


COVID-19 Resource Kit

Created by the [Spring 2020 WGSS 496 Internship Course](#)


Resource guide created by the Division of Student Affairs at Cal State Long Beach
[CSULB Resources During COVID-19](#)

Basic information in Long Beach from Health & Human Services
[Long Beach, California - Coronavirus](#) (Different Languages Available)

What you should Know	How to protect yourself	Guidance for Cloth Face Coverings	COVID-19 Street Parking Relief	Neighbor to Neighbor Cards
English Spanish Chinese-Mandarin Tagalog Khmer	Multilingual	English	English	Spanish Khmer Tagalog



COVID-19
WHAT YOU NEED TO KNOW



LONG BEACH
HEALTH & HUMAN SERVICES
WWW.LONGBEACH.GOV/COVID19


WHAT IS COVID-19?


Coronavirus Disease 2019 (COVID-19) is a respiratory virus that was first identified in December 2019 in Wuhan, Hubei Province, China. This virus probably originally emerged from an animal source but is now spreading from person-to-person.


The Long Beach Health Department is closely monitoring the situation and taking steps to keep Long Beach safe.

WHAT ARE THE SYMPTOMS?


Current symptoms reported have included mild to severe respiratory illness with fever, cough, and difficulty breathing.



Fever



Shortness of Breath


Cough


HOW IS IT TRANSMITTED?

 Close personal contact, such as touching and shaking hands

 Droplets while coughing and sneezing


 Touching your eyes, nose, and mouth with unwashed hands

AM I AT RISK?





I have traveled within the last two weeks.

OR




I have had close contact with someone who has COVID-19.





I have become ill with fever and cough or shortness of breath.

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Contact your healthcare provider to determine if testing is needed.


HOW IS IT DIAGNOSED?


Health care providers will assess patients and consult with the Health Department on whether testing is indicated.


WHAT IS THE TREATMENT?


Most people will recover on their own. There are no specific treatments for COVID-19.


HOW DO I PREVENT THE SPREAD OF COVID-19?


 Wash your hands with soap and water often for at least 20 seconds.

 Avoid touching eyes, nose, and mouth with unwashed hands.

 Avoid close contact with people who are sick.

 Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

 Stay home if you are sick.

 Clean and disinfect frequently touched objects and surfaces.

Food resources — L.A. Long Beach, Orange County

- [LAUSD Free Grab & Go Meals for students](#)
 - The Los Angeles Unified School District has provided Grab & Go meal centers for students during school closures. The website provides additional information on where to locate those centers.
- [CA Meals for Kids](#)
 - CA Meals for Kids is an App dedicated to helping users find locations that offer free meals for youth. The app was initially developed to help users find locations offering free meals after school and during summer break. The app now provides locations that are offering free meals during emergency school closures. The link provides more information on the app.
- [Food Finders](#)
 - Food Finders is dedicated to providing free meals to the community. They developed a list of locations providing free food during the health crisis. The list provides different locations in different cities.
- [One Degree COVID-19 Resource Guide](#)
 - The website provides a variety of helpful resources the community can use during this pandemic. In regards to food, the website provides resources for food delivery, groceries, nutrition, and prepared meals.

Domestic violence, mental health, and other support

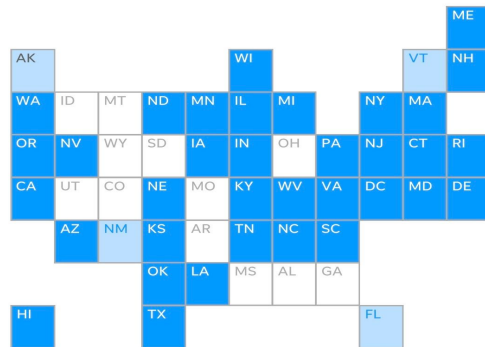
- [NEDA ONLINE FORUM COVID-19](#)
 - This forum intends to provide a safe space to discuss concerns regarding COVID-19 and eating disorder support during this global crisis. You can learn more about additional COVID-19 resources [here](#) on their website.
- [Online ED Support Groups During COVID-19](#)
 - A list of ANAD online/phone ED support groups.
- [Body Positivity Women of Color - Support](#)
 - Nalgona Positivity Pride's website has ED support resources and ED educational webinars for BIPOC.
- [Information On COVID-19 For Survivors, Communities, And DV/SA Programs](#)
 - Resources for domestic violence/sexual assault survivors and communities during Covid-19 crisis.
- [COVID-19 Disability Community Preparedness Resources \(U.S. Based\)](#)
- [NAMI Orange County COVID 19 Info & Resources](#)
 - Answers to FAQs about the impact of COVID-19 on mental illness, and information on how to find mental health support while in quarantine.

Unemployment, income relief, free services & discounts and rent

- **Unemployment benefits:**
 - [How to claim unemployment benefits \(English\)](#)
 - This document explains the requirements to file for unemployment and explains the process. Unemployment Insurance (UI) is an employer paid program that provides partial income replacement when you become unemployed or have your hours reduced and meet all eligibility requirements.
 - [Cómo reclamar beneficios por desempleo \(Español\)](#)
- **Income relief:**
 - [Remote/Online Jobs](#)
 - Teach english, work as a virtual assistant, edit, write, tutor, etc.
 - [Coronavirus Aid, Relief, and Economic Security Act or the CARES Act](#)
 - This bill will provide cash payments to individuals, increase unemployment assistance, temporary Pandemic Unemployment Assistance program, requires all private insurance plans to cover COVID-19 treatments and vaccine and makes all coronavirus tests free, helps small business with grants and forgivable/ relief for existing loans, provides student loan relief, etc.
 - [FAMILIES FIRST CORONAVIRUS RESPONSE ACT](#)
 - The legislation guarantees free coronavirus testing, establishes paid leave, enhances Unemployment Insurance, expands food security initiatives, and increases federal Medicaid funding.
 - [Economic Impact Payment \(Stimulus Check\)](#)
 - Adults with income below \$75,000 are due to receive \$1,200 each, with the first checks expected to land within days.
- **College students impacted by COVID-19 get free services and discounts**
 - [Free 30 day U-Haul](#)
 - [Free internet \(60 days\)- Spectrum](#)
 - [Free internet \(60 days\)- Xfinity](#)
 - [Free internet - Altice](#)
 - [Free self storage- compass](#)
 - [Enterprise Car-Rental College travel assistance](#)
- **Rent relief**
 - [Small Business Guidance & Loan Resources](#)
 - [Half Moon Bay, CA - 2 months free rent for small businesses](#)
 - [Long Beach, CA- Evictions Suspended for Tenants Affected By COVID-19](#)
 - The local city council in Long beach decided tenants would have through November to make up missed or partial payments that occurred in April or May. (This emergency ordinance doesn't waive the payments, and provides temporary relief.)

States barring evictions during the coronavirus outbreak

■ Bars evictions ■ Partial □ No action



Activism — ways to be of service for those who need it or who would like to get involved in online organizing.

- [People's Revolution Party LB](#): PRP is dedicated to radical revolutionary change through community-based.
 - [PRP Community Aid Project](#)
- [LONG BEACH COVID-19 Undocumented Community Relief Fund](#)
- [DSA Long Beach](#): The Long Beach, CA chapter of the Democratic Socialists of America, fighting for the freedom, abolition, and economic justice
 - [Instagram](#)
- [Long Beach Immigrant Rights Coalition](#): A grassroots network of community organizations and individuals working for just immigration policies and practices that respect human rights.
 - [Instagram](#)
- [Housing Long Beach](#): Housing for the wellbeing of LB residents through community organizing, systems & policy change.

Physical opportunities — links for free dance classes, yoga, etc. Music, books, video

- The Long Beach Public Library has many free online resources and databases. From audiobooks, ebooks, magazines, music, etc. Most resources are available using your LBPL library card number and pin. All LBPL locations are closed until further notice and if you don't have a library card you can sign up for a temporary library card online. Temporary library cards will grant you access to our online resources.
 - [Overdrive](#) gives you the opportunity to download audiobooks and ebooks for free.
 - [Freegal music](#) offers free unlimited music for streaming. You can download up to 5 songs a week.
 - [Mango Languages](#) is an online learning resource that helps students learn a variety of languages. Some of the languages include Spanish, French, Japanese, German, and many more.
 - LBPL offers more online resources. Here is the [LINK](#) to all the digital resources that are offered.
- There are many fitness studios that are offering live-streaming workout classes for free during the coronavirus outbreak. Here are some of the links where you can stay healthy while being at home.
 - [305 Fitness](#) is offering live streams on youtube and are held at 12 pm & 6 pm EST.
 - [Planet Fitness](#) is live streaming 20 minute workouts everyday at 7 pm EST on facebook.
 - [Retro Fitness](#) is also offering free live stream classes at 6 pm EST on facebook Monday-Friday.

Support for Undocumented folks

- Legal Aid at Work - [Relief Funds For Undocumented Workers in California](#)
- United We Dream - [Healthcare for Undocumented Folks COVID-19](#)
- CIYJA - [COVID-19 Resources for Undocumented Californians](#)
- Immigrants Rising - [Tangible Support for Immigrant Communities During COVID-19](#)
- CHIRLA - [Coronavirus Hotline from CHIRLA](#)
- Legal Aid at Work - [Employment Rights for Undocumented Workers in CA](#)
- My Undocu Life - [Resources for Undocumented Immigrants and their Families During COVID-19](#)
- Northern California Public Media - [COVID-19: Resources for the Undocumented and Uninsured](#)

Support for students with younger siblings/children (childcare, chromebook, free lunch, WIFI, educational websites/teachings)

- [Locations](#) for Grab and Go meals provided by LBUSD for students ages 1-18
- Chromebook pick up: Parent/Guardian must show up with ID and student ID or student number to pick up sites
 - Jordan High School, 6500 Atlantic Ave., Long Beach
 - Poly High School, 1600 Atlantic Ave., Long Beach
- Access to free WIFI
 - [LBUSD Low Cost Internet Flyer](#)
 - For those who may need a computer or free/cheap Internet access:
 - [Computers for Classrooms](#)
 - [human-I-T](#) Technology Donations
- Educational websites for young students
 - Math: <https://www.stmath.com>
 - English: <https://www.lexialearning.com>
 - Learning games: <https://www.abcya.com>
 - Learning resources: <https://www.khanacademy.org>
 - Physical activity: <https://www.gonoodle.com>
 - Short educational movies: <https://www.brainpop.com>

Regional Resource Lists taken from COVID-19 Resource List (Orange County)

Borrowed from: [AACRE](#)

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OTHER RESOURCE LISTS (regional)

General

- [COVID-19 Mutual Aid & Advocacy Resources](#)
- [COVID-19 Resources for the Artist Organization Field](#)
- [Artist and freelancers resources](#)
- [Southern California Resources for COVID-19 Pandemic](#)
- [COVID 19 \(Coronavirus\)- Resources for Immigrants / Recursos para Inmigrantes](#)

Oakland

- [COVID-19 Mutual Aid Resources - Huichin/Oakland](#)
- [COVID-19 Resources List \(Bay Area, CA\)](#)

New York

- [CORONAVIRUS RESOURCE KIT](#)

Boston

- [COVID19 Resources by Asian American Resource Workshop \(AARW\)](#)

Los Angeles

- [COVID-19 Mutual Aid Resource Links by Audrey Kuo](#)
- [AMWA - local north east la \(nela\) / midcity / koreatown resources](#)
 - [AMWA - local north east la \(nela\) / midcity / koreatown resources in spanish](#)
- [Dream Center COVID-19 Doc \(Slight CSUN/LA focus\)](#)
- [California Department of Public Health - COVID-19](#)

Orange County

- [CV-19 RESOURCE GUIDE \(ORANGE COUNTY, CA\)](#) by VietRise
- [California COVID-19 Resource Guide](#) by the CA Healthy Nail Salon Collaborative
- [COVID-19 Resource List \(Orange County\)](#)