



COVID-19 RESOURCE GUIDE



Updated April 30, 2020

As you know, all LAUSD schools are closed until next school year in an effort to slow the spread of the Coronavirus (COVID-19). Given COVID-19's safety measures, we want to make sure you have access to all the resources available during this difficult time. Public Health Advocates continues to stay committed to helping our community. We hope this resource guide, which we will frequently update, helps students and families locate the resources they need to stay safe and healthy in the midst of a growing pandemic.

Grab & Go Food Centers

LAUSD will continue to provide nutritious meals to all students who need them during temporary school closures. Grab & Go Food Centers will be open beginning Wednesday, March 18, and will be staffed weekdays from 8 a.m. to 11 a.m. Each child can take home two nutritious meals.

Nearby accessible centers are listed below:



Hollenbeck Middle School: 2510 E. 6th St., Los Angeles

Mendez High School: 1200 Plaza Del Sol E., Los Angeles

Bell Senior High School: 4328 Bell Ave., Bell

Garfield High School: 5101 E. 6th St., Los Angeles

For the full list of Grab & Go Food Centers, visit the LAUSD website at: achieve.lausd.net/resources.

RESOURCES

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Food Banks for Students & Families



DREAM CENTER

Address: 2301 Bellevue Ave., Los Angeles

Phone: (213) 273-7000

Dates/Hours: Monday-Friday, 7:30am-6:30pm

Notes: Free meals for LAUSD students



ESTRADA COURTS COMMUNITY CENTER

Address: 3232 Hunter St., Los Angeles

Phone: (323) 641-8943

Dates/Hours: 2nd & 4th Wed., 8am-10am

Notes: Food bank only. No hot meals.



FAMILY HEALTHCARE RESOURCES

Address: 3444 Whittier Blvd., Los Angeles

Phone: (213) 413-3040

Dates/Hours: Monday-Friday, 9am-5pm

Notes: When you arrive at the medical center, ask to be directed to the food pantry.



EVERYTABLE

Address: 5151 State University Dr., Los Angeles

Phone/Hotline: (323) 458-6487

Notes: Daily meals for LAUSD students. Call hotline.



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At-Home Learning Resources

Los Angeles Unified, PBS SoCal (KCET) and KLCS-TV have partnered to provide free supplemental educational resources to help families support learning during school closures.

The resources are free and designed to be used by public schools throughout California to help students continue learning at home. PBS LearningMedia is a free resource that offers enhanced materials to support educational assignments. These materials are offered in conjunction with television shows and are available online.

See below for educational viewing opportunities. Please visit pbsocal.org/athomelearning for more information.

GRADES PRE-K-3

PBS SoCal (Channel 50.1): 5am-5pm

PBS SoCal KIDS (Channel 50.5)

KLCS KIDS (Channel 58.2)

KLCS (Channel 58.1): 6am-8am

YouTube: Search "PBS Kids"

Free PBS KIDS Video App: Download

24/7 Livestream: Streaming Devices & App

Free PBS KIDS Video App: Download

24/7 Livestream: Streaming Devices & App

GRADES 4-8

KLCS (Channel 58.1): 8am-2pm

GRADES 4-8

KCET (Channel 28.1): 9am-3pm

KLCS (Channel 58.1): 2pm-6pm

Know Your Rights

TENANTS' RIGHTS

City of Los Angeles: Governor Newsom issued an executive order that authorizes local governments to halt evictions for renters and homeowners, slows foreclosures and protects against utility shutoffs for Californians affected by COVID-19. The protections are in effect through May 31, 2020, unless extended.

UNEMPLOYMENT BENEFITS

California: Unemployment benefits are available to those whose hours have been reduced or who have lost their job due to Coronavirus. To file an unemployment insurance claim, visit: edd.ca.gov/unemployment.

WORKERS' COMPENSATION

California: Workers' compensation is available to those 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). To learn how to file for workers compensation, visit: www.dir.ca.gov/dwc/FileAclaim.htm

PAID FAMILY LEAVE

California: Paid family leave is available to those who stay home because they need to take care of someone who has contracted COVID-19 or who has been quarantined (must be certified by a medical professional). To learn how to file a paid family leave claim, visit: edd.ca.gov/Disability/How to File a PFL Claim in SDI Online.htm



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Free/Low-Cost Tech Resources

What if my family doesn't have access to the internet or computing devices?

LAUSD's Information Technology Division (ITD) is working to assist all students and families in having access to internet connectivity and computing devices to help learning continue during the COVID-19 crisis. For more information, visit ITD's website at achieve.lausd.net/itd.

If I am a student who needs a device to learn at home, how do I get one?

Contact the school directly to let them know you are lacking a device. If you cannot reach the school, call LAUSD's ITD at (213) 443-1300 to let them know. They will ask a few questions, log the request and ensure the information is forwarded to the school.

How Do I Get Free Internet? Comcast & Charter offer 2 months of free internet to homes with students who need it.

1. Charter offers free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription. To enroll, call 1 (844) 488-8395. Installation fees will be waived for new student households. For more info, visit: www.internetessentials.com/covid19.
2. Internet Essentials from Comcast is taking immediate steps to make it easier to connect low-income families to home internet. New Internet Essentials customers will receive two free months of internet service if they apply by June 30, 2020. For more info, visit: www.internetessentials.com/covid19.

Mental Health & Wellness Resources



ACCESS CENTER 24/7 HELP LINE

Host: Los Angeles County Dept. of Mental Health
Phone: (800) 854-7771
Notes: 24/7 support to people having difficulty coping with stress and crises.



EMOTIONAL SUPPORT HELP LINE FOR ALL

Host: UnitedHealth Group
Phone: (866) 342-6892
Notes: 24/7 support help line for anyone experiencing anxiety or stress from COVID-19.



FAMILY HEALTHCARE RESOURCES

Address: 560 S. St. Louis St., Los Angeles
Phone: (866) 227-1302
Notes: Phone intake for Boyle Heights & other locations. M-Th 9am-6pm & Friday 8am-5pm.



ALMA FAMILY SERVICES

Address: 1200 N. State St., #1016, Los Angeles
Phone: (213) 344-3799
Notes: Phone intakes only.

For more information in English or Spanish, contact LAUSD's COVID-19 hotline at (213) 443-1300, from 6am to 6pm, Monday through Saturday. Information is also available online at lausd.net, cdc.gov and publichealth.lacounty.gov.



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Trusted Resources for Undocumented Families

Although this is a scary time for all of us, it can be particularly difficult for undocumented immigrants afraid that their immigration status could affect access to COVID-19 treatment, testing and other crucial supports. Below are additional resources that can assist undocumented families during this difficult time.

HEALTH ACCESS & COVID-19

- Undocumented people still qualify for [Emergency Medi-Cal](#). A service called One Degree provides connections to additional [health resources](#) throughout California.
- USCIS has confirmed that the [Public Charge](#) rule does not restrict access to testing, screening or treatment of communicable diseases, including COVID-19. Los Angeles County offers free [COVID-19 testing](#) for undocumented residents at participating clinics.
- Los Angeles County Public Health has FAQs in [English](#), [Spanish](#), [Traditional Chinese](#), [Simplified Chinese](#), [Vietnamese](#), [Tagalog](#) and [Japanese](#) that recommend hand washing, social distancing and extra caution for the elderly, pregnant and those with underlying conditions.
- There are currently no at-home test kits or cures for COVID-19. It is also illegal for retailers to charge you excessive amounts for food, medical necessities and sanitizer. Avoid any suspected [scams](#).
- Immigrants experiencing mental health issues during the COVID-19 pandemic can access resources [online](#).
- Being well fed and food secure is essential to good health. The Los Angeles Regional Food Bank and other local pantries can help provide [free food](#) if you have no other way to access a meal.

LEGAL RIGHTS FOR WORKERS

- Legal Aid at Work provides clarity in a fact sheet about [undocumented workers' employment rights](#). The California Labor Commissioner's Office has released FAQs on COVID-19 and [laws that will be enforced](#).
- APALA has an infographic for employers with information on [protecting Asian American and Pacific Islander workers](#).
- Los Angeles County Office of Labor Standards Enforcement has an infographic detailing [COVID-19's impact on workers' pay](#).
- The Employment Development Department (EDD) of California is encouraging individuals with DACA and other employment authorizations who are affected by coronavirus layoffs to apply for [unemployment benefits](#). Workers don't have to be sick to qualify. Individuals who were laid off or had hours reduced due to coronavirus restrictions can also apply.

**Information gathered from the Los Angeles County Office of Immigrant Affairs and Immigrants Rising.*

