

**Here are some resources. I hope this finds you and your families in good health and good spirits.**

## **Economic Resources for the Public**

**Food Banks/Food Resources** (Please note resources are subject to change. It is always best to call ahead to the individual site you wish to visit to confirm availability)

- Local public schools will be providing meals to children under the age of 18. Please call your public school/district for additional information
  - Information for Alvord Unified School District may be found by following this link: [www.alvordschools.org/Page/11967](http://www.alvordschools.org/Page/11967)
  - Information for Corona-Norco Unified School District may be found by following this link: [www.cnusd.k12.ca.us/cms/One.aspx?portalId=211960&pageId=29560025](http://www.cnusd.k12.ca.us/cms/One.aspx?portalId=211960&pageId=29560025)
  - Information for Jurupa Unified School District may be found by following this link: <https://jurupausd.org/Documents/ENG%20SPAN%20Flyer%20for%20COVID%2019%20meal%20service.pdf>
  - Information for Riverside Unified Schools District may be found by following this link: [http://riversideunified.org/departments/pupil\\_services/health\\_services/coronavirus\\_info/meal\\_service\\_schedule\\_during\\_school\\_closure](http://riversideunified.org/departments/pupil_services/health_services/coronavirus_info/meal_service_schedule_during_school_closure)

The Inland Empire Food Bank provides a list of resource centers providing food at no cost to those in need. Click on this link and input your address to find the food resource center closest to you: [www.feedingamericaie.org/get-help](http://www.feedingamericaie.org/get-help)

## **Meals for Seniors**

- The Riverside County Office on Aging is continuing to provide home delivery and meal pick-up services at designated sites. For additional information from the Office on Aging, **call 1-800-510-2020**
- Senior Nutrition Program Site Locations within the Second District (a full list of sites throughout Riverside County may be found at: [https://docs.google.com/document/d/1J2NoR5bnW5X-7fSRdGYF-ic\\_qKK6aleKohMuTovEUfA/edit#heading=h.vqnao5ybb0kh](https://docs.google.com/document/d/1J2NoR5bnW5X-7fSRdGYF-ic_qKK6aleKohMuTovEUfA/edit#heading=h.vqnao5ybb0kh)):

**CORONA:** Sodexo is providing meals for pick-up Monday thru Friday, 10:00AM - 11:30AM, at Casa Grande to residents only. Located at 801 Magnolia Ave., Corona, CA 92879 (**951-736-3116**).

**HIGHGROVE:** Family Services Association is providing meals for pick-up on Wednesdays, 11:00AM – 1:00PM, at Norton Younglove Community Center. Located at 495 Center St., Riverside, CA 92507 (**951-341-6634**).

**JURUPA VALLEY:** Family Services Association is providing meals for pick-up on Wednesdays, 11:00AM – 1:00PM, at Eddie Dee Smith Senior Center. Located at 5888 Mission Blvd., Riverside, CA 92509 (**951-275-9975**).

**NORCO:** Sodexo is providing meals for pick-up on Fridays, 11:30AM – 12:30PM, at Rose M. Eldridge Senior Center. Located at 2690 Clark Avenue, Norco, CA 92861 (**951-827-3613**).

**RIVERSIDE:** Sodexo is providing meals for pick-up on Fridays, 11:30AM – 12:30PM, at Janet Goeske Center. Located at 5257 Sierra St., Riverside, CA 92509 (**951-351-8801**).

## **Housing and Homeless Services**

The County of Riverside has identified hotels and motels with available units for unsheltered individuals experiencing homelessness to provide temporary housing during the state order to “stay at home”

Eligible individuals can be referred to temporary hotel and motel housing by calling the HomeConnect hotline at **1-800-498-8847**.

## **Social Services**

- To apply for CalFresh, CalWORKS, or Medi-Cal: [www.c4yourself.com](http://www.c4yourself.com), [www.getcalfresh.org](http://www.getcalfresh.org) (CalFresh only), **1-800-410-8827** (Medi-Cal only)
- To report suspected child abuse or neglect, call our 24-hour Child Abuse Hotline: **1-800-442-4918**
- To report suspected abuse or neglect against elders or dependent adults, call our 24-hour Adult Protective Services Hotline: **1-800-491-7123**
- While our Family Resource Centers are closed to the public due to COVID-19, our team continues to take calls to help families find helpful resources. For the Rubidoux Community Resource Center, call: **951-328-1575**
- IHSS Caregivers – We value and appreciate you for helping vulnerable adults to remain living safely in their homes, especially during this time. For information on resources available to you during COVID-19, visit: [https://riversideihss.org/?fbclid=IwAR2xy-GzPkyglZ94f6Zs9qtETNLEEZ6c7VkgY-dIEwWfvdAdB\\_ITu3fmOQ](https://riversideihss.org/?fbclid=IwAR2xy-GzPkyglZ94f6Zs9qtETNLEEZ6c7VkgY-dIEwWfvdAdB_ITu3fmOQ)

## **Utility Assistance**

The Community Action Partnership of Riverside County can provide one-time utility payment assistance for low- and moderate-income individuals and families: <https://www.capriverside.org/program/utilityassistanceprogram>

**Southern California Edison (SCE)** - SCE is suspending service disconnections for non-payment and waiving late fees for residential and business customers impacted by COVID-19. They also encourage customers who are having trouble paying their bills to contact the SCE Customer Contact Center to discuss payment extensions or arrangements. For more information, visit <http://www.sce.com/billhelp>.

**SoCalGas** - SoCalGas has suspended service disconnections until further notice. This means no customer will have their natural gas turned off due to non-payment. Customer service representatives continue to be available 24-hours a day, 7 days a week to answer your questions, help you select a payment option, or determine if the service you're calling about needs our attention right away. If in need of assistance, we encourage customers to call SoCalGas at **1-800-427-2200**.

## **Health Information and Resources**

**Behavioral Health** - Managing anxiety during stressful situations like a state of emergency or infectious disease outbreak can feel especially difficult. Our Behavioral Health Professionals are here to help.

- Substance Abuse clinics are still open and providing services. If you are struggling with Substance Abuse, please call the CARES Line at 1-800-499-3008.
- Self-Care is important during times of stress and anxiety. If you feel lonely or in need of support, SAMHSA's free 24-hour Disaster Distress Helpline is here for you: 1-800-985-5990, or text 66746 to connect with a trained counselor. Here is a link to take you to some helpful tips from SAMHSA on taking care of your behavioral health during COVID-19: [www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf](http://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf)
- If you or someone you know are having thoughts of suicide or harming yourself, The National Suicide Prevention Lifeline is here for you, 24/7. **Call 1-800-273-8255**.
- For additional toolkits and information on managing your Behavioral Health, visit: [www.rcdmh.org/Coronavirus](http://www.rcdmh.org/Coronavirus)

## **COVID-19 Testing**

Riverside County is offering drive-up testing at three (3) locations throughout Riverside County, in the cities of:

1. Lake Elsinore (Diamond Stadium)
2. Indio (Riverside County Fairgrounds)
3. Riverside (Harvest Christian Fellowship Church)

NOTE: You must have an appointment to be tested. ***To request an appointment to be tested, call 1-800-945-6171.***

There are no FDA-approved vaccines, home tests or treatments for COVID-19. You can report suspected fraud to the FDA's Health Fraud Program: <https://www.fda.gov/safety/report-problem-fda/reporting-unlawful-sales-medical-products-internet>

## **What You Can Do To Stop the Spread of COVID-19**

The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, everyday preventive actions to help prevent the spread of respirator diseases include:

- Avoid close contact with people who are sick
- Avoid touching your eyes, nose and mouth
- Stay home when you are sick. Cover your cough or sneeze with a tissue, then throw the tissue in the trash
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe
- Follow Centers for Disease Control (CDC) recommendations for using a face mask.
  - CDC does not recommend that people who are well wear a face mask to protect themselves from respiratory diseases, including COVID-19.
  - Face masks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of face masks is also crucial for health care workers and people who are taking care of someone in close settings (at home or in a health care facility).
- Wash Your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

## **Business Assistance for COVID-19**

**Small Business Administration** - On March 16th, the U.S. Small Business Administration (SBA) issued a disaster declaration officially designating Riverside County eligible for the Economic Injury Disaster Loan program. Disaster loans can provide vital economic assistance to small businesses and private non-profit organizations to help overcome the temporary loss of revenue they are experiencing. These low interest Loans can be made for up to \$2 million and may be used to pay for operations such as fixed debts, payroll, accounts payable and other bills that could not be paid due to the impact of COVID-19.

SBA's Customer Service Center at **(800) 659-2955**.

Email: [disastercustomerservice@sba.gov](mailto:disastercustomerservice@sba.gov)

The deadline to apply for an Economic Injury Disaster Loan is **December 16, 2020**.

## Riverside County Economic Development Assistance

Please also reference [RIVCOBIZHELP.ORG](https://www.rivcobizhelp.org) as a source for business assistance programs and resources. Many companies such as Southern California Gas Company, Southern California Edison, T-Mobile and AT&T are providing relief assistance, such as late payment waivers and unlimited data plans to businesses impacted by COVID-19.

For more information, please contact the Business Center at: **951-955-0493**.