



COVID-19 Quick Reference Guide

Information Listed as of April 9, 2020

County Public Health's Website: <http://www.acphd.org/2019-ncov.aspx>

COVID-19 Questions? Call 510-268-2101 or email nCoV@acgov.org

ALAMEDA COUNTY

Food and Healthcare Resources

- **Alameda County Community Food Bank**
 - Website: <https://www.accfb.org/health-and-safety/>
 - **If you are in need of food, please call our Emergency Food Helpline: 510-635-3663**
 - Find a Food Bank agency partner near you.
 - In **English or Spanish**.
 - Search for additional resources
 - In **English and Spanish**.
- **Spectrum Community Services Senior Nutrition Program/Meal Delivery**
- - <https://spectrumcs.org/senior-services/senior-meals>
- **SOS Meals on Wheels (Oakland, Hayward, San Leandro, Unincorporated Eden Area) -**
<https://www.sosmow.org/>
- **Mercy Brown Bag -** <https://mercybrownbag.org/get-food/>
- **List of Grocery Stores That Accept EBT Online for Delivery**
 - <https://foodstampsnow.com/list-of-grocery-stores-that-accept-ebt-online-for-delivery/>
- **Resources for Community Development (RCD) -**
https://docs.google.com/document/d/1jFpIPGuFLTpa7dPAVvVOc5q8jxOZ5pp5d_2XqWaETeo/edit?usp=sharing

Need to apply for medical, food or cash assistance?

[Alameda County Social Services Agency \(ACSSA\)](#)

Accepting applications for Medi-Cal, CalFresh, CalWORKs, Refugee Cash Assistance and General Assistance via phone, fax, online or by mail.

www.MyBenefitsCalWIN.org, 510-891-0700

Fax at 510-670-5095 - during the business hours of 7:30 AM to 5:00 PM, Monday - Friday

P.O. Box 12941, Oakland, CA 9460

Healthcare

- Sign up for health insurance through [Covered California](#). There is a special enrollment period due to COVID-19. Individuals who are uninsured and eligible to enroll in health care coverage through Covered California can now apply until June 30.

<https://www.coveredca.com/individuals-and-families/getting-covered/special-enrollment/>

Service Center: 800-300-1506

Service Center TTY: 888-889-4500

Monday-Friday: 8:00am-6:00pm

- Visit [211](#) to access a database of health and social services in Alameda County
- Text "coronavirus" or "COVID19" to 211211 for info about how the illness spreads, prevention tips & more
- [Alameda County Health Care for the Homeless](#)
- [Resources for People Living with HIV](#)

Miscellaneous

[Freedom Community Clinic Mass Resources](#)

[One Degree COVID-19 Resource Guide](#)

[Alameda County Social Services Agency](#)

[Alameda County Rapid Response Resources](#)

[Alameda County Workforce Development Worker Resources](#)

[Alameda Kids Resources for Parents](#)

Essential Workers – Childcare support

- **Childcare Support for Essential Workers**

- <https://docs.google.com/forms/d/e/1FAIpQLScNpNPNBYsJrNtApOAONYNnkcvie-Betn4FZviUA9sTjbimuQ/viewform>
- **Sheriff's Office:** Report Scams, Non Essential Business and Non Essential activities to: covid19compliance@acgov.org

STATE OF CALIFORNIA

ONE-STOP SHOP:

- The State of California and Governor Gavin Newsom have launched a website to answer many of your questions, and with links to many of the resources folks need during this period. For the latest health updates, and for instructions on how to apply for unemployment, disability benefits, paid family leave, small business assistance, and more, go to <https://covid19.ca.gov>

LATEST NEWS AND ACTION FROM THE GOVERNOR:

- Governor Gavin Newsom is giving frequent updates via press conferences. They stream live on his [Facebook](#) and [Twitter](#) pages.
- For the latest on actions and orders from the Governor: <https://www.gov.ca.gov/newsroom/>
- Governor Newsom has mandated a statewide moratorium on residential evictions until May 31st.

LATEST GUIDANCE FROM CALIFORNIA DEPARTMENT OF PUBLIC HEALTH:

- The California Department of Public Health (CDPH) is tasked with releasing the latest State guidance for individuals, our schools, health facilities, and more. That guidance can be found [here](#).

UNEMPLOYMENT INSURANCE, DISABILITY INSURANCE, AND PAID FAMILY LEAVE:

- If you are experiencing unemployment due to COVID-19, and are eligible, you can file for Unemployment Insurance [here](#).
- If you are unable to work due to having or being exposed to COVID-19, you are encouraged to file a Disability Insurance claim. DI provides short-term benefit payments to eligible workers who have a full or partial loss of wages due to a non-work-related illness, injury, or pregnancy. Most California workers are covered by DI through deductions from their paychecks (noted as "CASDI" on most paystubs).
- Note: The [Governor's Executive Order](#) waives the one-week unpaid waiting period, so you can collect DI benefits for the first week you are out of work. If you are eligible, the EDD processes and issues payments within a few weeks of receiving a claim.
- If you're unable to work because you are caring for an ill or quarantined family member with COVID-19, you are encouraged to [file a Paid Family Leave \(PFL\) claim](#). PFL provides up to six weeks, this extends to eight weeks starting July 1, 2020, of benefit payments to [eligible workers](#) who have a full or partial loss of wages because they need time off work to care for a seriously ill family member or to bond with a new child.

COVERED CALIFORNIA:

- Due to COVID-19, Covered California has opened a special enrollment period. You can apply now for coverage if you are uninsured and eligible: <https://www.coveredca.com/>
- Medi-Cal enrollment continues to be year-round, apply [here](#).

SAFETY NET PROGRAMS:

- Governor Gavin Newsom recently issued an executive order that extends the eligibility period for important safety net services. The order waives eligibility re-determinations for 90 days for Californians who participate in:
 - [Medi-Cal](#) health coverage
 - [CalFresh](#) food assistance
 - [CalWORKS](#)
 - [Cash Assistance for Immigrants](#); and
 - [In-Home Supportive Services](#)

CA DMV:

- The California Department of Motor Vehicles has announced [a 60-day grace period](#) for transactions that have a deadline of March 16 or later and require an office visit. The most common transactions that can't be done online, at a kiosk, or by mail are:
 - First-time driver's license.
 - Renewal of license for drivers 70 and older, who are required to take an in-person test.
 - Renewal of license for a driver who hasn't had an in-office visit in 15 years.
 - Renewal of a registration expired for more than 90 days.
- For these and other matters requiring office visits, the DMV has asked California law enforcement agencies to "exercise discretion for 60 days in their enforcement" of expiration dates.
- DMV offices are still open, but no walk-in visitors are allowed - only those with appointments, and no new appointments are being scheduled at this time. No behind-the-wheel tests are being given.
- President Trump said on March 24 that [the deadline will be extended](#) for Americans to obtain Real ID, but he did not set a new date.

TAXES:

- [Federal Income Tax](#): The deadline has been extended to July 15th. <https://www.irs.gov/newsroom/payment-deadline-extended-to-july-15-2020>
- [CA Income Tax](#): The deadline has been extended to July 15th. The FTB will also waive interest and any late filing or late payment penalties that would otherwise apply. FTB is postponing the filing and payment deadlines for all individual and business entities, until July 15, for:
 - 2019 tax returns;
 - 2019 tax return payments;
 - 2020 1st and 2nd quarter estimate payments;
 - 2020 limited liability company taxes and fees; and,
 - 2020 Non-wage withholding payments.

- **Property Tax:** The April 10th deadline has not been extended. Although the deadline has not been extended, the penalties and costs imposed due to a late payment can be waived in circumstances where a taxpayer cannot physically pay their taxes due to quarantine, illness, or closure of the county Tax Collector's office.
- **Sales Tax and other Special Taxes:** Pursuant to Governor Newsom's announcement on March 12th, CDTFA is authorized to provide relief to individuals and businesses impacted by COVID-19. The relief includes granting extensions for filing returns and making payments, and relief from interest and penalties. Because CDTFA administers a wide range of taxes, taxpayers seeking assistance should contact CDTFA's Customer Service Center at 800-400-7115, or visit CDTFA's online Website at www.cdtfa.ca.gov.

SMALL BUSINESS:

- The U.S. Small Business Administration (SBA) is offering low-interest federal disaster loans for working capital to California small businesses suffering substantial economic injury as a result of COVID-19. For more Information about SBA disaster assistance programs, and to apply directly online, go to: www.sba.gov/disaster Or, contact SBA's Customer Service Center at: 1-800-659-2955 / 1-800-877- 8339 (TTY) Or by email at: disastercustomerservice@sba.gov.
- The Governor's Office of Business and Economic Development (GO-Biz) has the most up-to-date information and resources for small businesses. They have released a useful FAQ for small businesses, which can be found [here](#).

UTILITIES:

- All East Bay utility companies have suspended service disconnections due to non-payment during the COVID-19 public health emergency. More info [here](#).

CONSUMER PROTECTIONS:

- Price gouging during a state of emergency is illegal in California. Report gouging on food, gas, medical supplies, transportation, hotel accommodations, and any other essential supplies to the Attorney General at (800) 925-5225, or [here](#).

UNITED STATES

The Small Business Owner's Guide to the CARES Act:

https://www.sbc.senate.gov/public/_cache/files/9/7/97ac840c-28b7-4e49-b872-d30a995d8dae/F2CF1DD78E6D6C8C8C3BF58C6D1DDB2B.small-business-owner-s-guide-to-the-cares-act-final-.pdf

Coronavirus (COVID-19): Small Business Guidance & Loan Resources:

<https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>

Center for Disease Control and Prevention website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Senior Medicare Patrol Consumer Fraud Alert: COVID-19

https://www.smpresource.org/Handler.ashx?Item_ID=F27C608F-711D-4FF4-A87B-EBE61FE52890

Renters and Homeowners Relief

COVID-19 Relief Options <https://www.knowyouroptions.com/covid19assistance>

COVID 19
CORONAVIRUS DISEASE

SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

- FEVER**
- COUGH**
- SHORTNESS OF BREATH**

*Symptoms may appear 2-14 days after exposure.

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

For more information: www.cdc.gov/COVID19-symptoms



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