LISTOS CALIFORNIA’S SOCIAL BRIDGING PROJECT

When COVID-19 disrupted the state of California’s peer-to-peer emergency preparedness campaign for vulnerable communities, Listos California, anchored at the Governor’s Office of Emergency Services, took action. (Listos means “ready” in Spanish.)

To meet the moment, we created the Social Bridging Project, a pioneering public health and safety campaign to counter social distancing through direct phone calls to people at risk. We harnessed the California voter file, and vibrant technology platforms usually reserved for voter engagement, to contact Californians in their homes.

When Governor Gavin Newsom asked all Californians to check in with older adults sheltering in place to save lives, the Social Bridging Project answered the call.

In addition to our disaster readiness outreach, the Social Bridging Project is calling thousands of Californians over age 60—in private homes, assisted living facilities and nursing homes—for wellness checks. Our callers, known as Bridgers, break through the pandemic’s isolation with friendly conversations and offer resources to help older adults cope with related social, emotional and financial stressors.

A County Resource Guide is paired with each California county we call, to match the needs of older Californians with the right referrals. These guides offer statewide and national resources, as well as customized local and regional referrals.

Listos California is happy to share its County Resource Guides as a model, and to help bridge the gap for others to find resources during the pandemic. Please note that this guide is accurate as of the date on its cover. Be sure to check the status of any resource for the latest updates.

For more information, go to LISTOSCALIFORNIA.ORG.

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MAIN PHONE NUMBERS & WEBSITES

STATE OF CALIFORNIA

California Coronavirus (COVID-19) Response
COVID19.CA.GOV

Phone Number
COVID-19 Information line
(833) 544-2374

Phone Line Open
Monday-Friday, 8:00am-8:00pm
Saturday-Sunday, 8:00am-5:00pm

CALIFORNIA DEPARTMENT OF AGING

Website
COVID-19 Resources + Aging Information Services
AGING.CA.GOV

COVID-19 Resources
ENGAGECA.ORG

Phone Number
Aging and Adult Information Line for Aging and Disability Services
(800) 510-2020

Phone Line Open
Monday-Friday, 8:00am-5:00pm

2-1-1 KERN COUNTY

Website
211KERNCOUNTY.ORG

Phone Number
2-1-1

Phone Line Open
24/7

CALIFORNIA ADULT PROTECTIVE SERVICES

Phone Number
(833) 401-0832
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SECTION 1 FOOD

A. FOOD RESOURCES FOR ALL

CALFRESH

About
The CalFresh Program, formerly known as Food Stamps, can add to your food budget to put nutritious food on the table.

Eligibility
California citizens and some immigrants

Website
GETCALFRESH.ORG

Phone Number
(877) 847-3663

Phone Line Open
Monday-Friday, 8:00am-5:00pm

THE MISSION AT KERN COUNTY

About
You can get prepared and pantry food, emergency shelter, clothing and education services at the Mission at Kern County. Social distancing is enforced in the dining room for breakfast, lunch and dinner. The drive-through is available every Wednesday from 8:30-10:30am to get a free box of groceries.

Eligibility
All Kern County residents

Address
816 East 21st St.
Bakersfield, CA 93305

Website
THEMISSIONKC.ORG

Phone Number
(661) 325-0863

Phone Line Open
Monday-Friday, 8:00am-5:00pm

Email
INFO@THEMISSIONKC.ORG
**ST. MALACHY ROMAN CATHOLIC CHURCH FOOD PANTRY**

**About**
St. Malachy can deliver free food pantry items to you twice a month if you live in the city of Tehachapi. Deliveries require no face-to-face contact.

**Eligibility**
All Tehachapi residents

**Phone Number**
(661) 822-1920

**Phone Line Open**
No operators, leave a detailed message

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**THE HOPE CENTER**

**About**
If you are having a food shortage, you can pick up packaged foods every Wednesday from 9:00am-12:00pm, or until supplies last. You must remain in your vehicle at all times.

** Eligibility**
All Kern County residents

**Address**
3311 Manor St.
Bakersfield, CA 93308

**Website**
[HOPECENTERS.NET](http://HOPECENTERS.NET)

**Phone Number**
(661) 399-2119

**Phone Line Open**
No service, automated message with instructions
**SALVATION ARMY - TEHACHAPI**

**About**
You can receive food pantry items on Mondays, Tuesdays, Thursdays and Fridays from 9:00-11:00am each week. There are commodity and emergency box food programs if you need monthly food boxes.

**Eligibility**
Open to the public, but mainly Kern County residents

**Address**
538 East Tehachapi Blvd.
Tehachapi, CA 93561

**Phone Number**
(661) 823-9508

**Phone Line Open**
Monday-Friday, 8:00am-5:00pm

**Email**
TIC@USW.SALVATIONARMY.ORG

**TAFT NECESSARY EMERGENCY ECONOMIC DISTRICT SITE**

**About**
Taft N.E.E.D.S. is a food bank that provides you with free food every third Monday and Friday of the month from 9:00am-12:00pm.

**Eligibility**
Taft Residents only; call for eligibility for weekly and monthly food programs

**Address**
518 Main St.
Taft, CA 93268

**Phone Number**
(661) 763-4888

**Phone Line Open**
Monday-Friday, 9:00am-12:00pm
B. FOOD RESOURCES FOR FAMILIES AND CHILDREN

**CAL WORKS FOOD AID AND MORE FOR CHILDREN**

About
If your family has children in the home and little or no cash, and you need food, housing, utilities, clothing or medical care, you may be able to get immediate short-term help. You could get money each month to pay for necessary expenses from CalWORKS, a public assistance program.

Eligibility
Assistance is based on income and other eligibility requirements listed on the website

Website
[CDSS.CA.GOV/CALWORKS](CDSS.CA.GOV/CALWORKS)

Phone Number
(661) 631-6000

Phone Line Open
Monday-Friday, 8:00am-5:00pm

**KERN COUNTY SUPERINTENDENT OF SCHOOLS**

About
Visit the Kern County Public Schools website to locate the on-site and grab-and-go food options for families and children in need this summer.

Eligibility
Kern County children under the age of 18

Website
[KERN.ORG/FOOD-SERVICES](KERN.ORG/FOOD-SERVICES)

Phone Number
(661) 852-5930

Phone Line Open
Monday-Friday, 6:00am-2:30pm
COMMUNITY ACTION PARTNERSHIP OF KERN

About
Community Action provides you with meals and snacks as to-go or drive-through options; when you call, provide your zip code to find resources closest to you.

Eligibility
All Kern County residents

Website
CAPK.ORG

Phone Number
(661) 336-5236

Phone Line Open
Monday-Friday, 8:00am-4:30pm

BOYS AND GIRLS CLUB OF KERN COUNTY

About
You can get free meals once per day, seven days a week for your child. Visit the Boys and Girls Club website, in the COVID-19 section, to find locations closest to you. The program runs until August 12, 2020.

Eligibility
All Kern County children, age 18 and younger

Website
TINYURL.COM/BGCKERNCT

Phone Number
(661) 325-3730

Phone Line Open
Monday-Friday, 8:00am-5:00pm
C. FOOD RESOURCES FOR OLDER ADULTS, PEOPLE WITH DISABILITIES AND CAREGIVERS

KERN COUNTY AGING AND ADULT SERVICES

About
You can receive free grab-and-go and drive-through lunches from six community and senior centers throughout Kern County. Some locations offer free or low-cost transportation. You can also schedule deliveries through the Meals on Wheels delivery program.

Eligibility
All Kern County residents, age 60 and older

Website
TINYURL.COM/KERNSENIORES

Phone Number
(661) 868-1000

Phone Line Open
Monday-Friday, 8:00am-5:00pm

BAKERSFIELD SENIOR CENTER

About
You can receive free lunch Monday-Friday from 11:15am-12:00pm in the drive-through at the Bakersfield Senior Center.

Eligibility
All Kern County residents, age 60 and older

Address
530 4th St.
Bakersfield, CA 93304

Website
TINYURL.COM/BSCLUNCHMENU

Phone Number
(661) 325-1113

Phone Line Hours
Monday-Friday, 8:00am-2:00pm
**SALVATION ARMY - BAKERSFIELD**

**About**
You can get free meals and food baskets delivered to you by the Salvation Army in Bakersfield at various senior housing locations. You can also get clothing and emergency utility assistance.

**Eligibility**
All Kern County residents, age 60 and older

**Websites**
[TINYURL.COM/SA-BAKERSF](TINYURL.COM/SA-BAKERSF)

**Phone Number**
(661) 837-4243

**Phone Line Open**
Monday-Friday, 9:00am-12:00pm and 1:00-4:00pm
SECTION 2 HEALTH

A. HEALTH RESOURCES FOR OLDER ADULTS, PEOPLE WITH DISABILITIES AND CAREGIVERS

GET TESTED FOR CORONAVIRUS

About
If you think you have COVID-19, call your healthcare provider before going to a doctor’s office or clinic. You may also find testing locations near you at this website by entering your zip code in the map feature.

Eligibility
Check with your local government’s chief public health officer. For free, drive-through testing eligibility, take the Project Baseline screening at this website.

Website
TINYURL.COM/FINDTEST

Phone Number
(888) 634-1123

Phone Line Open
Monday-Friday, 8:00am-5:00pm

COMMUNITY BASED ADULT SERVICES (CBAS)

About
You can receive service plans based on your needs. Some of these include nursing services, therapies, transportation and nutritional counseling.

Eligibility
California residents, 18 and older, who are currently eligible for Medi-Cal and have certain medical conditions

Website
TINYURL.COM/CALIFCBAS

Phone Number
(661) 322-4085

Phone Line Open
Monday-Friday, 8:00am-5:00pm
MULTIPURPOSE SENIOR SERVICES PROGRAM (MSSP)

About
You and your family can get free, confidential one-on-one counseling, advice and legal assistance for your Medicare or long-term care insurance-related issues.

Eligibility
Kern County residents, 65 years of age and older, who are eligible, or soon to be eligible, for Medi-Cal

Address
5251 Office Park Dr., Suite 410
Bakersfield, CA 93309

Website
PICF.ORG

Phone Number
(661) 326-0105

Phone Line Open
Monday-Friday, 8:00am-5:00pm

HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)

About
You and your family can get free, confidential counseling, advice and legal assistance for issues related to your Medicare or long-term care. Call this 800 number to leave your phone number, city, county and zip code and you will get a call back to refer you to your county's Medicare counseling agency.

Eligibility
All Californians who are eligible, or soon to be eligible, for Medicare

Website
TINYURL.COM/KHICAP

Phone Number
(661) 868-1000

Phone Line Open
Monday-Friday, 8:00am-5:00pm
**ALZHEIMER’S ASSOCIATION HELPLINE**

**About**
Clinicians offer free, confidential support for people living with Alzheimer’s Disease and their caregivers and family members. They can refer you to local programs and services.

**Eligibility**
All adults

**Website**
[TINYURL.COM/ALZHELPLINE](TINYURL.COM/ALZHELPLINE)

**Phone Number**
(800) 272-3900
TTY: (866) 403-3073 for people who are deaf, hard of hearing or those with speech disabilities

**Phone Line Open**
24/7

**LONG-TERM CARE OMBUDSMAN CRISIS LINE**

**About**
If you are experiencing issues or abuse in your long-term care facility—like violations of your rights, poor quality of care or problems with your benefits—the Ombudsman can help.

**Eligibility**
California residents of any age in long-term care facilities

**Website**
[TINYURL.COM/LTCHELP](TINYURL.COM/LTCHELP)

**Phone Number**
(800) 231-4024

**Phone Line Open**
24/7
INDEPENDENT LIVING CENTER OF KERN COUNTY

About
If you have a disability, the Center can provide you with deaf and hard-of-hearing services, personal assistance with daily living, peer support and financial benefits assistance via email, phone, video relay service and other internet options.

Eligibility
All Kern County residents with disabilities

Website
ILCOFKERNCOUNTY.ORG

Phone Number
(661) 325-1063

Phone Line Open
Mondays, 10:00am-1:00pm and 2:00-5:00pm
Tuesday-Friday, 8:30am-1:00pm and 2:00-5:00pm

Email
INFO@ILCOFKERNCOUNTY.ORG

RIDGECREST REGIONAL HOSPITAL SENIOR SERVICES

About
Senior Services can help you get free assistance with transportation, Meals on Wheels and caregiver support group information.

Eligibility
Indian Wells Valley and the Rand District residents, age 60 and older

Address
417 Drummond Avenue
Ridgecrest, CA 93555

Website
TINYURL.COM/RCSSCARE

Phone Number
(760) 371-1445

Phone Line Open
Monday-Friday, 8:00am-4:30pm
B. HEALTH RESOURCES FOR PEOPLE WHO ARE UNINSURED

HEALTHCARE THROUGH MEDI-CAL

About
Uninsured people may now be eligible for health insurance through Medi-Cal. You can apply and enroll online or by phone.

Eligibility
California residents based on income and family size

Website
TINYURL.COM/GETMEDICAL

Phone Number
(877) 752-4737

Phone Line Open
Monday-Friday, 9:00am-5:30pm

HEALTHCARE THROUGH COVERED CALIFORNIA

About
You can shop for health plans, compare care options and access financial assistance if you qualify. You can apply and enroll online or by phone.

Eligibility
California residents who meet income requirements, including immigrants who are lawfully present

Website
COVEREDCA.COM

Phone Number
(800) 300-1506
TTY: (888) 889-4500 for people who are deaf, hard of hearing or those with speech disabilities

Phone Lines Open
Monday-Friday, 8:00am-6:00pm
COMMUNITY HEALTH INITIATIVE OF KERN COUNTY

About
If you and your family are uninsured, the Community Health Initiative can help you determine if you are eligible for low- or no-cost insurance. Certified counselors are available to guide you through the insurance process.

Eligibility
All Kern County residents, age 65 and younger, who meet income requirements, are uninsured or have inadequate insurance

Address
2215 Truxtun Ave.
Bakersfield, CA 93301
(Inside of the McCauley Building)

Website
COVEREDKERNCOUNTY.ORG

Phone Number
(661) 632-5018

Phone Line Hours
Monday-Friday, 9:00am-5:00pm
SECTION 3 MENTAL HEALTH

A. MENTAL HEALTH RESOURCES FOR ALL

EACH MIND MATTERS / SANAMENTE

About
Each Mind Matters provides free, confidential counseling if you need information, referrals for treatment or are in a crisis. You can also find resources in English and Spanish for substance abuse, emotional health and other services.

Eligibility
All California residents

Websites
- EACHMINDMATTERS.ORG (English)
- SANAMENTE.ORG (Spanish)

Phone Numbers
- (800) 662-HELP (4357) English
- (888) 628-9454 Spanish

Phone Lines Open
24/7

MENTAL HEALTH AMERICA

About
Take an online test to see if you are suffering from common illnesses, such as anxiety or depression. Get connected with mental health counselors and therapists near you. You can also find tips on maintaining good mental and emotional health.

Eligibility
All California residents

Website
- MHANATIONAL.ORG
**CALHOPE COVID-19 WARMLINE**

**About**
Call to talk about your stresses and worries related to COVID-19. You will find emotional support, coping strategies and resources to help you during these uncertain times.

**Eligibility**
All California residents

**Website**
CALHOPE.DHCS.CA.GOV

**Phone Number**
(833) 317-HOPE (4673)

**Phone Line Open**
Monday-Friday, 7:00am-11:00pm

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**DISASTER DISTRESS HELPLINE**

**About**
The Substance Abuse and Mental Health Services Administration provides crisis counseling and support in English and Spanish if you are experiencing emotional distress related to COVID-19, or other disasters.

**Eligibility**
All United States residents

**Website**
TINYURL.COM/CADISASTERHELP

**Phone Number**
(800) 985-5990
TTY: (800) 846-8517 for people who are deaf, hard of hearing or those with speech disabilities

**Phone Lines Open**
24/7
COVID-19 STRESS MANAGEMENT GUIDE

About
If you are feeling anxious, worried or stressed during the COVID-19 pandemic, this simple guide provides tips, strategies and resources to help support your mental and physical health. Visit the website to access the guide in many languages.

Eligibility
All California residents

Website
TINYURL.COM/CASTRESSMANAGE

BEHAVIORAL HEALTH AND RECOVERY HOTLINE OF KERN COUNTY

About
Kern County Mental Health provides you with psychiatric resources, suicide prevention and crisis services through their 24/7 hotline.

Eligibility
All Kern County residents

Website
KERNBHRS.ORG

Phone Number
(800) 991-5272

Phone Line Open
24/7
B. MENTAL HEALTH RESOURCES FOR OLDER ADULTS, PEOPLE WITH DISABILITIES AND CAREGIVERS

FRIENDSHIP LINE CALIFORNIA

About
You can call this confidential line if you are in crisis or if you just need someone to talk to. You can also call to request that volunteers call you on a regular basis.

Eligibility
All adults, 60 and older

Website
TINYURL.COM/TALKFRIENDCA

Phone Number
(888) 670-1360

Phone Line Open
24/7

DEAF AND HARD OF HEARING SUICIDE PREVENTION HOTLINE

About
People who are deaf, hard of hearing or have hearing loss can connect with counselors through a 24/7 TTY hotline, or a video relay service, for mental health support. The website also enables online chats.

Eligibility
Anyone who is deaf, hard of hearing or has hearing loss

Website
TINYURL.COM/DEAFLIFELINE

Phone Number
(800) 273-8255 for video relay service
TTY: (800) 799-4889 for people who are deaf, hard of hearing or those with speech disabilities
(800) 273-8255 for voice/caption phone

Phone Lines Open
24/7
COVID-19 STRESS MANAGEMENT GUIDE FOR CAREGIVERS AND KIDS

About
If you are caring for a loved one or child during the COVID-19 pandemic, this simple guide provides tips, strategies and resources to help you support their mental and physical health. Visit the website to access the guide in many languages.

Eligibility
All California residents

Website
TINYURL.COM/CASTRESSKIDS

INTERNET ACTIVITIES TO FILL YOUR DAY

About
You can find free activities to stay engaged online, such as virtual tours of museums, theaters, theme parks, cultural landmarks or national parks. You can take a virtual roller coaster ride, audit an online Ivy League class, see a Broadway show or take a cooking class from a famous chef. You can play word games with friends, virtually visit a zoo or aquarium or even tour a NASA facility. You can enjoy art, music, yoga and other classes for free.

Eligibility
Anyone with internet access

Website
TINYURL.COM/ACTIVEBRAINS

HOFFMAN HOSPICE GRIEF SUPPORT

About
Hoffman Hospice offers you free virtual grief support led by trained counselors.

Eligibility
All Kern County residents

Website
HOFFMANNHOSPICE.ORG

Phone Number
(661) 410-1010

Phone Line Hours
Monday-Friday, 8:00am-5:00pm
THE CENTER FOR SEXUALITY AND GENDER DIVERSITY

About
The Center can offer you LGBTQ support groups over the phone or through video apps, one-on-one support and referrals.

Eligibility
All Kern County residents

Website
THECENTERBAK.ORG

Phone Number
(661) 404-5209

Phone Line Hours
Tuesday-Thursday, 5:00-7:00pm
Fridays, 4:00-7:00pm
Saturdays, 3:00-6:00pm
SECTION 4 HOUSING

FORECLOSURE MORATORIUM

About
If you need more time to pay your mortgage, more than 200 banks have agreed to a 180-day grace period. Find out if your financial institution can give you more time to pay.

Eligibility
California mortgage holders with participating institutions

Website
TINYURL.COM/MORTGAGECOVID

EVICITION MORATORIUM

About
The Governor has declared a moratorium on evictions due to COVID-19 through September 30, 2020. Local governments may offer other tenant protections, so check your county and city websites. If you need more time to pay rent, or are being threatened with eviction, you can find information on your rights, and tenant legal advisors, at this website.

Eligibility
All California residents

Website
TINYURL.COM/CASTOPEVICT

UTILITY ASSISTANCE

About
Some utility assistance programs offer you cash assistance to offset the costs of heating and cooling your home. Some plans can also help you manage your energy bills.

Eligibility
California residents can call for eligibility

Website
TINYURL.COM/UTILITYAID

Phone Number
Call the number provided on your utility bill or look it up on this website
CALIFORNIA VETERANS ASSISTANCE FOUNDATION

About
If you are a veteran family who is at-risk of homelessness, you can get short-term help with employment and training, transitional and permanent housing, medical, dental and substance abuse treatment, family counseling and referrals.

Eligibility
All Kern County service-verified veterans, who must meet individual program requirements

Address
731 Decatur St., Suite D
Bakersfield, CA 93308

Website
CAVAF.ORG

Phone Number
(661) 829-5908

Phone Line Hours
Monday-Friday, 8:00am-5:00pm

WOUNDED HEROES FUND

About
If you are a veteran, you can apply for the grant program to help pay your bills, receive therapy for mental illness, free monthly food baskets and dental assistance. If you are immobile, you can schedule to have food delivered to your home.

Eligibility
All Kern County veterans; eligibility varies by program on a case-by-case basis

Address
3121 Standard St.
Bakersfield, CA 93308

Website
TINYURL.COM/WHFUND

Phone Number
(661) 328-8600

Phone Line Open
Monday-Friday, 8:00am-3:00pm
**KERN LINKAGE PROGRAM**

**About**
If you have a chronic mental illness, are homeless or are at risk of being homeless, you may qualify for support services such as financial, housing, medical, legal and mental illness.

**Eligibility**
Kern County residents, ages 18-65 with mental illness or substance abuse disorder

**Website**
[ Tinyurl.com/kernlink ](http://tinyurl.com/kernlink)

**Phone Number**
(661) 868-1840

**Phone Line Hours**
Monday-Friday, 8:00am-5:00pm

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**FLOOD MINISTRIES**

**About**
If you are homeless or at risk of homelessness, you can receive free shelter through the Flood Ministries’ street-outreach program, housing navigation, case management and supportive services.

**Address**
1830 Truxtun Ave, Ste. 210
Bakersfield, CA 93311

**Eligibility**
All Kern County residents

**Website**
[ Floodbakocom ](http://floodbakocom)

**Phone Number**
(661) 323-5663

**Phone Line Hours**
Monday-Friday, 8:00am-5:00pm
SECTION 5 SAFETY (ABUSE AND NEGLECT)

ADULT PROTECTIVE SERVICES

About
You can get information here about physical, emotional and financial abuse. If you are concerned that any older adult may be a victim of abuse, neglect or exploitation, you can make an anonymous report. You can also make a report about any dependent adult who is disabled.

Eligibility
California adults, age 65 and older
California dependent adults with disabilities, ages 18-64

Website
TINYURL.COM/APSCALIFORNIA

Phone Number
(833) 401-0832

Phone Line Open
24/7

AARP FRAUD WATCH HELPLINE

About
This free service can help you report a fraud or scam, get alerts about scams in your area and learn how to spot a scam.

Eligibility
AARP members and nonmembers

Website
AARP.ORG/MONEY/SCAMS-FRAUD

Phone Number
(877) 908-3360

Phone Line Open
Monday-Friday, 10:00am-8:00pm
ALLIANCE AGAINST FAMILY VIOLENCE

About
If you are a victim of sexual assault, domestic violence or stalking, the Alliance provides help for immediate relief and healing. You can report a crisis through their various hotlines. They can provide you with emergency shelter, abuse treatment, job and housing placement, support groups and food services. You can schedule telehealth services or you can visit their office Monday-Friday from 9:00am-4:00pm.

Eligibility
All Kern County residents

Address
1921 19th St.
Bakersfield, CA 93301

Website
KERNALLIANCE.ORG

Phone Numbers
Main Phone Line: (661) 322-0931
Crisis Hotline: (661) 327-1091
Crisis Hotline (Toll Free): (800) 273-7713
LGBTQ Hotline: (661) 322-2869

Phone Lines Open
Monday-Friday, 8:00am-5:30pm
Hotlines: 24/7
**ALPHA HOUSE**

**About**
If you are a woman who has been abused or sexually assaulted, you can receive emergency shelter for you and your children, counseling, legal services, employment and housing help and crisis-line assistance. You can arrive any time, day or night, and staff can give you food and clothing.

**Eligibility**
All women and children

**Address**
207 7th St.
Taft, CA 93268

**Website**
TINYURL.COM/AHSAFE

**Phone Number**
(661) 763-HELP (4357)

**Phone Line Hours**
24/7

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**KERN FAMILY JUSTICE CENTER**

**About**
If you are a victim of domestic violence, you can get child support services, safety planning, case management, legal and immigration assistance, restraining orders, counseling and referrals.

**Eligibility**
All Kern County residents

**Address**
2101 Oak St.
Bakersfield, CA 93301

**Website**
TINYURL.COM/KERNFAM

**Phone Number**
(661) 868-8410

**Phone Line Open**
Monday-Friday, 8:30am-12:00pm and 1:00-5:00pm
FREQUENTLY ASKED QUESTIONS

WORKER ISSUES

How can I get unemployment benefits?
Support is available for people who have lost their jobs or had their hours reduced by COVID-19. You can get information on benefits and more at COVID19.CA.GOV. Look under Get Help > Workers. This state website includes a guide to applying for unemployment benefits, and information for independent contractors and the self-employed.

How can I be safe if I have to go back to work?
The state of California has issued guidance for worker safety in a variety of workplaces. You can find that guidance for your workplace at this website: TINYURL.COM/SAFEJOBS

BUSINESS ISSUES

How can I find help for my small business?
A wide variety of state and federal programs are available to small businesses and employers. You can find information on tax relief, loans and other resources at COVID19.CA.GOV. Look under Get Help > Businesses and Employers. You can also find guidance on how to maintain a safe workplace during the pandemic.

MEAL DELIVERY PROGRAM

How can I learn more about the free meal delivery service for older adults that the governor announced?

In April, Governor Gavin Newsom announced the launch of a first-in-the-nation “Great Plates Delivered” program, a meal delivery service for California’s older adults. Its dual purposes are to bring meals to older adults who are not currently receiving food assistance and to provide economic stimulus for the local restaurant industry. It is not a state program. It is run by local counties who choose to participate. To find out if there is a program near you, and if you are eligible, go to: TINYURL.COM/GREATPLATES