

# RESOURCES

This resource document is mostly specific to the **San Francisco Bay Area** and is not all-inclusive. Resources labeled under “General Resources” apply to CA and/or USA.

## Resources by Region (all linked):

[San Francisco](#)

[Oakland - East Bay](#)

[North Bay](#)

[South Bay](#)

## General Resources (all linked):

[Information on COVID-19](#)

[Housing Resources](#)

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[Education Resources + Kids at Home](#)

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[Mental Health Resources](#)

[Domestic Abuse Resources](#)

[Free Apps/Resources for Self Isolation/Quarantine](#)

[Mutual Aid, Volunteer, Donate](#)

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

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

- Bay Area Focused: [COVID-19 Resources List](#)
- Bay Area Focused: [Bay Area COVID-19 Mass Resource List](#)
- 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](#)
- 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](#)

## 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.
  - [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**
    - 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:  
<https://www.projectbaseline.com/study/covid-19/>
- **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. <https://www.lifelongmedical.org/17-articles/about-us/227-covid-19-updates.html>
- **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](#).
- Where to possibly get tested for the virus: <https://findahealthcenter.hrsa.gov/>
- 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](http://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.***

## Housing Resources

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

- **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.**
- **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 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 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](#)
- **Alameda County** provisions/closures that affect any on-going evictions
  - March 16, 2020



- 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.
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## Transportation

- Updated as of March 16, 2020:  
[KQED What's Running, What's Not During Regional 'Shelter in Place' Order](#)
  - Updated as of March 17, 2020 (3:23 PM)  
[San Francisco MTA will not ticket for street sweeping through end of March](#)
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## Employment & Financial Support

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

- **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.](#)
- **Disability Benefits/Paid Sick Leave**



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 resources for **freelance artists**, click [here!](#)
    - The Safety Net is a grant for Bay Area artists, to apply click [here!](#)

- For resources for **bartenders**, click [here!](#)
  - For resources for **Service Workers (restaurant, delivery, other tipped workers)**, click [here!](#)
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## Taxes

- **California - Tax extension:**

- March 12, 2020, Democratic Gov. Gavin Newsom of California issued an executive order to provide tax relief to taxpayers amid COVID-19 concerns.
  - Partnerships and LLCs who are taxed as partnerships whose tax returns are due on March 15 now have a 90-day extension to file and pay by June 15.
  - Individual filers whose tax returns are due on April 15 [now have a 60-day extension to file and pay by June 15.](#)
  - Quarterly estimated tax payments due on April 15 now have a 60-day extension to pay by June 15.
  - **Taxpayers claiming the special COVID-19 relief should write the name of the state of emergency (for example, COVID-19) in black ink at the top of the tax return to alert FTB of the special extension period. If taxpayers are e-filing, they should follow the software instructions to enter disaster information.**
  - The FTB's June 15 extended due date [may be pushed back even further](#) if the Internal Revenue Service grants a longer relief period.
  - The FTB will also waive interest and any late filing or late payment penalties that would otherwise apply.
- Directly from the [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:**
    - To be clear, as of today, the deadline for filing your individual federal income tax returns remains **April 15, 2020**
      - The sooner you file, the sooner your refund.
      - If you need more time, file for an extension:
      - Or if you're a regular person - go ahead and [file your taxes online!](#)
    - "If you owe a payment to the IRS, you can defer up to \$1 million as an individual — and the reason why we are doing \$1 million is because that covers lots of pass-throughs and small businesses — and \$10 million to corporations, interest-free and penalty-free for 90 days. All you have to do is file your taxes, you'll automatically not get charged interest and penalties"
      - **This is not the same as NOT filing - you must file on time or with an approved extension.**
  - **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](#).
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## Small Businesses

- **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.
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## 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

- <https://www.verizon.com/about/news/verizon-help-customers-and-small-business>
  - **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 hot spots** 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."
  - **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 hot spots. The company also said its consumer home internet wireline customers and fixed wireless internet customers would receive unlimited data.
  - **Verizon:** Verizon said it is **waiving late fees and suspending service termination** for customers "negatively impacted by the global crisis."
  - **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.
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## 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!](#))
  
- **Storyline Online** Streams videos featuring celebrated actors reading children’s books alongside creatively produced illustrations.  
(For more information, click [here](#))
  
- **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 \(or more!\) or lessons and activities](#)
    - [Lakeshore Learning](#) offers free worksheets and activity ideas appropriate for Pre-K to Kinder-aged students
- **12 Museums with virtual reality tours**
    - <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- **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
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## 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](#)
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## 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)

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## Mental Health

- 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](#)
  - 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>
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## Self Isolation/Quarantine - Free things to do

## Yoga:

- [Down Dog app](#) is free until April 1st - if student, can extend through July 1st
- [Yoga for Beginners app](#) (same makers as Down Dog) free until April 1st - if student, can extend through July 1st
- [Yoga with Adriene on Youtube](#) - always free online
- [CorePower Yoga](#) - free online classes during this time
- [YogaWorks](#) - free online classes during this time

## More (home circuits):

- [Pamela Reif on Youtube](#) - always free
- [Chloe Ting 2 Week Shred](#) - always free
- [Blogilates at home pilates](#) - always free
- [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 April 1st- if student, can extend through July 1st
- [Popsugar Fitness](#) - always free

## 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)

## File your **taxes** online:

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

## Online Classes:

- [Coursera](#) offers classes in a variety of subject area. **[Free to students \(not gen public\)](#)**
- Free courses online for adults: <https://www.classcentral.com/collection/ivy-league-moocs>

## 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

- 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*)
- Videochat 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

- [Most Farmer's Markets to Remain Open](#) (*\*essential businesses\**)
- **SFMTA:**
  - [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
- **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
  - If 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**.
- **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, 9 AM to 5 PM)**  
[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 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.
    - 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>
  
  - **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.
  
  - **SF - Free Delivery Options**  
Free delivery or not - tip your driver well!
    - If you have a Chase Sapphire, Chase Sapphire Preferred, or Chase Reserve card, you can get Dashpass (free delivery for Doordash) through your credit card.  
[https://help.doordash.com/consumers/s/article/Chase-Partnership?language=en\\_US](https://help.doordash.com/consumers/s/article/Chase-Partnership?language=en_US)
    - All the apps are currently offering **“no contact” delivery** options - be sure to select this
    - Restaurants with Free Delivery:
      - [Lots of options if you search on yelp!](#)
- 

## East Bay

- **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 and Vacaville

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, with Hours for 'At-Risk' Community**
  - **Albertsons/Safeway/Vons/Lucky/Andronicos:** 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.
  - **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."
  - **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.
  - **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 food/market hour 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.

- **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**

- La SantaTorta Food Truck; 333 Broadway Oakland; Free hot meals 12PM to 2PM

- **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.

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## North Bay

- **Markets Amend Hours, with Hours for ‘At-Risk’ Community**

- **[Albertsons/Safeway/Vons/Lucky/Andronicos](#):** 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.
- **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."
- **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.

- [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](#)**
- **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
  - If 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.

### **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>
- 

## Peninsula/South Bay

- **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

- **Closed Farmers' Markets:** In the South Bay/Peninsula, the San Mateo and San Jose/Alum Rock markets. In Monterey area, Pacific Grove farmers' market has closed.
- **Markets Amend Hours, with Hours for 'At-Risk' Community**
  - **Albertsons/Safeway/Vons/Lucky/Andronicos:** 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.
  - **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."
  - **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.
  - **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.
  - **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 general population are 9:00AM - 7:00PM.
- **General Update on Markets/Food Accessibility, Hours**
- **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
- If 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)

- **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
- **Chevy's** is offering free meals to children 12 and under
  - 141 Hickey Blvd, South San Francisco, CA 94080

- **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

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## 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)**

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

**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/helpneighbor2020](http://bit.ly/helpneighbor2020)

### [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=)

### [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.
- [Disability Justice Culture Club](#) (based in Oakland)
  - Collecting supplies
  - "DJCC is also planning to 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=IwAR2KqF-m18AhQUZ9A8W\\_WmDUBgNwwiJsfhHdqUan29HffYfjkXWsYMRcSdA#gid=0](https://docs.google.com/spreadsheets/d/13ODbKuFiGzFRPduKiz8EUgLIS1EuP7s4mRXTt_ER_wY/edit?fbclid=IwAR2KqF-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