, parking work during shelter in place](#)
  
- Updated as of March 20, 2020 (6:30 PM)  
[Bridges across the Bay Area will suspend cash toll collection](#) to minimize the spread of the novel coronavirus. Caltrans and the Bay Area Toll Authority announced the move on Friday, and stated that the plan will affect drivers on the Antioch, Benicia-Martinez, Carquinez, Dumbarton, Richmond-San Rafael, San Francisco-Oakland Bay and San Mateo-Hayward bridges. Drivers who normally stop at cash lanes are encouraged to keep driving. An invoice reflecting the toll fee will then be sent to the owner of the vehicle.
  
- March 20, 2020 (4:00 PM)  
[Express lanes on Bay Area freeways will be open to all during the health emergency](#), the Metropolitan Transportation Commission and the Association of Bay Area Governments announced Friday. Express lane tolling on Bay Area roadways will be suspended until April 7 "unless congestion along the corridors warrants a return to tolling," a post reads. The changes were made due to decreased traffic and because carpooling is at odds with mandated social distancing precautions.  
 Affected Express lanes include:
  - Interstate 580 in Alameda County
  - Interstate 680 in Contra Costa County
  - State Route 237 in Santa Clara County
  - Southbound I-680 over the Sunol Grade in Alameda and Santa Clara counties
  
- Updated as of March 17, 2020 (3:23 PM)  
[San Francisco MTA will not ticket for street sweeping through end of March](#)
  
- Updated as of March 19, 2020, (4:17 PM): BART  
 Keep up to date on the BART [website](#).  
 Starting Monday, March 23, 2020, BART will provide service **Monday-Friday from 5am-9pm** (currently service is 5am-midnight). Current weekday train frequency will remain.  
 Starting Saturday, March 28, 2020, Saturday and Sunday service will be from **8am-9pm** (currently Saturday service is 6am-midnight and Sunday service is 8am-midnight). Current weekend train frequency will remain.  
 All riders must be in the system by **8:45pm** to have a guaranteed ride to their destinations.
  
- [Muni up to date info](#)
  - Most routes will operate, but with reduced frequency

- **Cancel** the following commuter express service: NX, 1AX/BX, 7X, 14X, 30X, 31AX/BX, 38AX/BX, 41, 81X, 82X, 83X, 88
  - **Cancel** the Chase Center express service: 78X, 79X
  - **Cancel** the following historic service: E
  - Operate the following historic service with buses: F (Along Embarcadero Only), All Cable Cars
  - No changes to Muni Metro or Owl All-Nighter Service
  
  - [Caltrain schedule](#)
    - Suspending its Baby Bullet express service between San Jose's Diridon Station and the 4th and Townsend station in San Francisco
  
  - AC Transit:
    - (March 23, 2020): Free
    - Suspended supplemental bus service for schools throughout the East Bay.
    - Normal transbay and local bus service "until further notice.
    - Keep up to date on their [website](#)
  
  - VTA: [No Fare Collection](#)
    - VTA will not collect fares on buses during Shelter-in-Place period, nor will VTA collect fares for light rail and paratransit service either.
    - VTA will have passengers board through the rear door of buses, away from operators. Front door boarding will only be reserved for passengers who need the ramp or priority seating. Since the operator area will be taped off, there will be no access to the farebox or Clipper Card reader.
  
  - Lyft:
    - [Lyft is available for both delivery of food and medicine](#)
    - While ride demand is temporarily down, they are actively expanding services to create new opportunities for drivers, facilitate rides for those in need, and help distribute essential goods. To help protect drivers and the recipients, deliveries will be contactless. Here's what they are doing:
      - Supporting delivery of medical supplies and providing access to necessary medical transportation, especially for low-income individuals.
      - Supporting delivery of meals for those in need, including kids who receive free or subsidized lunch at school, and home-bound seniors.
      - Using their platform to alert riders and drivers about key safety and public health updates, including curfews and shelter-in-place orders through our app.
      - Activating national LyftUp partnerships
    - All riders and drivers are asked to stay home if they are sick, and should work with a medical professional to discuss transportation options if they need to see a doctor. Per the CDC and local health officials, anyone who suspects they may have or is diagnosed with COVID-19 should not use ridesharing.
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# Employment & Financial Support

(Partially taken straight from the [LA page](#))

- **[Federal student loans will be deferred for 60 days due to coronavirus outbreak](#)**
  - The forbearance will be in effect for a period of at least 60 days, beginning on March 13, 2020.
  - To request this forbearance, borrowers should contact their loan servicer online or by phone.
  - There is an automatic suspension of payments for any borrower more than 31 days delinquent as of March 13, 2020, or who becomes more than 31 days delinquent, essentially giving borrowers a safety net during the national emergency.
  
- **Students, Parents of Students, Graduates:** [Scholly](#) is providing \$200 in cash assistance. We aim to provide essential financial help to buy groceries, health supplies, and other necessities to those in need. If you're a student, parent of a student, or graduate, we encourage you to apply today.
  
- **Employment Issues**
  - [Gov. Newsom eliminates 1-week waiting period for unemployment and disability related to COVID-19](#)
  
  - Please visit [https://www.edd.ca.gov/about\\_edd/coronavirus-2019.htm](https://www.edd.ca.gov/about_edd/coronavirus-2019.htm) for BENEFITS FOR WORKERS IMPACTED BY COVID-19 and also check out the EDD's Frequently Asked Questions:  
[https://edd.ca.gov/about\\_edd/coronavirus-2019/faqs.htm](https://edd.ca.gov/about_edd/coronavirus-2019/faqs.htm)
  
  - For a run-down of labor laws in California, please visit:  
<https://www.latimes.com/business/story/2020-03-12/coronavirus-labor-law-know-your-rights-california-worker>
  
  - **Paid Family Leave**
    - **Paid family leave** is available for those who stay home because they
    - need to take care of someone who has contracted the virus (Covid-19) or who has been quarantined (must be certified by a medical professional). [Learn how to file a Paid Family Leave Claim HERE](#).
  
  - **FOR EMPLOYERS: Work Sharing (WS) Unemployment Insurance Plan**
    - Allows for employees to reduce hours (10-60%) and still get paid full salary to avoid a layoff. The company needs to do this across the board and has to initiate it. The company would also have to agree to allow each person.
    - It is paid out the company's UI reserve account - same implication as Unemployment except they are still working for the company. No need to look for work.

- Ultimately, the business would pay it back as their reserve account ratio would be too low vs salary, and their UI rate would increase in order to fill the account up properly. So, the business would need to pay for it long term.
- [https://www.edd.ca.gov/unemployment/Work\\_Sharing\\_Program.htm](https://www.edd.ca.gov/unemployment/Work_Sharing_Program.htm)
- **Disability Benefits/Paid Sick Leave**
  - **Disability benefits/paid sick leave** are available for those who have actually contracted the virus themselves or who have been exposed to it and are quarantined (must be certified by a medical professional in the case of Disability Benefits).
  - [Learn how to file a Disability Insurance Claim HERE.](#)
- **Unemployment Benefits**
  - **Unemployment benefits** are available to those whose hours have been reduced or who have lost their job due to coronavirus measures (and it also applies to those who choose to stay home due to underlying health issues making them more vulnerable). The Governor has waived the 1 week wait time and the person may not be required to be actively looking for work (as is usually required). [Learn how to file an Unemployment Insurance Claim HERE.](#)
    - Unfortunately though, this benefit is not available to undocumented persons whose hours are reduced or lose their job for reasons related to COVID-19, etc.
    - SCHOOL CLOSURES: If your child's school is closed and you have to miss work to care for them. You might qualify for Unemployment Insurance benefits. [Learn how to file an Unemployment Insurance Claim HERE.](#)
    - [Unemployment Insurance Calculator](#)
- **Employment [opportunities - REMOTE](#)**
  - Open roles at businesses still hiring (grocery ops, food services, warehouse team members, customer service in-person & remote): **Browse in [Landed Jobs](#)**
- **Get paid for a [virtual workshop](#)**
- **Request funding support**
  - See below in ["Mutual Aid"](#)
- **Workers Compensation**
  - **Workers comp** is available for those who are unable to do their usual job because they were exposed to and contracted Covid-19 while in the regular course of their job (i.e. healthcare workers)
- **Homeowner Hardship Assistance**
  - California Housing Finance Agency: <https://www.calhfa.ca.gov/myaccount/hardship/index.htm>
  - HUD: <https://www.hud.gov/sites/documents/MORTGAGEASSISTANCEGUIDE.PDF>
- **Bank & Credit Card Relief**

- **Citibank:** They are waiving monthly service fees and penalties for early CD withdrawal for retail bank customers. They are also providing fee waivers on monthly service fees, remote deposit capture, and penalties for early CD withdrawal. They also have assistance programs for eligible credit card customers including credit line increases and collection forbearance programs and for eligible Mortgage Customers. [More information](#)
- **PNC Bank:** They released the following statement: "We stand ready to work with those experiencing financial difficulty as a result, and we are taking the necessary steps to avoid potential disruptions of service to our customers. PNC is prepared to offer assistance, as needed, to impacted customers through a range of measures." They are urging customers to call them at 1-888-762-2265 (7 a.m. - 10 p.m. ET Monday - Friday; 8 a.m. - 5 p.m. ET Saturday & Sunday). [More information here](#)
- **Wells Fargo:** The bank says they will [help customers experiencing financial hardships](#) as a result of COVID-19: "If in need of assistance, we encourage customers to call us at **1-800-219-9739** to speak with a trained specialist to discuss options available for their consumer lending, small business and deposit products."
- **Gig workers relief**
  - **Uber:** [The company is offering 14 days of financial assistance](#) to any driver who is diagnosed with COVID-19 or is quarantined  
As of 3/16/2020, [Uber is waiving delivery fees for over 100K restaurants](#)
  - **Lyft:** The company also said [it would provide financial help](#) for drivers impacted by the virus.
  - **Postmates:** For delivery workers, Postmates created a fund that will credit Postmates for the costs of doctors appointments and medical expenses related to COVID-19's impact in over 22 states.  
**They are also waiving restaurant commission fees for new merchants that want to use the service to make up for people not coming into their restaurants. [More information here](#)**
  - **Doordash:** The delivery company is offering up to "two weeks of assistance to Dashers and Caviar couriers who are diagnosed with COVID-19 or who are subject to quarantine at the direction of public health officials." [More on Doordash's website](#)
  - **Instacart:** The [company announced](#) an expanded sick-time policy in light of COVID-19. [Full Statement here](#)
- **Resources Based on Type of Employment**
  - For Artists:
    - For resources for **freelance artists**, click [here!](#)
    - **The Safety Net** is a grant for Bay Area artists. Learn more [here!](#)

- **The Creator Fund:** Convertkit has established a \$50K fund to help creators in need. Learn more [here!](#)
  - [COVID-19 Performing Arts Worker Relief Fund.](#)
  - [Bay Area Emergency Fund: Artists/Event Production](#)
  - [COVID-19 & Freelance Artists](#)
- For resources for **bartenders**, click [here!](#)
  - For resources for **Service Workers (restaurant, delivery, other tipped workers)**, click [here!](#)
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## Health Insurance

- [Covered California extends deadline through June](#), plans to offer free COVID-19 testing
    - The deadline for enrollment was April 30, but it is extended **through June 30** so that anyone who is uninsured and eligible can sign up.
    - Learn [more here](#)
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## Taxes

- **California - Tax extension:**
  - [March 20, 2020 \(7:29 AM\)](#)
    - [California residents won't have to pay or file their state income taxes until July 15](#), the state Franchise Tax Board said. This applies to:
      - 2019 Tax Returns
      - 2019 Tax Return Payments
      - 2020 1st and 2nd quarter estimated payments
      - 2020 LLC taxes and fees
      - 2020 Non-wage withholding payments
    - **Taxpayers do not need to claim any special treatment or call the FTB to qualify for the relief.**
    - RE: Payroll Taxes
      - Employers may request up to a 60-day extension to file state payroll reports and/or deposit payroll taxes. A written extension request must be received within 60 days of the date of the original due date.
    - RE: Property taxes

- However, property owners in California must still make their **property tax payments on April 10** because of mandates in state laws.
- One potential bright spot: Santa Clara County, along with Los Angeles County, will allow taxpayers to make partial payments on their property bills.
- RE: Small Businesses - local taxes
  - Small businesses in San Francisco no longer need to pre-pay 1st quarter business taxes by April 30th. **The payment will be deferred to February 2021 without interest or penalties.** [This relief applies to businesses with up to \\$10 million in gross receipts.](#)
- Employment Development Department:
  - “Employers experiencing a hardship as a result of COVID-19 may request up to a 60-day extension of time from the EDD to file their state payroll reports and/or deposit state payroll taxes without penalty or interest. A written request for extension must be received within 60 days from the original delinquent date of the payment or return.
  - For questions, employers may call the EDD Taxpayer Assistance Center.
  - Toll-free from the U.S. or Canada: 1-888-745-3886
  - Hearing impaired (TTY): 1-800-547-9565
  - Outside the U.S. or Canada: 1-916-464-3502”
  - (For more information, [click here!](#))
- **Federal - Tax extension:**
  - March 20, 2020 (7:29 AM): [Federal tax filing pushed out to July 15](#)
    - Tax payments are deferred for 90 days
    - [Treasury, IRS extend filing deadline and federal tax payments regardless of amount owed](#)
- **Changes to regular filing**
  - [High deductible health plans and expenses related to COVID-19](#)
- **Will there be payroll tax relief, as Trump suggested?**
  - Right now, it looks like no. We’re all waiting to hear about a stimulus package.

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## Undocumented Californians

- California Immigrant Youth Justice Alliance <https://ciyja.org/covid19/>
- **Undocumented families** who plan to apply for documentation in the future should still seek testing/treatment for COVID-19. This is a [public charge exempt reason](#).

- More national (by state) resources compiled [on this spreadsheet](#)
- 

## Small Businesses

- **FYI - City of SF says they will not cite and that it is OK for [businesses to board up their windows](#) if closed during this time**
- **SBA's Economic Injury Disaster Loans**
  - The SBA is planning on offering [low-interest federal disaster loans](#) for eligible small businesses and non-profits reeling from the financial impact the coronavirus is causing.
  - The program is being developed in real-time, but you can learn more about your eligibility and how to apply by calling their customer service number (1-800-659-2955) or [emailing this address](#).
    - Here are a few key details:
      - Eligible small businesses can receive loans of up to \$2 million.
      - The loans may be used to pay fixed debts, payroll, accounts payable, and other bills that can't be paid because of COVID-19.
      - The interest rate is 3.75% for small businesses without other credit options, and 2.75% for non-profits.
      - A long-term repayment plan of up to 30 years can help keep payments affordable.
    - [Get in touch with your local SBA office](#) to see if they have any additional resources specifically designed for business owners in your area.
- **Facebook [Small Business Grant Program](#)**
  - Who is eligible?
    - Facebook is offering \$100M in cash grants and ad credits for up to 30,000 eligible small businesses in over 30 countries where we operate. We'll share more details as they become available.
  - What can it be used for?
    - Keep your workforce going strong
    - Help with your rent costs
    - Connect with more customers
    - Cover operational costs
    -
- **LISC - [Verizon Small Business Recovery Fund](#)**
  - Who is eligible?
    - LISC will use the Verizon funding to provide grants of up to \$10,000 to businesses facing immediate financial pressure because of COVID-19—especially entrepreneurs of color,

women-owned businesses and other enterprises in historically underserved communities who don't have access to flexible, affordable capital.

- What can it be used for?
  - Paying rent and utilities
  - Meeting payroll
  - Paying outstanding debt to vendors
  - Other immediate operational costs

## Utilities

- **No impact on SFPUC Water, Power, and Sewer Services**
  - During these stressful times, you do not need to worry about your tap water.
  - San Francisco's tap water is safe. Our rigorous water disinfection processes ensure that your tap water is safe from viruses, including COVID-19.
  - San Francisco's tap water is plentiful and reliable. We plan for emergencies to ensure that enough staff members report for duty to keep the water flowing.
  - In other words, COVID-19 has no impact on the quality and supply of San Francisco's tap water. The same is true for our wastewater and power services.
  - For more information about the quality of San Francisco's tap water, please visit [www.sfwater.org/quality](http://www.sfwater.org/quality)
- **There should be no utility shut offs until May due to a bill Gov Newsom signed**
  - **BUT there are still families that have had their water shut off.** East Bay Municipal Utility District shut off water for 628 households in February alone.
  - \*\*\*Please go through this call script to give everyone access to clean water today: <http://bit.ly/Water4COVID19>
- **SPECTRUM Internet**- offering 60 days of free wifi for low income families.
  - <https://www.google.com/amp/s/amp.fdlreporter.com/amp/5042351002>
- **Verizon** will help customers and small businesses [disrupted by impact of coronavirus](#)
  - Verizon [FAQ on COVID-19](#) here
  - **Note from a contributor:** "Spoke to them extensively this morning (3/24/2020), Verizon's offer is simply to waive late fees at this time."
- **Charter COMCAST** - Free Internet Service for Households with Children for two months - to enroll: 844.488.8395 or [find more information here](#)
  - **Free access to its Xfinity WiFi hotspots** for everyone, including non-subscribers, for 60 days.
  - It's also providing unlimited data to its customers for no extra charge and is not disconnecting internet service or charging late fees for customers who say they can't pay their bills.

- The company is also providing 60 days of free basic internet service to new customers.
- **Pacific Gas and Electric Co.:** PG&E **has halted service disconnections** for non-payment for both residential and commercial customers until further notice. The utility will also offer flexible payment plans "to customers who indicate either an impact or hardship as a result of COVID-19."
  - More [recent PG&E FAQ](#)
- **AT&T:** The cable, phone and media giant is **suspending the termination of wireless, home phone or broadband service** when customers can't pay their bills because of coronavirus disruptions. The company is also waiving related late fees. Like Comcast, AT&T is also providing free access to its public WiFi hotspots. The company also said its consumer home internet wireline customers and fixed wireless internet customers would receive unlimited data.
- **T-Mobile:** The mobile phone service provider is providing unlimited data to all current customers who have plans with data for the next 60 days. It will also provide additional data to mobile hotspot users.

## Educational Resources (All ages)

- Educators: Google is rolling out free access to our advanced Hangouts Meet video-conferencing capabilities to all G Suite and G Suite for Education customers globally
  - [More information here](#)
- Suggested Activities
  - [Education Companies Offering Free Subscriptions Due to School Closures](#)
  - [150+ Enrichment Activities for Children While Parents are Working Remotely](#), can be sorted by age of child or amount of parent involvement
- **KQED** is offering an at-home learning response to school closures for all children and youth in California.
  - This response includes a new educational schedule for broadcast on KQED Plus in the Bay Area as well as free corresponding digital learning media and activities for at-home learning.
  - Educational programming aligned with state standards runs each weekday starting **Monday, March 16, on KQED Plus**. The programming is time blocked for different ages and grade levels:
    - TK-3rd grade from 6:00 - 8:00 am
    - 4th-8th grades from 8:00 am - 1:00 pm
    - 9th-12grades from 1:00 pm - 6:00 pm.
  - Visit the [KQED Plus TV schedule](#)
  - See TV programming and digital resource [alignment by grade and subject](#)
- Starting Monday, March 16, students in Pre-K through 12th grade will have the opportunity to access free, educational **PBS daytime programming** designated for each grade level weekdays (For more information, click [here!](#))
- [Free creativity camp](#) on Mondays starting March 23rd via Zoom! Arree is an award-winning artist and children's book writer who is offering this resource to help those who have suddenly found themselves

homeschooling.

- **The Kennedy Center** will post a lunch time doodle session with artist Mo Willems every weekday at 10am PST (1 ET)  
(For more information, click [here](#))
- **Varsity Tutors** is offering “Virtual School Day,” which includes 30-hours a week of high quality instruction by grade and more.  
(For more information, click [here](#))
- **MIND Research Institute** is offering no cost access to a free math instructional program for students in grades K-8  
(For more information, click [here!](#))
- **National Geographic Kids** Games, videos and articles full of vocabulary for animals, science and history.  
(For more information, click [here](#))
- **Scholastic** offers free, online learning experiences for kids of all ages  
(For more information, click [here!](#))
- **Devie** is a home learning resource for parents with young children at home to the education resources part of the list.  
(For more information, click [here!](#))
- **Storyline Online** Streams videos featuring celebrated actors reading children’s books alongside creatively produced illustrations.  
(For more information, click [here](#))
- **First Book Marketplace** is a resource for anyone with an edu or org email. In general provide affordable book and supplies, currently offering free [Red Apple Reading](#) accounts for up to 30 children’s access codes per membership (lasts 12 months)
- **Haymarketbooks** is offering 10 free social justice focused ebooks (until April 7th)
- **Speech and Language Therapy Resources**
  - [Social Story to explain why you have to stay at home for coronavirus](#) - at the bottom of the link is also a [sample visual schedule](#) you can use at home as well some [at home speech therapy activities](#)
  - [Speech Therapist Mom](#) primarily works through teletherapy so her youtube videos are a great resource!
  - [That Speech Lady](#) - a youtube channel for school aged children working on different speech sounds and language goals
  - Walkie Talkie Speech - [zero dollar speech therapy for toddlers](#)
  - [Baby Sign Language](#) - watch and practice the signs with your little ones!
  - [100 free products for Speech Therapy homework packets](#) Free downloadable handouts and worksheets categorized by your little one’s needs.
  - [Mommy Speech Therapy](#) Free downloads for articulation worksheets!
  - Use Pixar’s [wordless movies](#) to elicit language
- [Regional Center](#) is offering teletherapy services to the 0-3 population who qualifies for services
- **Preschool**

- [Videos you can use to mimic the flow of a preschool “circle time”](#)
- [A week \(or more!\) of lessons and activities](#)
- [Lakeshore Learning](#) offers free worksheets and activity ideas appropriate for Pre-K to Kindergarten students
- **Children’s Fairyland** Offering Activities, Puppet Shows, and Toddler Story Time via Facebook
- **12 Museums with virtual reality tours**
  - <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- **Alameda County Online Library Resources** <https://guides.aclibrary.org/accounts> Sign up online to get access to free ebooks, movies, archives, magazines
  
- **College Students**
  - **Enterprise:** The rental car company is **reducing the minimum age** for renting a car to 18 through May 31 "to make it easier for students to get home to their families" due to the suspension of college courses.
  - **U-Haul** is offering [30 days of free storage](#) to students
- **Youth In and From Foster Care**
  - Emergency Resources for Young People In and From Foster Care: <https://www.fosterclub.com/c19>

## Talking to children about COVID-19

- From the National Association of School Psychologists [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)
- [Coronavirus quarantine resources for parents and caregivers](#)
- [Social Story to explain why you have to stay at home for coronavirus](#)
- [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)
- [Just For Kids: A Comic Exploring The New Coronavirus](#)

## Domestic Abuse

Co-quarantined with an abuser? Worried about having to self isolate in a dangerous home situation? Please reach out - contact National Domestic Violence Hotline:

CALL: 1-800-799-7233 or

TTY: 1-800-787-3224 or

CHAT: [www.thehotline.org](http://www.thehotline.org)

If you are concerned about being quarantined in an unsafe home situation or need help, all DV shelter resources are generally available on: [domesticshelters.org](http://domesticshelters.org).

- A huge list of Bay Area resources from [Leap SF](#) addressing family violence including reporting lines for abuse, crisis intervention, crisis shelters, counseling resources/referrals, legal resources.
- A [Domestic Violence resource card](#) (PDF version) with important phone numbers including housing/shelter services, counseling, hotlines, etc (primarily for Santa Clara County but has info for other counties, too).

From Futures Without Violence (more links [here](#)):

- The National Domestic Violence Hotline is also available 24/7 at 1-800-799-7233 (SAFE) or 1-800-787-3223 (TTY)
- The National Sexual Assault Hotline is 24/7, confidential and free: **800.656.HOPE (4673)** and through [chat](#).
- The [StrongHearts Native Helpline](#) for domestic/sexual violence is available 7am-10pm CT, confidential, and specifically for Native communities: **1-844-762-8483**.
- The [Trans LifeLine](#) for peer support for trans folks 9am-3am CT: **1-877-565-8860** *This hotline is staffed exclusively by trans operators is the only crisis line with a policy against non-consensual active rescue.*
- [National Parent Helpline](#) Monday -Friday 12pm-9am CT emotional support and advocacy for parents: **1-855-2736**.
- [Community United Against Violence \(CUAV\)](#) is providing remote counseling available for LGBTQI+ survivors of violence, domestic violence, hate violence and police violence

## Mental Health

*(From Broke Ass Stuart)*

Crisis hotlines are available 24 hours a day for every Bay Area county:

- Alameda County: 1-800-273-8255
- Contra Costa County: 1-800-833-2900
- Marin County: 415-473-6666

- Napa County: 707-253-4711
- San Francisco: 415-781-0500 or
- San Mateo County: 1-800-273-TALK
- Santa Clara County: 1-855-278-4204
- Solano County: 707-428-1131
- Sonoma County: 707-576-8181

People from anywhere in the U.S. can also text HOME to 741741 for help from a trained crisis counselor who will respond on a secure platform. The counselors are not equipped to provide medical advice but are trained to help people move from a “hot moment to a cool moment.”

- The California Peer-Run Warm Line is a free, non-judgmental, emotional, non-emergency support line that allows people with mental health challenges to talk to a peer who is trained to help.
  - The phone number is **(855) 845-7415**.
  - Chat is also available at [www.mentalhealthsf.org/peer-run-warmline](http://www.mentalhealthsf.org/peer-run-warmline)
- The Friendship Line **(800) 971-0016** is available for aging adults who want a connection or a listening ear.
  - They provide calls in English, Mandarin, Cantonese and Spanish as well
- [Toolkit to deal with anxiety/stress from impacts of virus](#)
- **California Peer-Run Warm Line** is available to provide emotional support 24/7 at **855-845-7415**.
- Jihan McDonald is offering Pay What You Can coaching & counseling sessions for cis and trans womxn as well as the BIQTPOC, disabled, and/or chronically ill community. More info [here](#).
- **Parentline University of San Francisco** - free counseling service for parents of children from pregnancy to 3 years old. Info can be found [here](#).
- **Melissa Antoun, AMFT #101907**, is offering sliding scale Tele Mental Health services in English and Spanish. [Profile here](#)
- Care for your [Coronavirus Anxiety](#)
- Alcoholics Anonymous runs a 24 hour hotline for anyone needing help related to addiction/alcoholism:
  - Call: **510-839-8900**
  - Online meetings are also available at <https://eastbayaa.org/wp-content/uploads/2020/03/Online-Meetings-2.jpg>
  - AA also offers meetings specific for gender, sexual orientation, DHH, etc. [Find out more here](#)
  - Online intergroup meetings by Zoom: <https://www.aa-intergroup.org/directory.php>

## Self Isolation/Quarantine - Free things to do

### Yoga:

- [Down Dog app](#) is free until May 1st - if student, can extend through July 1st

- Free for [healthcare workers](#) through July 1st
- [Yoga for Beginners app](#) (same makers as Down Dog) free until May 1st - if student, can extend through July 1st
  - Free for [healthcare workers](#) through July 1st
- [Yoga with Adriene on Youtube](#) - always free online
- [CorePower Yoga](#) Class Pack - free online classes during this time
- [YogaWorks](#) - free online classes during this time
- [Touchstone Fitness](#): Free online yoga through FB Live, varying schedule - check the website
- [Lululemon](#) - some free online videos
- [Glo](#): some free yoga and meditations

### More (something for everyone):

- [Barry's Bootcamp](#) - free on Instagram Live at 6AM, 9AM, and 12PM PDT (9AM, 12PM, 3PM EDT). Workouts are saved on the IGTV if you miss it
- [Rumble Boxing](#) - free on Instagram Live at 9AM EST. Workouts saved on IGTV
- [Tone it Up](#) (app) is free for the next 30 days, no information needed
- [Planet Fitness free live workout sessions](#) - during this time
- [Les Mills Free Workouts](#) - during this time
- [HIIT app, Barre app, 7 Minute app](#) (same makers as Down Dog) free until May 1st- if student, can extend through July 1st
  - Free for [healthcare workers](#) through July 1st
- [Pamela Reif on Youtube](#) - always free
- [Chloe Ting 2 Week Shred](#) - always free
- [Blogilates at home pilates](#) - always free
- [Popsugar Fitness](#) - always free
- [Fullstop Dance](#) - 12PM stretch and dance videos live on Instagram
  - Support dancers by venmoing @fullstopdance
- [HomeCourt app](#) - free right now through the end of April. Perfect for those who want to get really great at basketball during this time!
- [Peloton](#) is offering a free 90 day trial. If you don't have a bike, the app provides access to yoga and other classes
- [Golds Gym](#) is offering free access to its app, GoldsAmp, with audio and video workouts, through the end of May
- [FitOn](#) App is always free - yoga, meditation, circuits, more
- [Nike Training Club \(NTC\)](#) App is free for now, unknown for how long. Studio classes and more

### Meditation:

- Headspace is offering free meditations [on their website](#) and on their app
- [The East Bay Meditation Center](#)
- Free 5-day online [Buddhist wisdom summit](#) with Thich Nhat Hanh (March 25-29)
- Free App, [Stop, Breathe, Think](#)

### File your taxes online:

- [Credit Karma](#)

- [E-file](#)
- [With the IRS](#)

## Online Classes:

- Yale's most popular class, [The Science of Well-Being](#), is free online.
  - [Coursera](#) also offers classes in a variety of subject areas. **Free to students (not gen public)**
- Free courses online for adults at Class Central [here](#)
- Free classes in variety of subjects: [Khan Academy](#)

## Get involved in local politics and advocacy

News update as of 3/16/2020, 10:00PM: [California Legislature Approves Coronavirus Spending, Suspends Work for Next Month](#)

- [Tell Congress to cancel student debt to stimulate the economy](#)
- [Tell Alameda and San Francisco Counties to stop ALL evictions during COVID-19](#)
- [Governor Gavin Newsom: Suspend Rent, Mortgage, & Utility Payments During the Coronavirus Crisis](#)
- [Letter to Mayors London Breed and Libby Schaaf re: Wage Workers and CoVID-19](#)
- [Ask Governor Newsom to Protect Californians from the Coronavirus Crisis!](#)
  - Petition from ACCE Action calling for an immediate moratorium on all evictions, emergency income assistance, to preserve medical benefits, and to prevent utility shut-offs
- [Tenants Together: Ask Governor Newsom for an eviction moratorium!](#)
- [Gov Newsom: Act Now to Reduce State Prison COVID-19 Risks](#)

## Online games/activities

- Help solve the COVID-19 crisis by interacting with the 3-D compositions of protein structures. It's part game, part science. You don't actually have to be a scientist - <https://fold.it/> (*it's a computer game*)
- Watch Netflix with friends [through this extension](#)
- Play this [Hogwarts Digital Escape Room](#) (group friendly!) created by Sydney Krawiec, Youth Services Librarian at Peters Township Public Library in McMurray, PA
- Video Chat with friends while playing games through the **Bunch** app:  
[https://play.google.com/store/apps/details?id=live.bunch.group.video.chat.party.games&hl=en\\_US](https://play.google.com/store/apps/details?id=live.bunch.group.video.chat.party.games&hl=en_US)

## San Francisco

- City’s FAQs, updated daily, listed [here](#)
- (March 25, 2020, 11:33AM):
  - **Bay Area Schools to [remain closed through May 1st](#)**
    - Alameda, Contra Costa, Marin, San Francisco, San Mateo and Santa Clara counties, officials announced Wednesday as the coronavirus pandemic grew. Some districts, including San Francisco and Oakland, will continue to offer free grab-and-go meals to all children 18 and younger.
  - San Francisco City Hall [closed to public until at least April 7th; some officials will continue to work there](#)
- (March 23, 2020, 9:10AM): **Mayor London Breed announced a \$2.5 million relief fund** to help working artists and art and cultural organizations struggling amid the coronavirus outbreak. No other information available at this time
- **[Most Farmer’s Markets to Remain Open](#)** (*\*essential businesses\**)
- **SFMTA:**
  - **[As of March 26, 11:14AM](#) Starting Monday, March 30, there will be no more subway or light rail service in San Francisco.**
    - Starting Monday, all Muni Metro and light rail routes will be replaced by buses.
    - Riders can take bus substitutions for the J, KT, L, M, and N lines using the same bus stops as the early morning Metro bus service.
    - Muni Metro subway stations will be closed, except for downtown stations which will remain open to customers taking BART during operating hours
    - Muni Rapid routes—the 5R, 9R, 28R, and 38R—will also be temporarily discontinued, except for the 14R Mission Rapid.
    - Riders can instead use local service for all stops during all hours of service.
    - The 5 Fulton and 9 San Bruno will begin running longer buses to help maintain social distancing
  - **[As of March 17, 3:23PM](#)** “We will temporarily suspend enforcement on: residential permits, 72-hour limit and towing, commuter shuttles, peak hour tow-away and other towing not related to safety or access.”
    - Through the end of March 2020
    - Parking will still be enforced in fire hydrant zones, red and yellow zones, “no stopping” and “no parking” zones, blocked driveways and double parking. It will also be enforced if vehicles are parking in bike or transit lines
    - San Francisco is implementing a temporary rate change in its parking meters — which will be fully in effect by March 24 and last through April 7. Drivers will have to pay for \$.50 per hour for vehicle parking and \$.10 an hour for motorcycle parking.

- **Markets amend hours, some with hours for ‘at-risk’ community**

- **Albertsons/Safeway/Vons/Lucky/Andronicos** (all Albertson’s company stores - check the link): At a minimum, the company will reserve every **Tuesday and Thursday from 7 to 9 a.m. for those vulnerable shoppers** who must leave home to obtain their groceries, unless otherwise locally mandated.
- **Bi-Rite**: Hours are now 9:00AM - 8:00PM. Store is limiting the number of guests in the Markets at one time. You can also order online for pick-up in store or delivery - via instacart, but order in advance, it’s pushed out a week+
- **Canyon Market**: As of 3/18/2020, every day from 7:00AM - 8:00AM is 65+ only, ALSO includes senior discount, effective through April 7th. General population is 8-9PM
- **Costco**: Effective 3/30/2020 - Senior hours are Tuesday and Thursdays, 9-10AM. Hours are now reduced to Monday-Friday 10:00AM - 6:30PM, Saturday from 9:30AM - 6:00PM, and Sunday from 10:00AM to 6:00PM
- **Trader Joes**: As of 3/16/2020 hours are 9:00AM - 7:00PM
- **Target**: Starting Wednesday (3/18/2020), the retailer will "reserve the first hour of shopping each Wednesday at stores nationwide for vulnerable guests," Target said, adding it is "encouraging other guests to plan their shopping trips around this time frame." All Target stores will close at 9:00PM.
- **Other Avenues Food Cooperative**: (3/17/2020) New guidelines to limit 25 people in the store at a time, queue outside, no more than 20 minutes per person
- **Mollie Stones**: As of 3/13/2020, same hours. Online delivery option looks available (instacart), but pushed out at least a week - order ahead of time.
- **Gus’s Market**: (3/17/2020) Hours will be adjusted, to be announced. Limited number of people allowed in store (6 feet distance).
- **Rainbow Grocery**: (3/17/2020) Customers line up outside the 13th Street entrance - 6 ft distances are marked. Starting 3/19/2020, everyday from 9:00AM - 10:00AM are reserved for 60+ and the more vulnerable population
- **Whole Foods**: Starting Wednesday (3/18/2020), all Whole Foods Market stores in the U.S. and Canada will let customers who are 60 and older shop one hour before opening to the public.
- **Walgreens** - 55+ Tuesdays 8-9 AM, 30% off with Walgreens card or online: SENIOR30
- **Dollar General**: Starting Tuesday, (3/17/2020), it is dedicating the first hour in its more than 16,000 stores in 44 states to help senior shoppers "avoid busier and more crowded shopping periods." The retailer said in a tweet that it wasn't "qualifying a specific age" for the set-aside time.

- **What is “Shelter in Place”? And what are essential workers? See Mayor Breed’s news release for details [here](#).**

- Residents should stay in their homes whenever possible through April 7, 2020.

- The order requires that residents remain indoors, except for essential travel, like going to get groceries, going to a medical appointment, or getting supplies.
- Essential workers who may travel to and from their place of work include:
  - businesses that provide food, shelter, and social services, and other necessities of life for economically disadvantaged or otherwise needy individuals.
  - This may change at a later time: this was updated 10:12PM, 3/16/2020
- Necessary government functions and grocery stores will remain open.
- **The order is mandatory, and failure to comply will be considered a misdemeanor crime, according to the city.**
  - If you leave the Bay Area for a vacation - or another non-essential purpose exempt under the Order - then you may not be permitted to return to your residence. Do not travel.
  - The intention is not to police residents - please do your best to stay indoors during this time
- It affects the counties of San Francisco, Marin, Santa Clara, San Mateo, Alameda and Contra Costa, as well as the city of Berkeley.

- **For low income residents:**

- If you are sick or not feeling well you can call your healthcare provider for advice. If you do not have a provider you may contact the **Tom Waddell Urgent Care Clinic** by calling **(415) 355-7400**.
- Find more information at [www.sfdph.org](http://www.sfdph.org), call 311, or text **COVID19SF** to **(415) 888-777** for official updates.
- If you have questions about reduced work hours or having to miss work you can learn about your rights/options at [www.dir.ca.gov/dlse/2019-Novel-Coronavirus.htm](http://www.dir.ca.gov/dlse/2019-Novel-Coronavirus.htm) or call **(415) 703-5300**.
- **Expensify.org is matching \$50 towards SNAP grocery purchases**
  1. Purchase food as normal with your SNAP card
  2. [Download](#) Expensify on iOS or Android, for free
  3. Join the [Expensify.org/hunger](https://expensify.org/hunger) policy
  4. [SmartScan](#) the receipt, which will tell us how much you paid and show that it was paid for with an Electronic Benefits Transfer (EBT) card
  5. Submit it to [volunteer@expensify.org](mailto:volunteer@expensify.org)
  6. Set up your [bank account](#) to receive the funds

*So long as we have funds available, we will reimburse up to \$50 per family (one time), the very next day.*

- **Employment**

- Workers can reach out to OEWD's [Workforce Development Division](#) directly to learn more about these resources and receive support from our staff and network of service providers:
  - OEWD Workforce Development Division  
Worker Information Line  
**415-701-4817 (Mon-Fri, 9AM to 5PM)**  
[workforce.connection@sfgov.org](mailto:workforce.connection@sfgov.org)

- You can also access this information 24 hours a day, 7 days a week, in a wide range of different languages, through the City's [311 customer service center](#).

- **Paid Sick Leave**

- San Francisco's Paid Sick Leave Ordinance requires employers to provide paid sick leave to all employees (including temporary and part-time employees) who perform work in San Francisco, as highlighted by the [San Francisco Office of Labor Standards Enforcement](#).

- **Health Care Coverage**

- For those experiencing job loss, federal law generally requires employers to offer employees and their families temporary extension of health care coverage, also known as COBRA. You may consult with your employer regarding COBRA enrollment. Job loss may be a qualifying life event for enrollment in [Covered California](#), which provides health care coverage to California residents at affordable and subsidized rates. Alternative coverage may be available through the San Francisco Department of Public Health's [Healthy San Francisco Program](#), which provides free or low-cost health care services to uninsured San Francisco residents.

- **San Francisco Small Businesses**

- **Tax Deferment**

- San Francisco is deferring payment of quarterly business taxes due April 30 for businesses with up to \$10 million in gross receipts. The taxes will be deferred to February 2021 with no interest or penalties.

- **Business Licensing Fee Deferment**

- San Francisco is also deferring annual small business license and permit fee due dates that make up the Unified License Bill until June 30, 2020. For information on both the tax and business licensing fee deferments, visit the [COVID-19 Tax and License Deferral site](#).

- **Small Business Resiliency Fund**

- The Office of Economic and Workforce Development created the [Small Business Resiliency Fund](#) to offer up to \$10,000 in emergency grants for businesses affected by COVID-19. You must be able to show a loss in revenue to be eligible for the grant.
- To learn more about the grant, visit the [COVID-19 Small Business Resiliency Fund site](#).

- **Loan Funds**

- San Francisco provides access to capital and technical assistance through the [Revolving Loan Fund](#), as well as the [Emerging Business Loan Fund](#), which offers loans of up to \$250,000 to qualifying commercial projects.
- Contact Karla De Leon at 510-830-3226 or email her at [sanfrancisco@mainstreetlaunch.org](mailto:sanfrancisco@mainstreetlaunch.org) to learn more about your loan options.

- **SF Meals and Food Pantries:**

- ***For low-income families***

- Che Fico on Divisadero is providing meals to anyone in need. Please call 415-416-6980

- ***For children under 18 years of age***

- School pick ups and locations will be updated on [sfusd.edu/schoolfood](https://sfusd.edu/schoolfood)
  - On Tuesday, March 17, eight sites will be open 9-10 a.m.

- On March 18, 14 will be open
- From March 19 and on 18 sites will be open Monday through Friday 9-10 a.m. to pick-up breakfast, lunch, supper, fresh fruit, vegetables and milk to take home. See locations and schedules in the link above.
- **Beginning Monday, March 30**, sites will be open two days per week but continue to provide five days worth of food. This new schedule reduces the number of days families need to leave home for pick-up but the amount of food each child will receive remains the same. (Map of pick up sites can be found [here](#))
- No identification or proof of school enrollment is required, but a child must be present. Breakfast, lunch, fresh fruit, vegetables, and milk will be provided to take home. Shelf-stable meals will also be available. Families will not need to enter the school building for pick-up.

- **For seniors 65+**

- **ONE Richmond Food Pantry still open for grab bags for seniors**
  - Every Monday from 4:00 - 5:00 pm at George Peabody Elementary School for their food pantry with SF Marin Food Bank
  - Any Richmond District residents living in zip codes 94118 or 94121 who feel they need food assistance are invited to stop by to sign up to receive weekly groceries
  - <https://www.onerichmondsf.com/youreinvited/2020/3/11/food-pantry>

- **Richmond Senior Center (still operating, lighter services)**

6221 Geary Boulevard, 3rd Floor  
(between 26th and 27th Ave)  
San Francisco, CA 94121  
Phone: (415) 752-6444

- **30th Street Senior Center operating meals, lighter services**

<https://30thstreetseniorcenter.org/>

- **Castro Senior Center (still operating, lighter services)**

110 Diamond Street  
San Francisco, CA 94114  
Phone: (415) 863-3507

- **Project Open Hand** still serving and delivering meals

<https://www.openhand.org/>

- **Meals on Wheels** is still operating <https://www.mowsf.org/coronavirus>

- **Find a local restaurant to support ([who is open or selling gift cards](#)) here**

- **SF - [restaurants that are open](#)** - support your local businesses!
- **Another site with [restaurants open with delivery here](#)**

- **SF - Free Delivery**

Free delivery or not - tip your driver well!

- If you have a [Chase Sapphire, Chase Sapphire Preferred, or Chase Reserve card, you can get Dash Pass](#) (free delivery for Doordash) through your credit card.
- [UberEats has waived delivery fees for most local restaurants](#)
  - All the apps are currently offering **“no contact” delivery** options - be sure to select this
- [Chipotle](#) is free delivery (min \$10 order) through 3/31/2020
- [Son and Garden](#) (700 Polk Street) is offering free delivery/pick up with 1 free kids meal if within 1.5 miles of the restaurant. Use coupon code “TOGETHER” for 18% off. Order online or at 415-913-7404
  - Also applies to [Farmhouse SF](#)
    - Free delivery and Pick Up (2 mile) Call 415-814-2920
    - Use Coupon Code “ PKY0TG for \$10, \$20 discount through [Caviar](#)
- [MIXT](#) is offering sliding scale discount codes for pick-up orders. Codes: [wegotyou25](#) for 25% off, [wegotyou50](#) for 50% off, [wegotyou100](#) for a free meal. Use codes at [mixt.com](#) or on MIXT app for pick up orders.

- **Childcare options**

- San Francisco is offering a limited amount of Emergency Child and Youth Care slots at the recreation centers and libraries
  - invitations were sent to eligible individuals Sunday, March 15. If you believe that you are eligible [according to the criteria on the website, apply here.](#)
  - Eligible but did not receive an invitation?  
<https://fs18.formsite.com/sfrpsurvey2/eligible/index.html>
  - [The Office of Early Care and Education](#) is continuing to assist in early care and childcare resources.

## East Bay

- (March 25, 2020, 11:33AM): **Bay Area Schools to [remain closed through May 1st](#)**
  - Alameda, Contra Costa, Marin, San Francisco, San Mateo and Santa Clara counties, officials announced Wednesday as the coronavirus pandemic grew. Some districts, including San Francisco and Oakland, will continue to offer free grab-and-go meals to all children 18 and younger.
- (March 20, 2020): **Oakland Mayor Libby Schaaf announces \$2.5 million coronavirus relief fund.** [More information here](#)
- **[Parking Information:](#)**
  - Oakland will not ticket vehicles during street sweeping. Parking meters are not being enforced and towing is suspended unless a vehicle is blocking access, causing a hazard or deemed a public safety concern.
  - Berkeley suspended parking enforcement on meters, time-limited parking, school zones and residential permit parking. The city will ticket if vehicles are parked at red curbs and fire hydrants, disabled parking blue zones, street sweeping, yellow zones in commercial areas and double parking.
- **[Berkeley Farmers' Markets remain open](#)** (*\*essential businesses\**)
  - **Tuesdays** - 2 pm – 6:30 pm, South Berkeley [Adeline Street and 63rd Street](#)
  - **Thursdays** - 3 pm – 7 pm, North Berkeley [Shattuck Avenue @ Vine Street](#)
  - **Saturdays** - 10 am – 3 pm, Downtown Berkeley [Center Street @M.L King,Jr.](#)
- **Other open farmers' markets** (*\*essential businesses\**)

Saturday markets in Castro Valley, Alameda, Pinole, Pittsburg, Union City, El Cerrito and Vacaville (Also Richmond is open on Fridays)

Sunday markets in Oakland/Montclair, Oakland/Temescal, Fremont/Irvington, Livermore
- **Closed Farmers' Markets:** Pleasanton, Danville, Martinez and Oakland/Jack London Square markets
- **Markets amend hours, some with hours for 'At-Risk' community**
  - [Albertsons/Safeway/Vons/Lucky/Andronicos](#) (all Albertson's company stores - check the link): At a minimum, the company will reserve every **Tuesday and Thursday from 7 to 9 a.m. for those vulnerable shoppers** who must leave home to obtain their groceries, unless otherwise locally mandated. Customers should check their store's hours if they're opening on a different schedule.
  - [Berkeley Bowl:](#) Hours are now 10:00AM - 7:00PM
  - [Costco:](#) Effective 3/30/2020 - Senior hours are Tuesday and Thursdays, 9-10AM. Hours are now reduced to Monday-Friday 10:00AM - 6:30PM, Saturday from 9:30AM - 6:00PM, and Sunday from 10:00AM to 6:00PM
  - [Trader Joes:](#) As of 3/16/2020 hours are 9:00AM - 7:00PM
  - [Mandela Grocery Cooperative:](#) Still open! 7:00AM - 8:00PM weekdays, 9:00AM - 6:00PM weekends, *hours may still change*. If you are over the age of 65, you can call the store to place an order for pick up - they will do their best to shop for you and schedule a time for you to pick

up your groceries.

- **Target:** Starting Wednesday (3/18/2020), the retailer will "reserve the first hour of shopping each Wednesday at stores nationwide for vulnerable guests," Target said, adding it is "encouraging other guests to plan their shopping trips around this time frame." All Target stores will close at 9:00PM.
- **Whole Foods:** Starting Wednesday (3/18/2020), all Whole Foods Market stores in the U.S. and Canada will let customers who are 60 and older shop one hour before opening to the public.
- **99 Ranch:** Starting (3/19/2020), the first hour of opening (9AM - 10AM), Monday through Friday, will be for those 60+, expectant mothers, persons with disabilities and/or compromised immune systems.
- **Natural Grocery stores:** (3/17/2020) Hours are now 10:00Am - 6:00PM
- **Raley's/Nob Hill Foods/Bel Air:** At present, hours are same
  - **COMING SOON:** Establishing a \$20 Senior Essentials Grab Bag - One bag, per day, per family, while supplies last. Available for store pickup only on a first-come, first-serve basis with no substitutions. Can deliver to seniors parked in the lot.
- **Dollar General:** Starting Tuesday, (3/17/2020), it is dedicating the first hour in its more than 16,000 stores in 44 states to help senior shoppers "avoid busier and more crowded shopping periods." The retailer said in a tweet that it wasn't "qualifying a specific age" for the set-aside time.
- **Walgreens** - 55+ Tuesdays 8-9 AM, 30% off with Walgreens card or online: SENIOR30
- **Walmart:** Adjusting operating hours beginning (3/15/2020). Walmart stores and Neighborhood Markets will be open from 6 a.m. to 11 p.m. until further notice. Stores currently operating under more reduced hours (for example they regularly close at 10 p.m. or open at 7 a.m.) will keep their current hours of operation.
- General Updates on East Bay [food/market changes and closures](#)
- **What is "Shelter in Place"? And what are essential workers?**
  - Residents should stay in their homes whenever possible through April 7, 2020.
  - The order requires that residents remain indoors, except for essential travel, like going to get groceries, going to a medical appointment, or getting supplies.
  - Essential workers who may travel to and from their place of work include:
    - businesses that provide food, shelter, and social services, and other necessities of life for economically disadvantaged or otherwise needy individuals.
    - This may change at a later time: this was updated 10:12PM, 3/16/2020
  - Necessary government functions and grocery stores will remain open.
  - **The order is mandatory, and failure to comply will be considered a misdemeanor crime, according to the city.**
    - If you leave the Bay Area for a vacation - or another non-essential purpose exempt under the Order - then you may not be permitted to return to your residence. Do not travel.
    - The intention is not to police residents - please do your best to stay indoors during this time

- It affects the counties of San Francisco, Marin, Santa Clara, San Mateo, Alameda and Contra Costa, as well as the city of Berkeley.
- **East Oakland DREAMer emergency fund** (up to \$250, applicants must be migrant youth 15-30 years old or migrant guardian of youth aged 0-20)
  - Bay Area COVID-19 [Relief Application for Migrant Youth Community](#)
- **Homeless/Low income residents:**
  - If you are sick or not feeling well you can call your healthcare provider for advice. If you do not have a provider you may contact the:
    - **Alameda County Health Care for the Homeless** for advice  
Monday through Friday 8:30AM-4:00PM at **510-891-8950**
  - Find more information at <http://www.acphd.org/2019-ncov.aspx>, email [ncov@acgov.org](mailto:ncov@acgov.org), or call **510-268-2101** for updates
- **Housing**
  - [Keep Oakland Housed](#) is offering assistance with rent, utility payments and other housing related costs as well as representation against eviction lawsuits.
- **Small Business Assistance**
  - [Oakland](#)
    - If you could not file taxes on time due to COVID-19, apply for a payment plan or waiver of penalties by calling 510-238-3704 or email [BTwebsupport@oaklandca.gov](mailto:BTwebsupport@oaklandca.gov)
    - Fill out the [online assessment form](#) to get assistance with financial products, technical assistance, or other services
    - [Submit your data](#) regarding loss of business so that the City of Oakland can apply for additional funding
  - Apply for federal and state funding, such as the small business administration's [economic injury disaster loans](#) or State of California's Small Business Finance Center's [Disaster Relief Loan Guarantee Program](#)
- **Meals and Food Pantries:**
  - ***For children under 18 years of age***
    - Oakland Unified School District is offering takeaway meals every Monday (3 breakfasts/3 lunches) and Thursday (2 breakfasts/2 lunches)
      - **Northwest/West Oakland:** Sankofa Elementary, West Oakland Middle School, Hoover Elementary
      - **Central Oakland:** Oakland High School, Garfield Elementary
      - **East Oakland:** Bret Harte Middle, Life Academy/United for Success, Coliseum College Preparatory Academy Madison Park Upper, Fremont High School, Castlemont High School, Elmhurst United Middle School
    - Berkeley Unified School District
      - BUSD Nutrition Department is serving FREE BREAKFAST AND LUNCH as take-away meals for school-age children 18 and younger.  
<https://www.berkeleyschools.net/2020/03/while-school-is-closed-food-is->

[available-mientras-que-la-escuela-esta-cerrada-hay-alimentos-disponibles/](#)

Monday-Friday, March 16 through 27

- 8:00 am – 9:30 am for Breakfast, 11:00 am – 1:00 pm for Lunch
  - There will be a tent set up outside our central kitchen at King Middle School
  - 1781 Rose St, (enter behind the school at Grant/Rose, through gate
  - 9:00 – 9:30 am for Breakfast, 12:00 – 12:30 pm for Lunch
  - Students can also go to any one of these convenient locations:
  - Berkeley Arts Magnet Elementary, 2015 Virginia Street
  - Rosa Parks Elementary, 920 Allston Way
  - Longfellow Middle School, 1500 Derby Street
  - Willard Middle School, 2425 Stuart Street
  - Berkeley High School, 1980 Allston Way
- West Contra Costa Unified School District lunch pickups are scheduled from 11-1; daily; more information to be found here <https://www.wccusd.net/districtclosure>
    - De Anza High School, 5000 Valley View Rd., Richmond
    - DeJean Middle School, 3400 Macdonald Ave., Richmond
    - Helms Middle School, 2500 Road 20, San Pablo
    - Kennedy High School, 4300 Cutting Blvd., Richmond
    - Montalvin Elementary School, 300 Christine Dr., San Pablo
    - Nystrom Elementary School, 230 Harbour Way S., Richmond
    - Pinole Valley High School, 2900 Pinole Valley Rd., Pinole
    - Richmond High School, 1250 – 23rd St., Richmond
    - Riverside Elementary School, 1300 Amador St., San Pablo
  - San Leandro Unified School District
    - During the closure of SLUSD schools from March 16 to April 3, meals will be offered for **free to all children under 18 regardless of meal program eligibility to anyone, not just San Leandro residents**. We will be serving meals at the following locations from 12:00-12:45 pm every weekday beginning Monday, March 16 until school resumes:
      - San Leandro High School - 2200 Bancroft Avenue
      - John Muir Middle School - 1444 Williams Street
      - Monroe Elementary School - 3750 Monterey Boulevard
    - **Chevy's** is offering free meals to children 12 and under  
1890 Powell St, Emeryville, CA 94608  
31100 Courthouse Dr, Union City, CA 94587
    - **Cinco's Taco Bar** is offering free kids burritos when you buy any regular item @ 15100 Hesperian Blvd, Ste 308, San Leandro, CA 94578
  - **For general population**
    - If you have a [Chase Sapphire, Chase Sapphire Preferred, or Chase Reserve card, you can get Dash Pass](#) (free delivery for Doordash) through your credit card.
    - [UberEats has waived delivery fees for most local restaurants](#)

- All the apps are currently offering **“no contact” delivery** options - be sure to select this
  - La SantaTorta Food Truck; 333 Broadway Oakland; Free hot meals 12PM to 2PM
  - [Chipotle](#) is free delivery (min \$10 order) through 3/31/2020
  - [Farmhouse Oakland](#) (336 Water St) is offering free delivery/pick up with 1 free kids meal if within 1.5 miles of the restaurant. Use coupon code “TOGETHER” for 18% off. Order online or at 415-913-7404. More promos on website
    - Also applies to [Daughter Thai](#)
      - Free delivery and Pick Up (2 mile) Call 415-814-2920
      - More promos on website
  - [MIXT](#) is offering sliding scale discount codes for pick-up orders. Codes: [wegotyou25](#) for 25% off, [wegotyou50](#) for 50% off, [wegotyou100](#) for a free meal. Use codes at mixt.com or on MIXT app for pick up orders.
  - [Pick up food and hygiene supply bags M-F 12-5pm \(or until they run out\) at Oakland LGBTQ Community Center](#)
  - [Richmond Emergency Food Pantry](#) (located at 2369 Barrett Avenue) is open and accepting new applications for low-income families. Each household may come once a month (they're open every Tuesday and Friday) to receive a box of food.
  - [Alameda County Sikh Food Pantry](#) If you are in need of basic food due to the recent Coronavirus Emergency please fill out the form. Examples of who should take advantage of this assistance include those who are:
    - Elderly who are living alone.
    - Living with existing health conditions, such as diabetes, chronic asthma, etc.
    - Low income/resource
- **East Bay Restaurants [open and offering delivery](#)**
    - **Another site with [restaurants open with delivery here](#)**
  - **For seniors 65+**
    - **Volunteers will help you buy groceries and bring them to you [if you fill out a form here](#)**
    - **Project Open Hand** still serving and delivering meals <https://www.openhand.org/>
    - **North Berkeley Senior Center Lunch Pick-Up Service:**
      - 1900 Sixth St. M-F 11a-12p

- **South Berkeley Senior Center Lunch Pick-Up Service:**
  - 2939 Ellis St. M-F 11a-12p
  
- **Berkeley & Albany:**
  - Berkeley Food Network On-Site Food Pantry; 1925 Ninth St.
  - Hours: Monday – Thursday 10am – 2pm; Monday and Wednesday 5 – 7pm; First and third Saturdays 10am – 12pm
  - Hours may change, so check back for updates. You can also call 510.616.5383 for updated hours information
  
- **For Seniors 62+ (Oakland):**
  - **[Fruitvale-San Antonio Senior Center](#)** 3301 E. 12th St. 2nd Floor
    - The Fruitvale- San Antonio Senior Center will be closed until April 5th. We will continue food distribution for our Senior Center clients from 11-1 PM Monday-Friday.
    - Call 510-535-6123 to reserve a lunch, walkins OK too, must be able to fill out intake form.

## North Bay

- (March 25, 2020, 11:33AM): **Bay Area Schools to [remain closed through May 1st](#)**
  - Alameda, Contra Costa, Marin, San Francisco, San Mateo and Santa Clara counties, officials announced Wednesday as the coronavirus pandemic grew. Some districts, including San Francisco and Oakland, will continue to offer free grab-and-go meals to all children 18 and younger.
  
- **Markets amend hours, some with hours for ‘at-risk’ community**
  - **[Albertsons/Safeway/Vons/Lucky/Andronicos](#)** (all Albertson’s company stores - check the link): At a minimum, the company will reserve every **Tuesday and Thursday from 7 to 9 a.m. for those vulnerable shoppers** who must leave home to obtain their groceries, unless otherwise locally mandated. Customers should check their store's hours if they're opening on a different schedule.
  
  - **Costco**: Effective 3/30/2020 - Senior hours are Tuesday and Thursdays, 9-10AM. Hours are now reduced to Monday-Friday 10:00AM - 6:30PM, Saturday from 9:30AM - 6:00PM, and Sunday from 10:00AM to 6:00PM
  
  - **Mill Valley Market**: “We plan on being open as usual. Our stock is arriving starting Tuesday and by Friday we should have most of it back on the shelf. You can purchase your groceries on Instacart. We have been told it may take a few days to get your order due to the circumstance.”
    - We are introducing a new program during this difficult period to take your order via email and we will put it up. We can deliver it or you can pick it up. Please email your orders to [orders@millvalleymarket.com](mailto:orders@millvalleymarket.com). Include your name, phone number and a detailed list of what you would like. Specific organic, gluten free, and if you’d like delivery or a pickup. We plan on doing the orders the same day. This is a work in process so bare with us as we may have a hiccup or two. If you have a question call us for information. (415) 388-

3222

- **Target:** Starting Wednesday (3/18/2020), the retailer will "reserve the first hour of shopping each Wednesday at stores nationwide for vulnerable guests," Target said, adding it is "encouraging other guests to plan their shopping trips around this time frame." All Target stores will close at 9:00PM.
- **Trader Joes:** As of 3/16/2020 hours are 9:00AM - 7:00PM
- **Walgreens** - 55+ Tuesdays 8-9 AM, 30% off with Walgreens card or online: SENIOR30
- **Whole Foods:** Starting Wednesday (3/18/2020), all Whole Foods Market stores in the U.S. and Canada will let customers who are 60 and older shop one hour before opening to the public.
- **Raley's/Nob Hill Foods/Bel Air:** At present, hours are same
  - **COMING SOON:** Establishing a \$20 Senior Essentials Grab Bag - One bag, per day, per family, while supplies last. Available for store pickup only on a first-come, first-serve basis with no substitutions. Can deliver to seniors parked in the lot.
- **Dollar General:** Starting Tuesday, (3/17/2020), it is dedicating the first hour in its more than 16,000 stores in 44 states to help senior shoppers "avoid busier and more crowded shopping periods." The retailer said in a tweet that it wasn't "qualifying a specific age" for the set-aside time.
- General Updates on some Marin [market/restaurants that are open](#)
  - Woodlands Market and Nugget Markets are maintaining the same hours as of 3/14/2020
- **What is "Shelter in Place"? And what are essential workers?**
  - Residents should stay in their homes whenever possible through April 7, 2020.
  - The order requires that residents remain indoors, except for essential travel, like going to get groceries, going to a medical appointment, or getting supplies.
  - Essential workers who may travel to and from their place of work include:
    - businesses that provide food, shelter, and social services, and other necessities of life for economically disadvantaged or otherwise needy individuals.
    - This may change at a later time: this was updated 10:12PM, 3/16/2020
  - Necessary government functions and grocery stores will remain open.
  - **The order is mandatory, and failure to comply will be considered a misdemeanor crime, according to the city.**
    - If you leave the Bay Area for a vacation - or another non-essential purpose exempt under the Order - then you may not be permitted to return to your residence. Do not travel.
    - The intention is not to police residents - please do your best to stay indoors during this time
  - It affects the counties of San Francisco, Marin, Santa Clara, San Mateo, Alameda and Contra Costa, as well as the city of Berkeley.

As of 3/13/2020, Marin Public Health opened a COVID-19 testing facility to enhance countywide capacity for testing. Individuals referred by their physicians can complete drive-through testing without having to get out of their vehicle.

[Chipotle](#) is free delivery (min \$10 order) through 3/31/2020

- If you have a [Chase Sapphire, Chase Sapphire Preferred, or Chase Reserve card, you can get Dash Pass](#) (free delivery for Doordash) through your credit card.
- [UberEats has waived delivery fees for most local restaurants](#)
  - All the apps are currently offering "[no contact](#)" [delivery](#) options - be sure to select this

### San Rafael:

- **For children under 18 years of age**
  - We will be distributing free meals to **all children** under the age of 18 in the San Rafael City Schools community.
  - All children under the age of 18 can pick up a free meal at: **Bahia Vista:**
    - **125 Bahia Way, San Rafael.**
    - **Hours of service will be 11:30 am - 12:30 pm Monday through Friday.**

### County of Marin:

- **For seniors 65+**
  - Meal delivery still available through county meals on wheels program - <https://www.marinhhs.org/nutrition-services-older-adults>

### Sonoma County:

- **For undocumented people**
  - [UndocuFund](#) for people impacted by the pandemic

## Peninsula/South Bay

- (March 25, 2020, 11:33AM): **Bay Area Schools to [remain closed through May 1st](#)**
  - Alameda, Contra Costa, Marin, San Francisco, San Mateo and Santa Clara counties, officials announced Wednesday as the coronavirus pandemic grew. Some districts, including San Francisco and Oakland, will continue to offer free grab-and-go meals to all children 18 and younger.
- (March 23, 2020): **Economic Assistance - Financial Assistance for Low-Income Residents Impacted by COVID-19 in Santa Clara County.** Restrictions apply. Please [read more here.](#)
- **[Open Farmers' Markets:](#)** (*\*essential businesses\**)
  - [Saturday markets](#) in Brentwood, San Jose/Berryessa, San Jose/Santa Teresa, South San Francisco, Union City, Santa Clara, Sunnyvale and San Jose/Willow Glen
  
  - [Sunday markets](#) in Belmont, Fremont/Irvington, Milpitas, Campbell, Palo Alto, and San Jose/Evergreen.

\*\*In Monterey, Marina farmers market is open but will evaluate week by week

- [Portola Valley Farmers' Market](#) to reopen as no-contact drive-through
- **Closed Farmers' Markets:** In the South Bay/Peninsula, the San Mateo and San Jose/Alum Rock markets. In the Monterey area, Pacific Grove farmers' market has closed.
- **Markets Amend Hours, with Hours for 'At-Risk' Community**
  - [Albertsons/Safeway/Vons/Lucky/Andronicos](#) (all Albertson's company stores - check the link): At a minimum, the company will reserve every **Tuesday and Thursday from 7 to 9 a.m. for those vulnerable shoppers** who must leave home to obtain their groceries, unless otherwise locally mandated. Customers should check their store's hours if they're opening on a different schedule.
  - [99 Ranch](#): Starting (3/19/2020), the first hour of opening (9AM - 10AM), Monday through Friday, will be for those 60+, expectant mothers, persons with disabilities and/or compromised immune systems.
  - [Costco](#): Effective 3/30/2020 - Senior hours are Tuesday and Thursdays, 9-10AM. Hours are now reduced to Monday-Friday 10:00AM - 6:30PM, Saturday from 9:30AM - 6:00PM, and Sunday from 10:00AM to 6:00PM
  - [Target](#): Starting Wednesday (3/18/2020), the retailer will "reserve the first hour of shopping each Wednesday at stores nationwide for vulnerable guests," Target said, adding it is "encouraging other guests to plan their shopping trips around this time frame." All Target stores will close at 9:00PM.
  - [Trader Joes](#): As of 3/16/2020 hours are 9:00AM - 7:00PM
  - [Whole Foods](#): Starting Wednesday (3/18/2020), all Whole Foods Market stores in the U.S. and Canada will let customers who are 60 and older shop one hour before opening to the public.
  - [Mollie Stones](#): As of 3/13/2020, same hours. Online delivery option looks available (instacart), but pushed out at least a week - order ahead of time.
  - [Dollar General](#): Starting Tuesday, (3/17/2020), it is dedicating the first hour in its more than 16,000 stores in 44 states to help senior shoppers "avoid busier and more crowded shopping periods." The retailer said in a tweet that it wasn't "qualifying a specific age" for the set-aside time.
  - [Raley's/Nob Hill Foods/Bel Air](#): At present, hours are same
    - **COMING SOON:** Establishing a [\\$20 Senior Essentials Grab Bag](#) - One bag, per day, per family, while supplies last. Available for store pickup only on a first-come, first-serve basis with no substitutions. Can deliver to seniors parked in the lot.
  - **Walgreens** - 55+ Tuesdays 8-9 AM, 30% off with Walgreens card or online: SENIOR30
  - [Zanotto's Markets/Lunardi's](#): (Effective 3/17/2020) Every day, 8:00AM - 9:00AM will be senior hour for those 60+. Adjusted hours for the general population are 9:00AM - 7:00PM.
  - [Walmart](#): Adjusting operating hours beginning (3/15/2020). Walmart stores and Neighborhood Markets will be open from 6 a.m. to 11 p.m. until further notice. Stores currently operating under

more reduced hours (for example they regularly close at 10 p.m. or open at 7 a.m.) will keep their current hours of operation.

- **General [Update](#) on Markets/Food Accessibility**
- **What is “Shelter in Place”? And what are essential workers?**
  - Residents should stay in their homes whenever possible through [April 7, 2020](#).
  - The order requires that residents remain indoors, except for essential travel, like going to get groceries, going to a medical appointment, or getting supplies.
  - Essential workers who may travel to and from their place of work include:
    - businesses that provide food, shelter, and social services, and other necessities of life for economically disadvantaged or otherwise needy individuals.
    - This may change at a later time: this was updated 10:12PM, 3/16/2020
  - Necessary government functions and grocery stores will remain open.
  - **The order is mandatory, and failure to comply will be considered a misdemeanor crime, according to the city.**
    - If you leave the Bay Area for a vacation - or another non-essential purpose exempt under the Order - then you may not be permitted to return to your residence. Do not travel.
    - The intention is not to police residents - please do your best to stay indoors during this time
  - It affects the counties of San Francisco, Marin, Santa Clara, San Mateo, Alameda and Contra Costa, as well as the city of Berkeley.
- **Screening**
  - [COVID-19 risk screening and testing](#)
  - Available in only San Mateo and Santa Clara at present
- **Mental Health Resources**
  - [https://namisantaclara.org/wp-content/uploads/2020/03/COVID-support-resources-for-public\\_20200313.pdf](https://namisantaclara.org/wp-content/uploads/2020/03/COVID-support-resources-for-public_20200313.pdf)
- **Peninsula/South Bay [Restaurants open with delivery](#)**  
**Another [list here](#)**
- **Meals/Food**
  - **Second Harvest of Silicon Valley** is operating business as usual.
    - <https://www.shfb.org/health-and-safety/>
    - Food connection hotline: **1-800-984-3663**
  - **[Free grocery delivery](#) for the elderly, immunocompromised, and disabled** in South San Francisco to Redwood City
    - They currently are not looking for more volunteers to buy/deliver groceries, but if you would like to donate please venmo @swang011
  - [Chipotle](#) is free delivery (min \$10 order) through 3/31/2020

- **Chevy's** is offering free meals to children 12 and under
  - 141 Hickey Blvd, South San Francisco, CA 94080
- **[Emergency Community Pantry by Sikh Food Pantry - Santa Clara County](#)**
  - Another resource for those in need of basic food and groceries
- If you have a [Chase Sapphire, Chase Sapphire Preferred, or Chase Reserve card, you can get Dash Pass](#) (free delivery for Doordash) through your credit card.
- [UberEats has waived delivery fees for most local restaurants](#)
  - All the apps are currently offering **[“no contact” delivery](#)** options - be sure to select this
- **San Mateo - Foster City**
  - **For children under 18 years of age**
  - No paperwork needed
  - San Mateo - Foster City Child Nutrition Department will provide “grab and go” meals  
WHEN: Monday, March 16 through Friday, April 3, from 11:30 am - 1:00 pm
    - WHERE: Multi-Purpose Room at these four school sites:
      - College Park Elementary School
      - Laurel Elementary School
      - Lead Elementary School
      - Foster City Elementary School.
      - More details, addresses, at [this link](#)
      - For more info, please call: 650-312-1968
- **San Jose**
  - **For children under 18 years of age**
  - What: Free bagged breakfasts and lunches for pick up
    - When: Monday through Friday, 9:00AM to 11:00AM
    - Starts Tuesday, March 17th
    - Where:
      - San Jose High
      - Ohlone Middle
      - Washington Elementary
      - Canoas Elementary
      - Learning Options
      - Grant Elementary
      - Hoover Middle
      - Galarza Elementary
      - Almaden Elementary
      - Allen Elementary

# Mutual Aid, Volunteer, Donate

Please do **not** volunteer unless you are healthy and have not been in contact with something who may have had COVID-19 exposure within the past 2 weeks.

**(Not Necessarily Region Specific)**

[Make Me PPE Bay Area Facebook Group](#)

[National Mask Makers Facebook Group](#)

If you are sewing masks to give to healthcare workers, [JOANN stores is donating fabric](#)

**[Mutual Aid Networks](#)** (click for link to top of page, more below)

Help A Neighbor 2020

- Help people without internet access tap into online support networks for help with errands, health care, using tech, and more
  - Join Facebook group: <https://www.facebook.com/groups/1306542072854295>
  - Print flyer [here](#)
  - Shortened link for sharing flyer: [bit.ly/helpaneighbor2020](http://bit.ly/helpaneighbor2020)

[POOR Magazine](#) (Bay Area)

- Collecting supplies for people without housing
- Contact: via FB
- Event and donation request on FB <https://www.facebook.com/events/1526601204157672/>

[GoFundMe: Connecting People with Chronic Illness in Pandemic](#)

- webinar, creating resource list, creating mutual aid support network
- “We’re planning and initiating a rapidly-scalable plan for this network based on emergent strategies and mutual aid. We need your support to move forward as quickly and effectively as possible”
- Donate: [GoFundMe](#)

[Covid-19 Financial Solidarity](#)

- If your livelihood is being impacted by the Coronavirus crisis and you need support, post requests here. If you are a white-collar employee working from home and still being paid your full salary, please fulfill the requests below where possible.
- Become a [crisis text line volunteer](#)! Many people need someone to talk to right now.
- Donate to the Meals on Wheels team
  - San Francisco: <https://www.mowsf.org/>
  - Alameda County: <https://www.feedingseniors.org/>
  - Santa Clara County:  
<https://paydirect.link2gov.com/SantaClaraCountySocialServices/ItemSelection/SelectItems>
  - National: <https://www.mealsonwheelsamerica.org/>

- Donate to The Safety Net, a grant that is going to artists whose livelihoods are impacted by social distancing: [https://www.flipcause.com/secure/cause\\_pdetails/NzY4NjU=](https://www.flipcause.com/secure/cause_pdetails/NzY4NjU=)

Santa Clara County COVID-19 Financial Solidarity: <https://bit.ly/2w8M80x>

- Organized by [Archive408](#)

Cal COLA Mutual Aid

- “for anyone associated with the extended community within and surrounding UC Berkeley (undergraduates, students, workers, faculty, staff, non-affiliates in the East Bay or wider SF area) who is requesting financial assistance or other forms of aid during the COVID-19 pandemic.”
- Request help: [bit.ly/cal-mutualaid-requests](http://bit.ly/cal-mutualaid-requests)
- Offer help: [bit.ly/cal-mutualaid-volunteers](http://bit.ly/cal-mutualaid-volunteers)

**United Way** has a COVID-19 Community Economic Relief Fund to help with bills, rent and food. Call 1-866-211-9966 to be provided with additional local agencies that can provide assistance.

### **East Bay Area**

- REQUEST aid: <http://bit.ly/east-bay-mutual-aid>
- VOLUNTEER: <http://bit.ly/east-bay-volunteer>
- PHONE ZAP to turn people’s water on! If some of us don’t have access to clean water, we are all at risk. Go to <http://bit.ly/Water4COVID19> for more details and share widely.
- OAKLAND: Get paired to help a senior or someone immunocompromised: <https://www.oaklandatrisk.com/>
- [Disability Justice Culture Club](#) (based in Oakland)
  - Collecting supplies
  - “DJCC is also planning another batch of anti-COVID19 kits that we’ll hand off to folks most impacted if you want to send supplies to us.” - FB post
  - Contact: via FB (linked above in the name)
- Berkeley Mutual Aid Network spreadsheet
  - Link: [bit.ly/berkeleymutualaid](http://bit.ly/berkeleymutualaid)
  - More offers than requests, mostly people offering errands etc (not \$) currently
- [COVID-19 Mutual Aid Resources- Huichin/Oakland](#)

### **South Bay Area**

- REQUEST aid: [https://docs.google.com/forms/d/13DoFUR2WMEWy810nripBAEAI2mFec07nqbUGW85SKRA/viewform?edit\\_requested=true](https://docs.google.com/forms/d/13DoFUR2WMEWy810nripBAEAI2mFec07nqbUGW85SKRA/viewform?edit_requested=true)

- San Jose Mutual Aid Network:  
[https://docs.google.com/spreadsheets/d/13ODbKuFiGzFRPduKiz8EUgLIS1EuP7s4mRXTt\\_ER\\_wY/edit?fbclid=IwAR2KgF-m18AhQUZ9A8W\\_WmDUBgNwwiJsfhHdqUan29HffYfjkXWsYMRcSdA#gid=0](https://docs.google.com/spreadsheets/d/13ODbKuFiGzFRPduKiz8EUgLIS1EuP7s4mRXTt_ER_wY/edit?fbclid=IwAR2KgF-m18AhQUZ9A8W_WmDUBgNwwiJsfhHdqUan29HffYfjkXWsYMRcSdA#gid=0)
- Financial Solidarity:  
[https://docs.google.com/spreadsheets/d/1qHTKAU55y10zXsxUG2CZ6x8rOWv4c6JQun9Z1i\\_iyGc/edit?fbclid=IwAR3N\\_DMQj3OA05uuPcRnyN1G504jPcOQNJ\\_fsHVI\\_ishSGi3unscZoewycY#gid=1149136249](https://docs.google.com/spreadsheets/d/1qHTKAU55y10zXsxUG2CZ6x8rOWv4c6JQun9Z1i_iyGc/edit?fbclid=IwAR3N_DMQj3OA05uuPcRnyN1G504jPcOQNJ_fsHVI_ishSGi3unscZoewycY#gid=1149136249)
- VOLUNTEER: [https://docs.google.com/forms/d/e/1FAIpQLSeI\\_VdJNsuMdO1Z8OE-y5ltQZCZSeFG1pkknvKNmv11HAssw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeI_VdJNsuMdO1Z8OE-y5ltQZCZSeFG1pkknvKNmv11HAssw/viewform)
- Donate to Second Harvest of Silicon Valley: <https://www.shfb.org/give-help/donate-funds/>  
Volunteer with Second Harvest of Silicon Valley: <https://www.shfb.org/give-help/volunteer/>

### **San Francisco Bay Area**

- Volunteer: <https://forms.gle/zPdpa7YqiH4ytc6C6>
  - As of March 16th: Have more than 30 volunteers signed up across San Francisco, Oakland, Redwood City, Palo Alto
- Request aid: <https://forms.gle/qzjevVYiSLExngJV6>
- SF Night Ministry (San Francisco)
  - Video with their request: [Valerie's message about covid19 needs at SF Night Ministry](#)
  - Donate money: <https://secure.givelively.org/donate/night-ministry>
  - Donate hand sanitizer: contact [Office@sfnightministry.org](mailto:Office@sfnightministry.org)
- Donate or volunteer with the SF Marin Food Bank: <https://www.sfmfoodbank.org/volunteer/>
- Donate to Project Open Hand (SF/OAK): <https://www.openhand.org/donate>  
Volunteer with Project Open Hand (SF/Oakland): <https://www.openhand.org/volunteer>
- **SFUSD is NOT looking for volunteers to hand out food**, but you can [make donations here](#)

### **North Bay Area**

- [Volunteer to walk dogs](#) for the Humane Society of North Bay
- Donate to the [Community Foundation Sonoma County's Resilience Fund](#)
- Donate to the [UndocuFund](#)