



Resources Available if Impacted by CORONA VIRUS (COVID-19)



Free Groceries

To get free groceries near you, visit <http://cafoodbanks.org/find-food-bank> or call 2-1-1. CalFresh can help you buy groceries. To learn more about CalFresh (formerly Food Stamps) and apply, visit <http://GetCalFresh.org>.



Financial Resources

Get information about unemployment benefits at <https://www.labor.ca.gov/coronavirus2019/#chart>.

You may be eligible if your hours have been reduced, you lost your job, you're taking care of someone with COVID-19, or you have been exposed to or have COVID-19.

If your child's day care or school is closed you may be able to take off up to 40 hours to take care of your child. For more information visit, <https://legallaidatwork.org/factsheet/coronavirus-faq>.



Other Resources

For information about housing, job training, after-school programs, healthcare, utilities, and more, call 2-1-1 or visit <http://211ca.org>



How To Protect Yourself

Visit <http://www.cafoodbanks.org/protect-yourself-COVID-19>

Need more help? Email us: info@cafoodbanks.org

