

Please remember to check the Emergency Hotline when emergency conditions are present.

**Hotline: (510)834-2084
OHAPD: (510)535-3100**

Where to go for help?



As the OHA family works together to ensure our residents have the necessary tools and resources to navigate the current public health crisis, we want to make sure that each of us is also taking steps to secure some of those same resources for our own families. Recognizing that all of our families are unique, and that there is no one right way to address our needs, we are providing this information in hopes you'll find it useful as you navigate your changing environment. With a workforce spread out from Alameda County to San Francisco, Contra Costa, Sacramento, Santa Clara, San Joaquin and beyond, the messages from elected officials vary significantly. The guide below will help you identify areas where help is available or provide a blueprint for how to access information in your local jurisdiction.

Governor Gavin Newsom has deployed a "State Hotline" at (833)544-2374. By calling that number, you will be directed to resources in your local area for your specific concerns. Additionally, you can always call 2-1-1, a go-to source of available information for each county.

YOUR QUESTIONS & CONCERNS	LINKS TO AVAILABLE RESOURCES
<p>General Questions About Coronavirus (COVID-19) The information about Coronavirus (COVID-19) is constantly changing. The Federal, State and Local Governments are providing information with ongoing updates, as well as the World Health Organization.</p>	<p>Centers for Disease Control www.CDC.gov World Health Organization www.Coronavirus.com State of California Department of Public Health www.cdph.ca.gov Alameda County Department of Public Health www.acphd.org</p>
<p>Childcare/Homeschooling Many OHA employees have children who have been impacted by CV-19. Whether your child's daycare or school was closed or switched to online/distance learning, you may find yourself needing new childcare or a crash course in homeschooling. Or perhaps you just need activities to keep them busy during the hours they are indoors and unable to participate in their normal activities.</p>	<p>California Dept. of Education www.cde.ca.gov Alameda County of Office of Education www.acoe.org Oakland Unified School District www.ousd.org See "KOOL things to do"* flyer for learning tools and educational ideas. See the "Internet Resources for COVID-19"* document for additional education information.</p>
<p>Finances While OHA employees may still be working, others in your household may be impacted by job or income loss. There is help available. The IRS (Federal Tax) and the Franchise Tax Board (CA State Tax) have extended the file deadline to July 15, 2020. Additionally, other support is being offered to those who qualify through the Employment Development Department (EDD) and the recent Stimulus Package.</p>	<p>For tax assistance visit Free Tax USA www.freetaxusa.com Learn more about how to apply for Unemployment Insurance and the benefits you are entitled to at www.EDD.ca.gov or see the "EDD Information"* document. Details about the Stimulus and who qualifies for benefits can be found in the "Stimulus FAQ"* document.</p>
<p>Emotional Support and Self-Care This is an incredibly difficult time for everyone—from coast to coast and around the world. It is more important than ever to take time throughout the day to stop, take a deep breath and do things that will help you better cope with the stress that this situation undoubtedly brings. Note: While now is the time to Shelter-in-Place and "isolate," it is not the time to be all alone. Talk to and interact with others.</p>	<p>For professional help managing stress and the emotional toll of this crisis, contact your primary care provider or you may seek counseling through OHA's EAP program LifeWorks (Ceridian) at www.lifeworkshr.com User ID: oakland Password: housing For Coronavirus support visit www.virusanxiety.com For ideas on how to stay engaged and positive click here</p>
<p>Low-Cost Resources If you do not currently have access to the internet or other tools that allow you to access some of the resources available, sign up now.</p>	<p>Internet Essentials www.InternetEssentials.com (844)235-1572 See the "Internet Resources for COVID-19"* for other avenues to access cell phone and Internet services.</p>
<p>Groceries/Meals There are a number of ways to ensure families are able to eat healthy nutritious meals during this time, from meal delivery services that allow you to get meals without leaving your home to food banks that make low-or no-cost foods available to low income families and individuals.</p>	<p>Alameda County Community Food Bank www.accfb.org/get-food (510)635-3663 California Association of Food Banks www.Calfoodbanks.org Meals on Wheels www.sosmow.org</p>
<p>Senior Care Often seniors lack some of the basic services due to their fixed-income status, mobility issues or for other reasons. A variety of services are available including meal delivery, physical assistance and other county resources.</p>	<p>See "Resources for Seniors and Older Adults"* list for links to online access to services.</p>
<p>Volunteer Opportunities Some people just want to help. Knowing that you have some available time and a desire to be of service, motivates many of us to share our time for the greater good.</p>	<p>See "Neighbors Helping Neighbors"* flyer for areas of need and directions for how to help. Visit www.OaklandAtRisk.com or call (510)306-4973. You may also contact Volunteers of America at www.VOA.org to learn ways to help in your community.</p>

In addition to the links and documents referenced in the chart above, the Freedom Community Clinic has compiled a comprehensive list of services and resources in the COVID-19 Bay Area Community Resources Guide. Click [here](#) to connect to the Google doc, which is being updated in real-time. Feel free to look for similar resources in your area.

If you need assistance with finding resources in your local community don't forget to call 2-1-1 or contact LifeWorks (Ceridian) at www.lifeworkshr.com. User ID: **oakland** Password: **housing**.

These resources are available for all OHA employees and their families; and we hope you will share them with any of our residents, with whom you come into contact.

*Linked flyers and documents are located in Z:\Communication Resources\COVID-19 Resources