

COVID 19 & Shelter-in-Place Information and Resources **Sonoma County & National**

211 Sonoma County

Local and National resource information and referral

Local: <https://211sonoma.org/>

National: <http://211.org/services/covid19>

Dial: 211 or (707) 565-2108

Text: Text your zip code to 898-211

Toll-free number: (800) 325-9604

World Health Organization (WHO)

General Information: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

How to Protect Yourself: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

California Department of Public Health: COVID 19: <https://www.cdph.ca.gov/Programs/OPA/Pages/New-Release-2020.aspx>

Text: "COVID19" to 211211 for coronavirus information

Sonoma County (SoCo) Emergency

Local Sonoma County emergency resources

Order of the Health Officer: Shelter in Place: <https://socoemergency.org/order-of-the-health-officer-shelter-in-place/>

Novel Coronavirus Information: <https://socoemergency.org/emergency/novel-coronavirus/>

Sonoma County Emergency Preparedness: <https://socoemergency.org/home/prepare/>

National Center for Transgender Equality

The Coronavirus (COVID-19): What Trans People Need to Know: <https://transequality.org/covid19>

OSHA: How to Prepare for Workplace Emergencies & Evacuations: <https://www.osha.gov/Publications/osha3088.pdf>

SAMHSA: "Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak"

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

SAMHSA Disaster Distress Helpline

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

National hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. Connect with a trained crisis.

Dial: 1-800-985-5990, lines open 24/7 or 1-800-662-HELP (4357)

Text: TalkWithUs to 66746

Spanish speakers:

Dial: 1-800-985-5990 and press "2"

Text: Hablanos to 66746

WHERE CAN I GET EMOTIONAL SUPPORT?



- Know the signs of stress
- Know how to relieve stress
- Know when to get help

National Disaster Distress Helpline

SAMHSA's Disaster Distress Helpline

Toll-Free: 1-800-985-5990 (English and español)

SMS: Text TalkWithUs to 66746

SMS (español): "Hablanos" al 66746

For more information: [SoCoEmergency.org](https://socoemergency.org)

¿DÓNDE PUEDO OBTENER APOYO EMOCIONAL?



- Conozca los signos de estrés
- Sepa cómo aliviar el estrés
- Sepa cuándo obtener ayuda

Línea de ayuda nacional de socorro por desastre

Línea de ayuda de socorro en casos de desastre de

SAMHSA Llamada gratuita: 1-800-985-5990 (inglés y español)

SMS: Envía TalkWithUs al 66746

SMS (español): "Hablanos" al 66746

Para más información visite: [SoCoEmergency.org](https://socoemergency.org)



Financial Support COVID 19 Information and Resources

Employment Development Department: State of California

https://www.edd.ca.gov/about_edd/coronavirus-2019.htm

Find Information and tax assistance for employers.

File a Disability Insurance (DI) or Paid Family Leave (PFL) claim if:

- if you are unable to work due to having or being exposed to COVID – 19 (certified by a medical professional).
- If you're unable to work because you are caring for an ill or quarantined family member with COVID-19 (certified by a medical professional), you can file a Paid Family Leave (PFL) claim.
- If your employer has reduced your hours or shut down operations due to COVID-19, you can file an Unemployment Insurance (UI) claim.

Internal Revenue Service (IRS)

Coronavirus Tax Relief: <https://www.irs.gov/coronavirus>

<https://www.irs.gov/newsroom/payment-deadline-extended-to-july-15-2020>

The IRS urges taxpayers who are owed a refund to file as quickly as possible. For those who can't file by the April 15, 2020 deadline, the IRS reminds individual taxpayers that everyone is eligible to request a six-month extension to file their return.

Unlimited AT&T Home Internet – All AT&T consumer home internet wireline customers, as well as Fixed Wireless Internet, can use unlimited internet data. Additionally, we will continue to offer internet access for qualifying limited income households at \$10 per month through our **Access from AT&T** program. We're offering new Access from AT&T customers two months of free service.

As of March 13, 2020, and for the next 60 days, we will waive domestic wireless plan overage charges for data, voice or text for residential or small business wireless customers incurred because of economic hardship related to the coronavirus pandemic.

Salvation Army

The Salvation Army is offering to help people in need pay their water, electric and other utility bills. These services are available in the afternoon at the Corps Community Center (93 Stony Circle, Santa Rosa) by appointment only.

Phone: (707) 542-0981

Redwood Credit Union - <https://www.redwoodcu.org/coronavirus>

Disaster-related loan program for current Redwood Credit Union members.

Phone: (800) 479-7928, option 2

Season of Sharing (SOS), Community Action Partnership of Sonoma County

Disaster assistance with housing costs and critical family needs applications accepted through June 30. Supports low-to-moderate income families with dependent children, age 55 and older, disabled individuals, veterans, pregnant women in their 2nd or 3rd trimester, survivors of domestic violence and transitioning emancipated foster youth between 18 and 24. During the pandemic, support is also available for those who have lost income due to the coronavirus.

<https://seasonofsharing.org/covid19/>

SoCo Emergency

While federal financial agencies have suggested hardship forbearance for distressed borrowers, you should contact your lender if you have a financial hardship. Do not wait to miss a payment. The State order asks banks to halt foreclosures and related evictions through May 31, 2020.

Small Business Administration Loans

Low-interest federal disaster loans to California small businesses suffering substantial economic injury as a result of COVID-19. Apply online, receive additional disaster assistance information and download applications at <https://disasterloan.sba.gov/ela>.



Community Action Partnership (CAP) Sonoma

If you have been impacted by the COVID19 virus through loss of income or unforeseen expenses related to the virus, we are here to help. Please call and leave a voicemail so we can call you back to complete an intake.

Main Office: (707) 544-6911

ROC Resource Center Team: (707) 535-3349

Email: DRHA@capsonoma.org to start the process.

Sonoma County Economic Development Board

Resources and guidance for employees of affected businesses.

<http://sonomaedb.org/Business-Assistance/Business-Assistance-Coronavirus/>

Sonoma County Food Resources - COVID 19

Redwood Empire Food Bank

Providing food to residents in need, including people who recently have become unemployed, without proof of income, Food Connections manager Maria Fuentes said. Residents either can visit the office (3990 Brickway Boulevard, Santa Rosa) for a box of dry goods or to be directed to a pick-up location. Coronavirus concerns have forced some locations to close and others' hours to be extended

***Emergency food boxes available at 3990 Brickway Blvd., Santa Rosa*

Food Connections: (707) 523-7903

For Food Distribution Sites near you: <https://getfood.refb.org/> **Also for EMERGENCY SCHOOL DISTRIBUTION SITES

For updates, follow their Facebook page: <https://www.facebook.com/redwoodempirefoodbank/>

Sonoma County Council on Aging: Meals on Wheels

Sonoma County food delivery resource. Recipients will be prioritized based on how much food they currently have and their access to food in the future.

Phone: (707) 525-0143

Salvation Army

Salvation Army is providing food to those in need every morning during the pandemic, said Santa Rosa Salvation Army Capt. Rio Ray. To receive food, go to the Corps Community Center (93 Stony Circle, Santa Rosa) with a valid ID.

Phone: (707) 542-0981