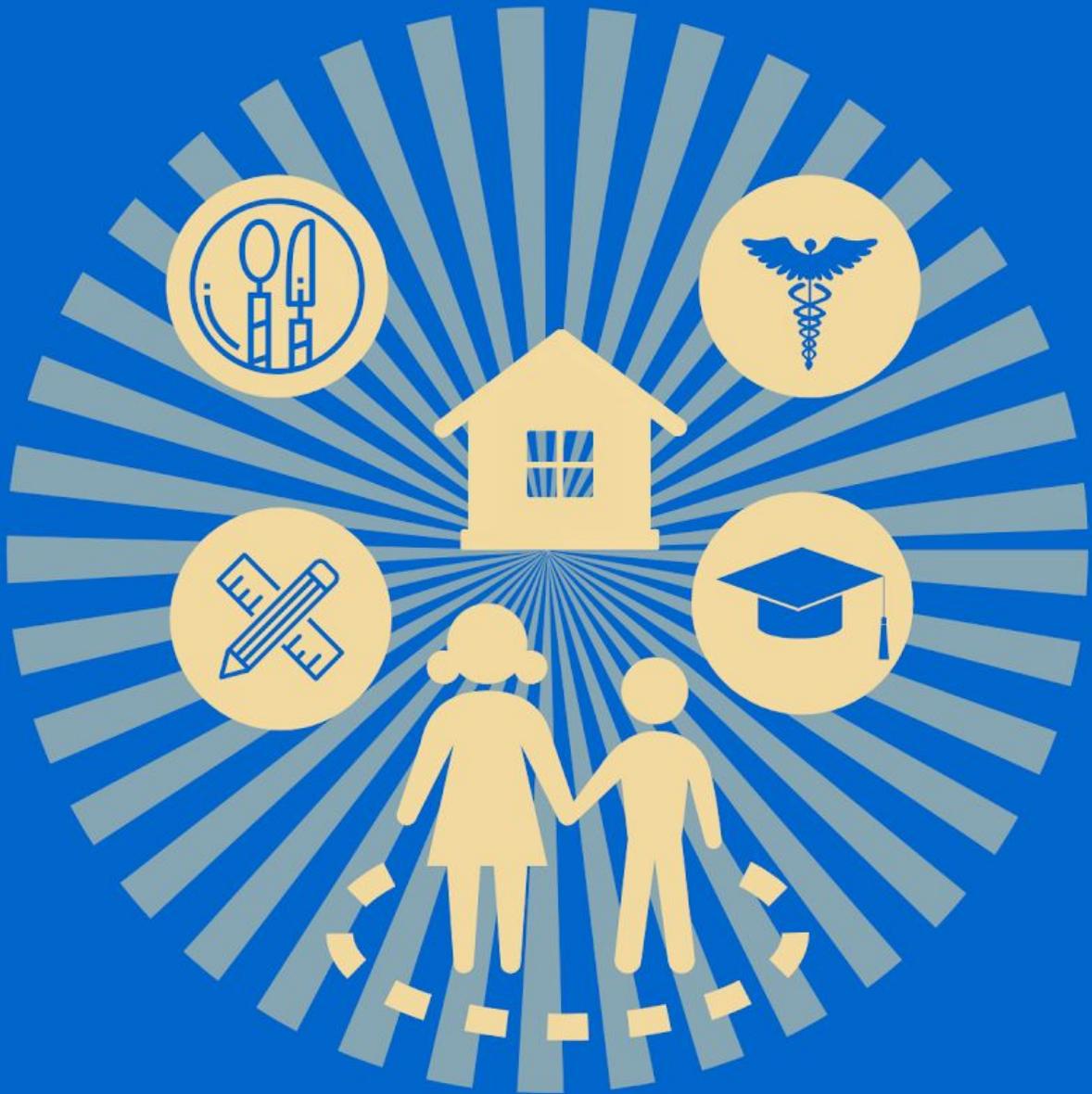


BOYLE HEIGHTS



COVID-19 PREPAREDNESS

RESOURCE GUIDE

A Localized Boyle Heights Community COVID-19 Preparedness Resource Guide

Dear Boyle Heights Community,

In response to COVID-19 safety measures and LAUSD school closures, we want to ensure that you know what resources are available to you during these crucial moments. Today we are seeing countless community organizations, institutions, and individuals coming together to respond and support one another. Promesa Boyle Heights continues to stay committed to the community and we hope this guide helps ease the process to locate the necessary resources you may need to stay safe and healthy.

Thank you for doing your part in maintaining a healthy community by staying indoors when possible and practicing recommended guidelines by the Centers for Disease Control and Prevention. In doing so, we are protecting and caring for those most vulnerable in our community, such as our seniors, youth and those who are immune-compromised. We hope you find this local community guide helpful and ask that you please share it with your Boyle Heights neighbors through online platforms.

Special thanks to our Promesa partners who have helped gather and share this information to families: Communities in Schools, Inner City Struggle, Partnership for Los Angeles Schools, Proyecto Pastoral, Mendez High School, Roosevelt High School and all those providing these resources.

While schools are not open, we know that families will be in need of local resources.

This guide is meant to:

- Answer Frequently Asked Questions
- Provide a list of free local resources for families and the Boyle Heights community
- Provide basic Know Your Rights Information

This guide is not comprehensive, and we encourage you to stay informed and learn more about what is happening at your community schools and the programs your child is connected with, local news, or directly from the CDC, LAUSD and LA County at:

- CDC Updates at: <https://www.cdc.gov/coronavirus/2019-ncov/>
- LAUSD Updates at: www.LAUSD.net
- City of Los Angeles Updates at: <https://corona-virus.la/>
- County of LA Public Health Department: <http://publichealth.lacounty.gov/>

Please note that information is changing rapidly.

You can also follow Promesa Boyle Heights social media pages to stay informed:



[@PromesaBoyleHeights](#)



[@PromesaBH](#)



[@PromesaBH](#)

For pressing questions or to alert us about community needs or resources, please call:
323-545-3195.

Thank you,

Promesa Boyle Heights Collaborative



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Frequently Asked Questions

Below are responses to frequently asked questions adapted from various sources.

What is Coronavirus Disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. Risk of infection from the virus that causes COVID-19 is higher for people who are close contacts of someone known to have COVID-19. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

What are the main symptoms of COVID-19?

COVID-19 symptoms include mild to severe respiratory illness with symptoms of:

- Fever
- Cough
- Shortness of breath

What is Los Angeles doing to respond?

To prevent the spread of COVID-19, there are a few steps people can take to minimize the spread, by implementing measures such as *social distancing*, *self-quarantine*, and *isolation*. There are also many city and county-wide measures being implemented to help minimize the spread by calling for specific restrictions and providing resources and support. This includes the new March 19th "[Safer at Home](#)" [emergency order](#), calling on residents of the City of Los Angeles to stay in their residences and limit all activities outside of their homes beyond what is absolutely necessary for essential tasks.



As of March 23rd City of LA Updates: The Safer at Home restrictions are now expanded to limit: Group sports and recreation - including golfing. The parking lots at Venice Beach and Santa Monica beaches to help limit the amount of people crowding at the beaches. If that does not work - the city will consider closing the beaches all together.

Limited COVID-19 Testing is being provided by the City of Los Angeles and offered to Angelenos at highest risk first. This includes people who are showing symptoms AND are:

- People 65 and older
- People with underlying chronic health conditions
- People who have been exposed to a confirmed case of COVID-19

To learn more and sign up for a test, visit: <http://Mayor.LA/npY730qs3F2>

The infographic features a red background with a faint cityscape. On the left is the City of Los Angeles seal. The main text is in white and yellow. It lists three categories of eligible individuals: those 65 and older, those with chronic health conditions, and those exposed to a confirmed case. A URL and date are provided at the bottom.

Info on COVID-19 testing provided by the City of L.A.

The City of Los Angeles has introduced limited COVID-19 testing for certain high-risk individuals. We are working to expand testing as quickly as possible to provide this service to all Angelenos who need it.

Current individuals eligible for COVID-19 testing from the City of L.A.

- 65+** People 65 and older who are showing symptoms of COVID-19
- People with underlying chronic health conditions** who are showing symptoms of COVID-19
- People who have been exposed to a confirmed case of COVID-19** and are under mandatory 14 day quarantine period with more than 7 days left of quarantine

coronavirus.LACity.org

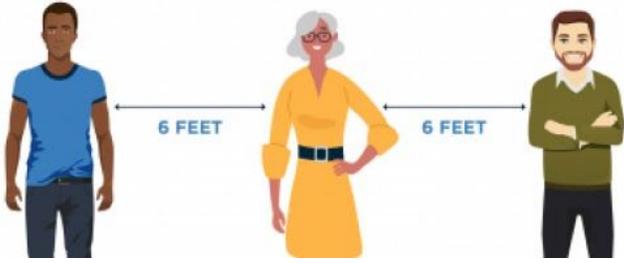
As of 3/23/2020

Keep Healthy Distances

Social Distancing is avoiding crowds of 25+ people

Why? To help limit spread of contagious diseases like COVID-19

Have to go out? Stay 6+ feet away from others



Social Distancing is deliberately increasing the physical space between people to avoid spreading illness. **Staying at least six feet** away from other people lessens your chances of catching COVID-19. Examples include canceling/postponing events that draw crowds.

Other key social distancing examples that the community is being asked to practice and are being implemented county-wide already are:

- Closing down schools, restaurants (pick up only), clubs and bars, gyms and fitness centers, movie theaters for example.
- Canceling and or postponing events such as sporting events, conferences, and other large meetings.
- Employers, when possible - are allowing employees to work offsite and meetings are being held virtually.

Self-Quarantine is to refrain from any contact with other individuals for a period of time (recommended period of time is two weeks) during the outbreak of a contagious disease, such as COVID-19, usually by remaining in one's home and limiting contact with family members. People that have been exposed to or are at risk (such as seniors), or those that are returning from traveling abroad should implement self-quarantine practices. This can also include:

- Washing hands frequently with soap and water for at least 20 seconds. (Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available)
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).
- Not sharing things such as towels and utensils (spoons, forks, cups, etc.)
- Staying home, not having visitors, and staying 6ft. away from other people in your household.

Isolation: For people who are **confirmed** to have COVID-19, **isolation** is appropriate. Isolation is a health care term that means keeping people who are infected with a contagious illness away from those who are not infected. Isolation can take place at home or at a hospital or care facility. Special personal protective equipment will be used to care for these patients in health care settings.





How is LAUSD Responding?

The Los Angeles Unified School District announced on March 23rd that all **LAUSD schools will be closed through May 1st**, in response to the spread of the coronavirus (COVID-19). Los Angeles Unified will continue to provide nutritious meals to all students who need them during the temporary closure of schools.

Grab & Go Food Centers will be open beginning Wednesday, March 18, and will be staffed weekdays from 7 a.m. to 10 a.m. For the full LAUSD Resource Guide, visit: <http://bit.ly/2xaH1gE>

For Spanish, visit: <http://bit.ly/2Wqslig>

What can I do if I get stressed out about Covid 19?

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger:

- Know how to alleviate stress by taking time to take care of yourself.
- Keep things in perspective: make sure to take time away from the news to focus on things in your life that are going well and that you can control.
- Get the facts: Find people and resources you can depend on for accurate health information ([LA Public Health](#), [Center for Disease Control and Prevention](#)). Learn from them about the outbreak and how you can protect yourself against illness, if you are at risk.
- Keep yourself healthy: Eat healthy foods, and drink water, avoid excessive amounts of caffeine and alcohol, get enough sleep and rest, and get physical exercise. **Stay connected and reach out if you need more support.** Talk to trusted friends about what you are feeling. ([SAMHSA](#))



Where can I follow more Los Angeles Resources?

For an ongoing list of resources in Los Angeles, visit <http://bit.ly/LAResourceList>. This list was created by individuals in LA collecting up to date information and is constantly changing.

Where Can Community Access Free Food Resources?

Community Food Resources

Please note that all of these are subject to change due to ongoing safety regulations, please call or visit the websites below for the most up to date information.

GRAB-AND-GO Meals

(See [LAUSD website](#) for most up-to-date list of all locations)

60 Grab and Go Food Centers are open from 7-10am beginning Wednesday 3/18/20. Centers currently most accessible to Boyle Heights schools are:



- Hollenbeck Middle School: 2510 E. 6th St. Los Angeles, CA 90023
- Belvedere Middle School: 1312 N. Record Ave, Los Angeles, CA 90063

Everytable Food Company

The Everytable food company has offered a Helpline for any students or individuals struggling with access to food at this time.

Hotline: 323-458-6487

Location: 5151 State University Dr., LA CA 90032

Note: Must call hotline to find out availability. Daily meals for LAUSD students and elderly.

Grab & Go Stores

Stores will remain open to provide meals for pick up only. Guests are encouraged to [order ahead online](#) and call the store for curbside pick up. The team will bring your meals to your car when you arrive. They're also encouraging guests to choose delivery for their one-time orders or [subscription service](#).

Family Healthcare Resources

Address: 3444 Whittier Blvd, LA CA 90023

Phone: 213-413-3040

Dates/Hours: Monday - Friday, 9am-5pm

Notes: Food Pantry. When you arrive at the medical center, ask to be directed to the pantry. As of 3/16.

Estrada Courts Community Center

Address: 3232 Hunter St, LA CA 90023

Phone: 323-641-8943

Dates/Hours: 2nd & 4th Wednesday of the Month. 8am-10am

Notes: Food bank / No hot meals. Food distribution on Estrada St. As of 3/16.

Monte Sion Center

Address: 4405 East Olympic Blvd., LA CA 90023

Phone: 323-974-2856

Hours: Wed 10am-2pm & Fri 8am-12pm

Notes: Foodbank & pantry. Not hot meals.

As of 3/16

White Memorial SDA Church

401 North State Street Los Angeles, CA 90033

(323) 264-2170

1st and 3rd Tuesday of the month from 10am-12pm. Must provide photo ID and be a local resident.



Resources Are Available to Seniors (65+)?

BY APPOINTMENT ONLY - MEALS FOR SENIORS (STARTING 03/20/20):

East Los Angeles Service Center (FOR SENIORS)

Address: 133 N. Sunol Drive, Los Angeles CA 90063

Phone: 323-260-2801

Distribution Hours: [By appointment only \(Flyer here\)](#) - Call M-F 8am to 5pm

Centro Maravilla Service Center (FOR SENIORS - AND FAMILIES)

Address: 4716 East Cesar Chavez Avenue, Los Angeles, CA. 90022

Phone: 323-260-2804

Distribution Hours: [By appointment only \(Flyer here\)](#) - Call M-F 8am to 5pm



SENIORS ONLY SHOPPING HOUR

All Northgate Markets, Superior Grocers, Super A Markets, and Vallarta's Supermarkets and more stores will open exclusively for seniors from 7am-8am.



SOCAL GROCERY STORES OPEN EARLY FOR SENIORS

Rev: 03/25/20

 <p>7 DAYS A WEEK 7 AM - 8 AM SENIORS 65+ PREGNANT WOMEN DISABLED</p>	 <p>7 DAYS A WEEK 7 AM - 8 AM SENIORS 65+ PREGNANT WOMEN DISABLED</p>	 <p>7 DAYS A WEEK 7 AM - 8 AM SENIORS 65+ DISABLED</p>	 <p>7 DAYS A WEEK 7:30 AM - 8 AM SENIORS 65+</p>	 <p>7 DAYS A WEEK 7 AM - 8 AM SENIORS 65+ DISABLED FIRST RESPONDERS</p>
 <p>7 DAYS A WEEK 7 AM - 8 AM SENIORS 65+</p>	 <p>7 DAYS A WEEK 7:30 AM - 8 AM SENIORS 65+ DISABLED</p>	 <p>7 DAYS A WEEK 7 AM - 8 AM SENIORS 65+ DISABLED</p>	 <p>7 DAYS A WEEK 7 AM - 7:30 AM SENIORS 65+</p>	 <p>7 DAYS A WEEK 7 AM - 8 AM SENIORS 60+</p>
 <p>7 DAYS A WEEK 7 AM - 8 AM SENIORS 65+</p>	 <p>MONDAY - FRIDAY 7 AM - 9 AM SENIORS 65+</p>	 <p>MON / WED / FRI 7 AM - 7:30 AM SENIORS 65+</p>	 <p>MONDAY - FRIDAY 7 AM - 9 AM SENIORS 65+</p>	 <p>7 DAYS A WEEK 6 AM - 7:30 AM SENIORS 65+ PREGNANT WOMEN DISABLED</p>
 <p>MONDAY - FRIDAY 1st HOUR OPEN visit 99ranch.com for individual store hours SENIORS 65+ PREGNANT WOMAN DISABLED W/COMPROMISED IMMUNE SYSTEMS</p>	 <p>7 DAYS A WEEK 8:30 AM - 9:30 AM SENIORS 65+</p>	 <p>7 DAYS A WEEK 9 AM - 10 AM SENIORS DISABLED</p>	 <p>TUES & THURS 7 AM - 8 AM SENIORS 65+ PREGNANT WOMAN DISABLED W/COMPROMISED IMMUNE SYSTEMS</p>	 <p>TUESDAYS & THURSDAYS 8 AM - 9 AM SENIORS 60+ *NO GUESTS ADMITTED WITH SENIORS*</p>
 <p>WEDNESDAYS ONLY 7 AM - 8 AM SENIORS 60+</p>	 <p>TUESDAYS ONLY MARCH 24 - APRIL 28 6 AM - 7 AM SENIORS 60+ PHARMACY & VISION OPEN TOO</p>	 <p>MONDAY - FRIDAY 7 AM - 9 AM SENIORS 65+ TRADER JOE'S 7 DAYS A WEEK 9 AM - 10 AM DEDICATED LINE FOR SENIORS</p>	 <p>WEDNESDAYS ONLY 8 AM - 9 AM SENIORS 65+ THOSE WITH MEDICAL CONDITIONS</p>	 <p>7 DAYS A WEEK 7 AM - 8 AM SENIORS 65+ DISABLED </p>

[Image created by Ulisses Sanchez from [Centro Strategies](#)]

As of 3/26/20

Where Can My Student Access Free Learning Services?

FREE LEARNING RESOURCES

[Download this information as a PDF](#)

[Bajar esta información en formato PDF](#)

Download the schedules: [PBS SoCal Schedule](#) | [KCET Schedule](#) | [KLCS-TV Schedule](#)

Los Angeles Unified, PBS SoCal | KCET, and KLCS-TV have partnered to provide free supplemental educational resources to help your family support learning during the school closures. This multi-platform initiative includes Pre-K–12 educational programming and robust online resources through the online platform PBS LearningMedia. The resources are free and designed to be used by public schools throughout California to help students continue learning at home.

The following channels are for viewing on television. Please check your local listing for more information or at pbssocal.org/athomelearning

Grades Pre-K–3

PBS SoCal (Channel 50.1) from 5 a.m. to 5 p.m.

PBS SoCal KIDS (Channel 50.5) 24/7 Livestream (on streaming devices and PBS KIDS Video app)

KLCS KIDS (Channel 58.2)

KLCS (Channel 58.1) from 6 a.m. to 8 a.m.

YouTube (Search “PBS KIDS”)

Free PBS KIDS Video App

Grades 4–8

KLCS (Channel 58.1) from 8 a.m. to 2 p.m.

Grades 9–12

KCET (Channel 28.1) from 9 a.m. to 3 p.m. KLCS (Channel 58.1) from 2 a.m. to 6 p.m.

AT HOME LEARNING GUIDE

Explore Online

PBS LearningMedia is a free resource that offers enhanced materials to support educational assignments. The PBS LearningMedia materials will be offered in conjunction with the television shows and will be available online.

Read About It!

Los Angeles Unified will prepare take-home packets with reading materials, assignments and more.

Write About It!

Ask your child to keep a journal and write about everything they are learning each day.

Talk About It!

Treat the shows as a part of the learning process. Talk and ask questions about what your child is watching to reinforce new learning.

General Resources

© Access to LAUSD Digital Library & LAUSD Destiny resources

- Available in Schoology's Top App Menu
- Also available at achieve.lausd.net/Page/15747
- ⊙ Edgenuity www.edgenuity.com/lausd/
 - Edgenuity Live Sessions: bit.ly/EdgenuityLiveSchedule
 - Elementary Quick Start: bit.ly/ESEdgenuity
 - Middle School Quick Start: bit.ly/MSEdgenuity
 - High School Quick Start: bit.ly/HSEdgenuity
- ⊙ PBS Learning Media: ca.pbslearningmedia.org/
- ⊙ Khan Academy:
 - General Practice for K-12: khanacademy.org
- ⊙ SAT and ACT Practice for Grade 10 and 11: bit.ly/38y3xNc
- ⊙ KLCS klcs.org

Schoology Resources

- ⊙ Log In: lms.lausd.net
- ⊙ Getting Started on Schoology for Students bit.ly/StudentGettingStarted
- ⊙ K2 Students, sign into Schoology in a simplified way with QR Codes: [bit.ly/ PLSStudentQRcodes](https://bit.ly/PLSStudentQRcodes)

Last updated on Monday 3/16 on lausd.net

What Resources Are Available to College Students?

Resources and Services for All College Students

Free internet for LAUSD and college students

Comcast and Charter are offering 2-months of free internet to homes with students who need it. [Click here](#) to apply or visit www.internetessentials.com/covid19

Everytable Food Company

The Everytable food company has offered a Helpline for any students or individuals struggling with access to food at this time. Everytable Helpline: (323) 458-6487

Grab & Go Stores

Our stores will remain open to provide meals for pick up only. We encourage all of our guests to [order ahead online](#) and call the store for curbside pick up. Our team will bring your meals to your car when you arrive. We're also encouraging our guests to choose delivery for their one-time orders or [subscription service](#).

U-Haul Offering 30-Days of Free Storage to College Students

A growing number of schools are evacuating campuses in favor of online instruction due to coronavirus precautions. As a result, U-Haul is prepared for an early spring moving rush. With 22,000 truck- and trailer-sharing locations, and an age requirement of 18 with a valid driver's license to operate its vans and trucks, U-Haul is the most accommodating, convenient and affordable moving solution for college students. You can access further information on how to apply [here](#).

e-Textbook Services

To support the sudden move to online learning, many major publishers are making eTextbooks freely available through May 25, 2020. These eTextbooks are available through an application called VitalSource. They include books used in GE courses like Math 125, Math 227, Math 261, Health 11, Anatomy 1, Biology 3, and more.

Students and faculty can login to the [VitalSource Bookshelf app](#) using their school email address and can add up to 7 eTextbooks to their account from participating publishers at no cost.

Source: [ELAC Coronavirus Announcements](#)

Developing Study Habits During e-Learning Period

The University of Michigan created a guide to help students develop new study habits while taking classes remotely. The guide provides tips to help students stay organized, develop daily schedules, and how to stay connected to others.

You can access the guide [here](#).

Scholly COVID-19 Student Relief Fund

“With the COVID-19 health crisis sweeping across the nation, we know how challenging these coming weeks and months will be for students and their families. In Scholly’s unrelenting effort to support students in need, we are providing cash assistance to those in need during this unprecedented crisis.”

You can access the application [here](#).

National Association for College Admission Counseling: Admission Updates

“As a service to students and families, NACAC is providing this online tool as a central resource for information about changes in college admission events, deposit dates, and more as a result of the coronavirus outbreak.”

You can access the website and its tool [here](#).

Free subscriptions to Educational Companies

Amazing Educational Resources presents the public with an ongoing compilation of educational companies that are currently offering free subscriptions to anyone interested. These are great websites to explore with access to educational content that may supplement any ongoing lessons at your school.

[Click here](#) to view the list of companies offering free subscriptions.

Free Access to Adobe Creative Cloud

“Creative Cloud is a collection of 20+ desktop and mobile apps and services for photography, design, video, web, UX and more” (Adobe). This means that students and educators at Adobe's higher education and K-12 partner institutions worldwide will now have the ability to request off-campus/at-home login access to the Creative Cloud Suite.

The extended access will be free of cost, and will be granted through May 31, 2020, or until the students return to campus, depending on whichever is sooner.

[Click here](#) to access more information on how to apply.

Services for College Students: Cal State LA

Are food services available?

Eateries in the Food Court offer take-out service only. The dining area of the Food Court is closed. UAS Dining Services now offers an online ordering menu. Orders are placed online and picked up at The Spot in the Food Court. For students in on-campus housing, meals are being provided to students with meal plans in a manner that promotes social distancing.

What campus resources are still operating?

The Student Health Center, Counseling and Psychological Services, Food Pantry, and other resources will continue operations. The University-Student Union will be closed until further notice.

How can I access computers?

The Annex Link Open Access Lab, located in Simpson Tower E191, is open and operating under reduced hours: Monday through Thursday, 8 a.m. to midnight, and Friday through Sunday, 9 a.m. to 10 p.m. All other Open Access Labs will be closed until further notice. ITS Help Desk phone support is still available 24/7 at (323) 343-6170.

What about advising, tutoring and EOP?

Advisors and tutors are committed to helping students complete spring semester and prepare to enroll in the fall. These services will take place in non-face-to-face environments, including telephone, email, and zoom.

Centers are not currently offering drop-in appointments. To make an appointment or seek

more immediate assistance, contact your advising center.

For tutoring, contact the Center for Academic Success. Please note that there will be limited advising and tutoring from March 16-20 while the center prepares for the alternative instructional period.

EOP counselors will meet with students by phone or Zoom.

Last updated 03/18 from [Cal State LA Health Watch FAQs](#)

Services for College Students: ELAC

Library Services

ELAC Libraries (Monterey Park and South Gate) remain closed until further notice. Due dates for library materials have been extended to Monday, June 8, and overdue fines will be waived. Remote/online research help is available!

Email your questions to library@elac.edu Call or text us at 323-387-3133

Source: [ELAC Coronavirus Announcements](#)

First Year Center

The FYC will be closed for the next two weeks, but FYC staff is available via email. To contact, please visit the FYC's website: firstyearcenter.elac.edu

Source: [@firstyearcenter](#)

Los Angeles Community College District (LACCD) Laptop Scholarship

LA Community College students in need of a laptop can apply for one in their student portal under the Financial Aid and Scholarship Tab.

Source: [@elactransfercenter](#)

Student Health Center

The Student Health Center will remain open for medical and mental health services until further notice. Please call in advance if you're experiencing flu-like symptoms. Contact: (323) 265-8651

Source: [@elacstudenthealth](#)

STEM Counseling

MESA will be having STEM counseling available this week from 9:00-4:00pm and will begin booking appointments online through the MESA website beginning Monday, March 30th. For further information or to book an appointment, please email fernanab@elac.edu or

reynap@elac.edu

Source: [@mesa_elac](#)

ELAC is currently working on a list of campus resources and facilities that will be accessible to students during the campus closure. As of 03/18, Promesa's College & Career Senior Coordinator has confirmed the following after communication with the president's office:

- school library will remain closed
- Student Health Center will remain open, but call in advance to confirm spring break hours
- Food pantry will remain open, but call in advance to confirm spring break hours

What Mental Health and Medical Services Are Available to Me?

Mental Health Services

[Alma Family Services](#) (Phone intakes only for now)

SITE ONE: The Wellness Center at the Historic General Hospital

Address: 1200 N. State Street, Suite #1016, LA, CA 90033

Phone: 213-344-3799

SITE TWO: Centro Estrella Alma Family Resource Center

Address: 4701 E. Cesar Chavez Avenue, LA, CA 90022

Phone: 323-881-3799

[Enki Health and Research](#) - Boyle Heights Site (for Children and Youth only)

Address: 560 S. St. Louis St., LA, CA 90033

Hours: Monday-Thursday 9am-6pm / Friday 8am-5pm

Phone: For intakes at Boyle Heights or other sites - including support for Adults call:
866-227-1302

Medical Services

[Clínica Romero](#)

Address: 2032 Marengo St, Los Angeles, CA 90033

Phone: (213) 989-7700



[Altamed Health Service Corp/ Altamed Medical Group](#)

Any person that thinks that he/she may be experiencing symptoms is advised to first call (888) 499-9303 to speak to a medical provider to determine if testing is recommended. If someone decides to walk-in to a clinic they will not be turned away but there are very specific guidelines CDC and LACDPH are putting in place to only do necessary testing (supplies for tests are short and protective gear for staff, this is across the nation).

Where Can I Reach Emergency Support?

EMERGENCY CONTACTS

911 Police Department

LAPD- Hollenbeck Community Police Station

2111 E 1st St, Los Angeles, CA 90033

(323) 342-4100

Suicide Prevention Hotline (800) 273-8255

Teen Line (310) 855-4673 or text TEEN to 839863

California Youth Crisis Line (800) 843-5200

SAMHSA Hotlines SAMHSA's Disaster Distress Helpline (Substance Abuse and Mental Health Services Administration)

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

SMS: Text TalkWithUs to 66746

SMS (español): "Háblanos" al 66746

TTY: 1-800-846-8517

Website in English: [https:// www.disasterdistress.samhsa.gov](https://www.disasterdistress.samhsa.gov)

Website in Spanish: <https://www.samhsa.gov/find-help/ disaster-distress-helpline/espanol>

National Suicide Prevention Lifeline

Toll-Free: 1-800-273-TALK (1-800-273-8255)

Toll-Free (español): 1-888-628-9454

TTY: 1-800-799-4TTY (1-800-799-4889)

Website in English: [https:// www.suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org)

Website in Spanish: [https:// suicidepreventionlifeline.org/help-yourself/en-espanol](https://suicidepreventionlifeline.org/help-yourself/en-espanol)

Domestic Violence/ Violencia Domestica

East LA Women's Center

1431 S. Atlantic Blvd. Los Angeles, CA 90022

(323) 526-5819

Monday - Friday, 9 am - 6 pm

Crisis Hotline (24 Hrs) -(800) 585-6231

What Are My Different Rights During the COVID-19 Response?

KNOW YOUR RIGHTS

Immigration

Our undocumented community has rights! For more information on how to stay safe from ICE in the community, make sure to download Know Your Rights brochures and follow the organizations below for current resources and updates.

- *Promesa*, visit us at: promesaboyleheights.org/promesa-immigration-resources
 - [Know Your Rights](#)
 - [Family Preparedness](#)
- *California Youth Justice Alliance*
 - <https://ciyja.org/covid19/>
- *CHIRLA*
 - https://www.chirla.org/avada_portfolio/community-education/

Labor Rights

- *The Labor & Workforce Development Agency (LWDA)* has created a guide to understand worker and employment rights. For full information visit: labor.ca.gov/coronavirus2019/#chart
- Legal Aid at Work has created a list of ongoing resources for undocumented workers and their rights. For full information visit: legalaidthatwork.org/factsheet/undocumented-workers-employment-rights/

Tenant Rights

- **City of Los Angeles**
 - Governor Gavin Newsom issued an executive order that authorizes local governments to halt evictions for renters and homeowners, slows foreclosures, and protects against utility shutoffs for Californians affected by COVID-19.
 - The order does not relieve a tenant from the obligation to pay rent, or restrict the landlord's ability to recover rent that is due. The protections are in effect through May 31, 2020, unless extended. The order also requests banks and other financial institutions to halt foreclosures
- **Eviction Defense Network:**
 - A nonprofit community organization dedicated to protecting the right to decent, safe, sanitary and affordable housing. Serve households facing eviction by providing

consultations for a donation (no one turned away due to lack of funds) and/or providing representation in court on a sliding fee scale based on ability to pay (payment plans are available)

- Please send an email to: askanattorney@edn.la. If you don't have email, send a text or call: 213/537-5473 and your request will be screened by a paralegal. (For more information, click [here!](#))
- and related evictions during this time period. The full Executive Order can be found [here](#).
- **Inquilinos Unidos:**
 - A nonprofit dedicated to empowering low-income tenants through community organizing, education and advocacy to fight for safe, decent and affordable housing in Los Angeles.
 - If you or a family member is in need of eviction prevention assistance, please call (213) 483-7497. If you are sent to our voice mail, please leave your name, telephone number and date of call, and someone will return your call to schedule an over the telephone consultation. Those tenants in need of further legal assistance will be referred to a network of volunteer attorneys.

Employment Rights:

What employees are entitled to may be confusing. **THIS CHART** makes it easier to understand what resources may be available. More information below.

Employment Issues:

- Please visit 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
- 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

****Disability benefits /paid sick leave** are available for those who have actually contracted the virus themselves or who have been exposed to it and are quarantined (must be certified by a medical professional in the case of Disability Benefits). [Learn how to file a Disability Insurance Claim HERE](#).

Unemployment Benefits

****Unemployment benefits** are available to those whose hours have been reduced or who have lost their job due to coronavirus measures (and it also applies to those who choose to stay home due to underlying health issues making them more vulnerable). The Governor has waived the 1 week wait time and the person may not be required to be actively looking for work (as is usually required). [Learn how to file an Unemployment Insurance Claim HERE](#).

- Unfortunately, this benefit is not available to undocumented persons whose hours are reduced or lose their job for reasons related to COVID-19, etc.
- SCHOOL CLOSURES: If your child's school is closed and you have to miss work to care for them. You might qualify for Unemployment Insurance benefits. [Learn how to file an Unemployment Insurance Claim HERE](#).

Worker's Compensation

****Workers comp** is available for those who are unable to do their usual job because they were exposed to and contracted Covid-19 while in the regular course of their job (i.e. healthcare workers)

[Learn how to file workers comp here](#)

Temporary Support:

- **Internet**
 - Telecom and Data companies are extending their services to ensure that individuals have access to high speed internet at low or no cost. For a full list of providers and their available services, visit: www.cde.ca.gov/ls/he/hn/availableinternetplans.asp
- **Utilities**
 - Southern California Edison Responds to COVID-19 Emergency, Suspends Service Disconnections (Source/More Information).
 - More information at: socalgas.com/coronavirus
- **Parking Enforcement Relaxation within City of LA (As of 03/16/20) :**
 - Relaxed enforcement of street sweeping restrictions in residential areas
 - Relaxed enforcement around closed schools
 - Moratorium on ticketing and towing for abandoned vehicles and oversize vehicle overnight parking fines
 - Freeze on parking fine increases for the next 60 days
 - Extended grace period for people dropping off or picking up groceries and goods
 - Immediate extension on all deadlines for payment due until June 1
- **Housing (As of 03/18/20)**
 - City of Los Angeles will add thousands of emergency shelter beds to get unhoused people living on the street indoors, using \$20 million dollars in city's budget reserve funds for emergency relief:
 - 1,600 emergency shelter beds at 13 City Recreation Centers (Locations TBD) and more to come.
 - American Red Cross providing more than 6,000 beds to support as more City Recreation Centers are added.

How Can I Access CENSUS 2020 Support?

CENSUS 2020



Fill out Census Online:
<https://my2020census.gov/>

Fill out Census by Phone:
(844) 330-2020 (English)
(844) 468-2020 (Spanish)

To talk to a Promesa staff, reach us at: 323-545-5195

Community members by now have received Census 2020 information at home on how to self-respond and be counted. All Census Kiosks are currently closed due to the current social distancing protocols. However the CENSUS 2020 can be filled out either Online or by Phone:

Fill out Census Online: (Multiple Languages available)

<https://my2020census.gov/>

Fill out Census by Phone - Call: 844-330-2020 (English) OR 844-468-2020 (Spanish)

For any other questions, our national partners at NALEO Education Fund have a Census support bilingual hotline at **877-EL-CENSO** (877-352-3676) Monday-Friday 5:30am-5:30pm.