

COVID-19 (Coronavirus) Resources

Resource Name	Resource Type	Resource Information
COVID-19 Guidance to AZ Public / Charter Schools	<i>The link contains guidance and resources for Arizona's public district and charter schools as they navigate COVID-19 response.</i>	https://www.azed.gov/communications/2020/03/10/guidance-to-schools-on-covid-19/?fbclid=IwAR3HUtr-RlwrLapTc-nUxVPGKUllaS2FYgupEHQzHPKQo5mr2O3HCAhhshl
COVID-19 Resource Guide for City of Phoenix	Phoenix Specific Resources	https://www.phoenix.gov/resources
Arizona Together	State COVID-19 Resource Page	https://arizonatogether.org/
AZ Poison Control	Health	The Arizona Poison Control System is now available to take COVID-19 calls from Arizona providers and the general public: 1-844-542-8201
AZ Department of Health and Safety	Health	https://azdhs.gov/preparedness/epidemiology-disease-control/infectious-disease-epidemiology/index.php#novel-coronavirus-home
Enterprise Rent-A-Car	Transportation	<p>Enterprise Rent-A-Car® is offering College Student Travel Assistance in response to the closing of colleges and universities due to coronavirus (COVID-19) concerns.</p> <p>We are reducing the minimum age and waiving young renter fees for rentals through May 31, 2020, to help students get home safely and ease the burden on families during this time.</p>

		<p>Details</p> <ul style="list-style-type: none"> • Available to college students 18-24 years of age • Official student ID must be presented at the time of rental • Valid on Economy through Fullsize cars, Minivans, Small Pickup Trucks and Cargo Vans • Valid at U.S. locations only for rentals reserved in advance • Standard driver and credit requirements apply (excluding minimum age) • Expires May 31, 2020
Elaine (update of services)	Transportation	Elaine (medical transport) will not be providing any services for the next two weeks.
SRP	Water	<p>SRP:</p> <p>We recognize the impact the COVID-19 pandemic is having on our residential and business customers. Given the magnitude of this unprecedented event, we are suspending power shutoffs for non-payment and will waive all late payment fees. This applies to both residential and commercial customers. SRP will continually assess the situation during the COVID-19 pandemic to ensure this is the right decision for our customers and community. SRP will be attempting to contact customers who are currently disconnected to facilitate a safe reconnection. If you are currently disconnected, and we were unable to reach you or you have not yet been contacted, please contact us to ensure a safe</p>

		<p>reconnection by calling us 24/7 (602) 236-8888.</p> <p>Even though we are temporarily halting power shutoffs for non-payment, customers will continue to accumulate charges from SRP during this time for electric service. We encourage customers who are experiencing difficulty paying their electric bill for any reason to notify us as quickly as possible so we can make arrangements that can help avoid a worsening financial situation. We're here to help.</p>
Andre House	Food Clothing Laundry Showers	<p>This plan will be implemented effective 3/17/20 and is as follows:</p> <ul style="list-style-type: none">*Out of an abundance of caution for the health and safety of our volunteers and guests, as of 3/17/20 we are temporarily suspending all volunteer activity for four weeks.*Meal service will still be offered but will be modified. Meals will be prepped by AH staff and served in to-go containers at our front gate from 4:30PM-6:30PM Saturday-Thursday.*The building will be accessible for bathrooms, showers and clothing closet, but is effectively closed. The dining room will not be open to guests during the day or during the dinner service hour.*Bathrooms and showers will be accessible for guests and flow of these operations will be modified to limit the number of people in the building at one time. We

		<p>already have rigorous cleaning procedures for these high contact spaces, but are expanding those practices to sanitize door handles, sinks and faucets, and toilet seats on an hourly basis. Each shower is cleaned and sanitized after each use. Minimizing the number of people coming in at one time will allow us to deploy these practices.</p> <p>*The Pascente office will be closed but blankets, hygiene kits, and backpacks will be distributed from the Porter station. *Laundry service is suspended indefinitely</p> <p>*Clothing closet will be available Monday, Wednesday and Thursday 10AM-12PM and flow of this service will be modified to limit the number of people allowed in the space at one time.</p>
Tempe Community Action Agency	Food and Housing	<ul style="list-style-type: none">• Senior congregate meal services held at Tempe senior centers are on hold as City senior centers are closed. In lieu of this, TCAA, will be offering a drive-through (“to go”) meal service for participants in Tempe. The drive-through service will be offered Monday through Friday at the North Tempe sit.• Senior congregate meal services in Scottsdale will continue.• The Home-Delivered Meal services in Tempe and Scottsdale will continue.

		<ul style="list-style-type: none">• The Home-Delivered Meal service will be expanded to seniors in Tempe who are enrolled in and impacted by the temporary hold on Congregate Meals at the Tempe sites and who are unable to use the drive-through meal service.• The Food Pantry program anticipates increased demand and as such, is taking extra preventative measures by disinfecting surfaces frequently, among other steps.• Ongoing garden activities for small gatherings at the Community Gardens can continue.• The I-HELP program is continuing to offer shelter and meals for our clients and will make adjustments to shelter locations based on communication from each host partner.• The Neighbors Helping Neighbors program is discontinuing trips to the grocery store for clients and food box delivery will be arranged instead. This is being managed by our team of social workers who are in close communication with clients.
CASS (update of services)	Housing	CASS shelter is not taking any new intakes. All staff,

April 8, 2020

		except for shelter staff, have been sent home for two weeks. Current shelter stayers can stay here, but if they lose their bed for any reason they will not be able to get it back. CASS is going to re-evaluate the situation on 3/29 and decide what to do from there.
Arizona Complete Health (ACC & RBHA)	Nurse Line Number	1-866-534-5963
Banner (ACC & LTC)	Nurse Line Number	1-88-747-7990
Care1st	Nurse Line Number	1-800-746-3163
Magellan	Nurse Line Number	1-800-424-5891
Mercy Care (ACC & LTC)	Nurse Line Number	1-800-564-5465
UnitedHealthcare (ACC & LTC)	Nurse Line Number	1-877-440-0255
Health Choice Arizona (ACC & RBHA)	Nurse Line Number	1-855-458-0622
CMDP	Nurse Line Number	1-800-201-1795
DDD AIHP	Nurse Line Number	1-844-770-9500
Chinle Comprehensive Health Care Facility	American Indian Medical Home (AIMH) Facility Nurse Line Number	1-800-242-9271
Fort Yuma Indian Health Center	AIMH Nurse Line Number	1-866-896-1585
Phoenix Indian Medical Center	AIMH Nurse Line Number	1-602-285-3888
San Carlos Apache Healthcare Corporation	AIMH Nurse Line Number	1-833-361-9550
Whiteriver Indian Hospital	AIMH Nurse Line Number	1-928-338-4911
Expanded Telehealth Benefits for Medicare Beneficiaries During COVID-19 Outbreak	Medical-Medicare	https://www.cms.gov/newsroom/press-releases/president-trump-expands-telehealth-benefits-medicare-beneficiaries-during-covid-19-outbreak
Street Medicine (update of services)	Medical	Street Medicine will not be providing any services/"Street Runs" until further notice.
Uhaul free to college students in COVID19	Storage/moving	https://www.uhaul.com/Articles/About/20625/College-Students-U-Haul-

		Offers-30-Days-Free-Self-Storage-amid-Coronavirus-Outbreak/
Homeless ID (update of services)	Identification	Homeless ID will not be operating indefinitely. Please refer clients needing state IDs to St. Vincent de Paul at 320 W. Watkins
Crisis Text Line	Emotional Crisis Texting Service	If you text "Home" to 741741 when you are feeling depressed, sad or going through any emotional crisis, and a crisis worker will text you back.
Self-care Tips if you become sick with COVID-19	Health Care - COVID-19 Self-Care	http://bit.ly/33iG8yr
One-n-Ten (update of services)	LGBTQ+	<p>Out of concern and caution over COVID-19, effective tomorrow, March 14, one-n-ten program sites will proactively and temporarily close. Our events and participation in community gatherings will also be cancelled or rescheduled. We tentatively plan to reevaluate or resume regular operations Monday, April 6, 2020.</p> <p>We encourage youth ages 13-19 to join us in the digital space, Q Chat, for discussion groups led by trained facilitators. For more information and to sign up for Q chat, please visit Qchatspace.org.</p>
Area Agency on Aging - Maricopa County	The Area Agency on Aging, Region One, offers a large variety of programs and services that enhance the quality of life for residents of Maricopa County , Arizona. We advocate, plan, coordinate, develop and deliver services for adults	For Seniors in need of assistance, in Maricopa county, you can call the Area Agency on Aging's 24-Hour Senior Help Line at 602-264-HELP (602-264-4357) or toll free at

April 8, 2020

	aged 60+, adults aged 18+ with HIV/AIDS, adults aged 18+ with disabilities and long-term care needs, and family caregivers.	888-264-2258. Those hard of hearing or deaf can text 520-775-1899.
Bashas and AJ's "Senior Shopping Times"	Senior Resources	https://www.azfamily.com/news/continuing_coverage/coronavirus_coverage/bashas-food-city-and-aj-s-announce-senior-shopping/article_efa1ad9e-6869-11ea-bba2-fb9843dfb0c7.html?fbclid=IwAR2CMg6Ake72NF6dLltrVG-qFXvFeovUkgwHka_3otRgCRGoGY7G7qKsB6E
National Domestic Violence Hotline	Domestic Violence	Co-quarantined with an abuser? Worried about having to self-isolate from coronavirus in a dangerous home situation? Please reach out - contact @ndvh National Domestic Violence Hotline: CALL 1-800-799-7233 or TTY 1-800-787-3224 or CHAT at http://thehotline.org
Sojourner Center	Domestic Violence	Lay Legal Services via Phone <ul style="list-style-type: none">• Lay Legal Case Management• Order of Protection Support• Individualized Safety Planning• Resources and Referrals Monday-Friday 8 am-5pm Rosa: (602)826-2609 rmireles@sojournercenter.org Muriel (602)350-0821

April 8, 2020

		mgutierrez@sojournercenter.org Brianda (434)229-2892 baguayo@sojournercenter.org Raquel (424)241-3734 bralcazar@sojournercenter.org
Tempe Community Action Agency	Hand Soap/Sanitizer	TCAA has received a donation of hand soap and hand sanitizer. Contact for current stock.
Coronavirus Tech Handbook	Additional Resources	https://coronavirustechhandbook.com
St. Joseph the Worker	Employment	3/19/20 SJW Update: Our Human Services Campus location will be CLOSED to clients and donors starting tomorrow, 3/20/20, to avoid the spread of COVID-19. Please contact your Employment Specialist via phone or email.
Restaurant Workers' Community Foundation	COVID-19 Resources for Restaurant Workers	https://www.restaurantworkerscf.org/news/2020/3/15/resources-for-restaurants-and-workers-coping-with-the-covid-19-emergency
USBG National Charity Foundation	Bartender Emergency Assistance Program	https://www.usbgfoundation.org/beap
275+ Enrichment Activities for Children	Parenting Resources	https://docs.google.com/spreadsheets/d/1KCFnWreu4v7VoQ3NbgP-Qcq2LyE1FvliYSoiTLRY7Qg/htmlview?usp=sharing&fbclid=IwAR35XGm8-6BiVmSu1hcS5ACN7oMgfAHjgGTFh7jn7YzEiBxNJlf9IYewxCg&sle=true
Child Crisis AZ	Parenting Webinars	HERE
Alcoholics Anonymous (AA) Online During COVID-19	Mental Health Resource	Online Meetings Directory http://aa-intergroup.org/directory.php

		<p>Speaker Tape Websites https://www.aaspeaker.com/ https://hacoaa.org/archives/speakers/ https://www.recoveryaudio.org/</p> <p>Speaker Tape Apps AA Audio Companion Google Play https://play.google.com/store/apps/details?id=com.pitashi.audiojoy.aacompanionfree</p> <p>App Store https://itunes.apple.com/us/app/aa-audio-companion-for-alcoholics-anonymous/id1191023628?mt=8 AA</p> <p>Big Book Ultimate Companion Google Play https://play.google.com/store/apps/details?id=com.pitashi.audiojoy.aabigbook</p> <p>App Store https://apps.apple.com/us/app/aa-big-book-ultimate-companion/id998807519?ign-mpt=uo%3D4 See page two...</p> <p>AA Speaker Tapes App Store https://apps.apple.com/us/app/aa-speaker-tapes/id1335643834</p> <p>AA Speaker Tapes & 12 Steps App Store https://apps.apple.com/us/app/aa-speaker-tapes-12-steps/id1018096090 AA</p> <p>Speakers Google Play (free)- https://play.google.com/store/apps/details?id=com.marlistek.aaspeakersfree&hl=en_US</p> <p>App Store (\$1.99)- https://apps.apple.com/us/</p>
--	--	---

		<p>app/aa-speakers-speaker-tapes/id898586463?ign-mpt=uo%3D4</p> <p>AA Speakers Best of 2007 Google Play https://play.google.com/store/apps/details?id=com.ibyteapps.aaspeakersbestof2007free&hl=en_US</p> <p>Alcoholics Anonymous- Bill W. Google Play https://play.google.com/store/apps/details?id=com.ibyteapps.aaspeakersbillwfree&hl=en_US</p> <p>Daily AA Speakers Google Play https://play.google.com/store/apps/details?id=com.pitashi.dbaaspeakers App Store https://itunes.apple.com/us/app/daily-aa-speakers-in-5-minutes/id1000523472?mt=8</p> <p>Daily Bread AA App Store https://apps.apple.com/us/app/daily-bread-aa-speakers/id1000523472?ign-mpt=uo%3D4</p> <p>Joe and Charlie Google Play https://play.google.com/store/apps/details?id=com.ibyteapps.joeandcharliefree&hl=en_US App Store https://apps.apple.com/us/app/aa-joe-charlie-big-book-work/id1089811749?ign-mpt=uo%3D4</p> <p>Speaker Tapes from Sandy B App Store https://apps.apple.com/us/app/aa-sandy-</p>
--	--	--

April 8, 2020

		b/id1071631421?ign-mpt=uo%3D4
Care for Your Coronavirus Anxiety	Mental Health Resource	https://www.virusanxiety.com
Supporting Yourself Through the COVID-19 Frenzy	Mental Health Resource	https://leatamae.com/blog/2020/3/11/supporting-yourself-through-the-covid-19-panic
National Network to End Domestic Violence	General and DV Specific Resources	https://nnedv.org/latest_update/resources-response-coronavirus-covid-19/
Adobe Creative Cloud	Creative/Freelance Resource	Free 90-Days for Creative Cloud subscribers. <ul style="list-style-type: none">• Log in to your Adobe account.• Go to your settings and select “cancel membership”• Follow directions as you would for canceling your subscription.• Select the free 90-day option in the “offers” section.
Catholic Charities (update of services)	Veterans	Catholic Charities will no longer be operating the Veterans Outreach Center (VOC) in the LDRC. Please direct veterans to the CRRC.
Insight Timer	Meditation	https://insighttimer.com/
Muse	Ultimate List of Free Meditation Resources	https://choosemuse.com/blog/ultimate-list-of-free-meditation-resources/
Downtown Phoenix Farmer’s Market and Uptown Farmer’s Market	Food	As of right now, the Downtown Phoenix Farmers’ Market and the Uptown Farmer’s Market plan to be open this weekend. Both of

April 8, 2020

		<p>these locations accept Double Up Food Bucks for SNAP customers.</p> <p>https://www.goodfoodfinderaz.com/news/2020/3/12/arizona-farmers-markets-are-open-for-your-health</p> <p>https://www.doubleupaz.org/blog/2020/3/12/covid-19</p>
Good Food Finder AZ	Food	<p>Good Food Finder AZ has compiled a blog post highlighting current food delivery/food pick-up options from local farmers and food producers.</p> <p>https://www.goodfoodfinderaz.com/news/2020/3/16/getting-good-food-at-home</p>
Arizona Food Banks	Food	<p>Food banks have lots of food right now. They are continuing to receive donations and have volunteer support to make sure the most vulnerable in our communities have the food they need for themselves and their families. To find a food bank near you, please go to http://www.azfoodbanks.org/index.php/foodbank/index/</p>

April 8, 2020

Temporary Changes at Section 8 Office

Many of our families, landlords and staff are concerned about the spread of the coronavirus. In order to keep you and staff healthy and safe, we have implemented an appointment-only system effective today, **Wednesday, April 1**. You can make an appointment using the following methods:

- Email: S8appointment@phoenix.gov
- Phone: 602-262-6040
- [View full staff contact list](#)

The Section 8 offices will be installing a secure drop box for participants to drop off information or they can send it electronically. In addition, the city will be paying all landlords timely through direct deposits (ACH payments) and is encouraging all landlords to sign up for electronic payments versus receiving a check.

Read the detailed Housing Department impacted services statement at <http://ow.ly/6vHp50z2ttl>.

Phoenix Public Library: eCard Registration

Phoenix and other Maricopa County residents can now get immediate 24/7 access to Phoenix Public Library's online services, including:

- Bestselling eBooks and eAudiobooks from Greater Phoenix Digital Library, Axis 360 and hoopla
- Music and movies from Freegal and hoopla
- A wide variety of research databases
- Great eLearning tools like Universal Class, Rocket Languages, and Learning Express

Library: Complete the online application to get your eCard number now. If you already have a Phoenix Public Library card, you do not need an eCard. Your current library card number can be used to access online resources and place holds.

Additional Resources for education for children and families from home:

- Celebrities and children's authors such as Oge Mora, Reese Witherspoon, Jennifer Garner, Josh Gad and Chris O'Dowd are reading some of their favorite children's books in these streaming story times.
- Library E Card registration:
<https://www.phoenixpubliclibrary.org/ServicesForYou/Borrowing-Items/Pages/Online-Registration.aspx>
- Looking for continuous growth and learning and want to learn in a flexible way? Here're 25 incredible sites for high quality, free online education.:
<https://www.lifehack.org/articles/money/25-killer-sites-for-free-online-education.html>
- Most online supportive education program for kids are providing 30 day free services you can look for the most appropriate program by going to this website:
<https://www.verywellfamily.com/best-free-educational-websites-for-kids-3129084>

April 8, 2020

- Explore art museums from around the world with your family by going to Google Arts and Crafts: <https://artsandculture.google.com/explore?hl=en>
- SCHOLASTIC is offering free at home fun learning program: <https://classroommagazines.scholastic.com/support/learnathome.html?caching>
- Cosmic Kids Yoga is a YouTube channel that will encourage your little one get up and get moving while teaching them mindfulness and relaxation
<https://youtu.be/iWowDC3x0hE>
- Yoga With Adriene has a number of gentle yoga programs that can be done in small spaces in your home:
<https://www.youtube.com/channel/UCFKE7WVJfvaHW5q283SxchA>
- UCLA mindful Awareness Research Center has a number of mindfulness exercises
<https://www.uclahealth.org/marc/mindful-meditations>
- NETFLIX is extending a 30 day trial for free to support our community.
<https://www.netflix.com/>
- Join a positive and health Facebook group that can uplift you as well as give you support and a sense of community
- Practice a group meetings with friends or family, set up a time that works for everybody to talk about your day, concerns, and recommendations. Remember to create ground rules and maintain positive topics during this time.

RESPONSE FOR PEOPLE WHO USE DRUGS

1.

Prepare for shortages.

People who use opiates should expect a disruption in illicit drug markets.

Please contact IHRC to arrange access to suboxone so that you are prepared in the case that Heroin is no longer available. We recommend keeping a back up supply of suboxone in order to prevent going into withdrawal, as the DEA anticipates COVID will disrupt the drug trade.

2.

Reduce sharing of all equipment used to snort, inject, or smoke drugs.

Call IHRC for access to safe use supplies. Reduce sharing of pipes, dollar bills, keys, syringes, cottons, cookers, etc.

3.

Wash hands regularly, use alcohol wipes & disinfect when possible.

4.

If immunocompromised, reduce contact with other people & consider self-quarantine.

5.

Prepare your drugs yourself.

**Don't let other people touch your drugs / use only drugs you have touched.
Wash your hands before and after using.**



thecollectress



Setting Up a Support Structure

- **Make a list of your immediate network this should include:**
 - People you live with
 - Friends and Family in-close proximity to you and who you regularly engage with
 - Your employer and co-workers if you feel you can safely rely on them
 - Locations of Health services and pharmacies (if you have insurance call your doctor and ask them what their policies for making an appt will look like during the Outbreak)
 - Grocery Stores and Bodegas (it may be helpful to create a google map that you can share)

By Ashtin Berry



thecollectress



Setting Up a Support Structure

- Create a budget for groceries and toiletries. If you live with people, sit down and have a transparent conversation about what everyone can contribute. Now is not the time to be individualistic about resources! *If you are used to eating at work or en-route to work, remember this may no longer be an option, budget for it even if you think you don't need it. **If you live alone, come up with a plan for possibly staying with friends or family to share resources if this is a safe option for you. Isolation depression is real, and being emotionally healthy is just as crucial for a healthy immune system.
- Take account of your medication, and if you are running low or it's almost time for a refill, reFill it now while you have the funds, but DO NOT hoard. This will assist in managing your anxiety in the weeks to come.

By Ashtin Berry



Setting Up a Support Structure

- What are your immediate needs?
 - Physically
 - Are you sick? how is that limiting your mobility?
 - Do you have an auto-immune disease? How will that impact your access to resources?
 - Is physical exercise a grounding technique for you?
 - Do you have physical therapy?
 - Financially?
 - Are you one paycheck away from a bad situation?
 - Emotionally?
 - Where are you emotionally? Is work the center of your interaction with other people?
 - How do you respond to isolation?

By Ashtin Berry



thecollectress



Setting Up a Support Structure

- Now that you have your *Immediate Needs, Financial Plan, and Immediate Network*, it's time to start *crowdsourcing and bartering*.

This can seem High-Risk and scary at first, but remember many people are going to be in the same situation as you. Call &/or text your immediate network. Use a consent-based approach. Check out a couple of scripts to get you started on the next slide.

By Ashtin Berry



thecollectress



Setting Up a Support Structure

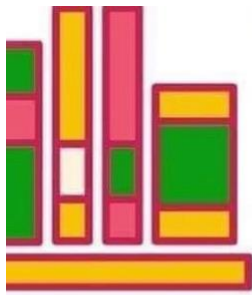
Hey,

It's _____ I wanted to check-in and see how you are doing with the COVID-19 outbreak? I'm feeling _____ and would like to figure out a way we could support one another if you are open and have space for that.

Hey,

I've been looking at some ways to be proactive about the inevitable slowing of business due to COVID-19 and was wondering if you were interested in creating some systems to help support each other.

By Ashtin Berry



10 FREE LEARNING WEBSITES

for kids

Here's a list of some fun, educational,
and safe websites for your children to
visit and explore!

Switcheroo Zoo

www.switcheroozoo.com

Watch, listen, and play games to
learn all about amazing animals!

Nat Geo for Kids

www.kids.nationalgeographic.com

Learn all about geography and
fascinating animals!

Into the Book

www.reading.ecb.org

Go "into the book" to play games
that practice reading strategies!

Suessville

www.seussville.com

Read, play games, and hang out
with Dr. Seuss and his friends!

ABC YA

www.abcy.com

Practice math and reading skills
all while playing fun games!

Fun Brain

www.funbrain.com

Play games while practicing
math and reading skills!

PBS Kids

www.pbs.org

Hang out with your favorite
characters all while learning!

Star Fall

www.starfall.com

Practice your phonics skills with
these read-along stories!

Storyline Online

www.storylineonline.net

Have some of your favorite stories
read to you by movie stars!

Highlights Kids

www.highlightskids.com

Read, play games, and conduct
cool science experiments!