



RESOURCE



FOR ESPAÑOL OR 中文, VISIT: BIT.LY/SMCOE4FAMILIES



HELP WITH EMERGENCY FINANCIAL ASSISTANCE, FOOD, HOUSING, UTILITIES D OTHER BASIC NEEDS

Go to your nearest Core Services Agency or call 2-1-1.

SAMARITAN HOUSE
San Mateo
(650) 347-3648
samaritanhouse
sanmateo org

COASTSIDE HOPE El Granada (650) 726-9071 coastsidehope.org

FAIR OAKS	
COMMUNITY CENT	ΈΙ
Redwood City	
(650) 780-7500	
bit.ly/RWCFairOaks	



PUENTE DE L
COSTA SUR
Pescadero
(650) 879-1691
mypuente.org

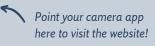
YMCA COMMUNITY CENTER South San Francisco (650) 276-4101 bit.ly/Y_Resources

PACIFICA RESOURCE CENTER (650) 738-7470 www.pacresourcecenter. org

DALY CITY COMMUNITY CENTER (650) 991-8007 bit.ly/DalyCityCC

For more information on how to apply for Emergency Financial Assistance, go to bit.ly/SMCEmergencyAssistance.







THER SERVICES FOR FAMILIES

- For free groceries, call 1-800-984-3663 or text "GETFOOD" to (408) 455-5181.
- For help figuring out how to get the right services for your family's needs, call Help Me Grow at (650) 762-6930 or visit helpmegrowsmc.org.





• If you have a child under 18, go to bit.ly/SMC_Meals to find the closest school meal site.





• For a list of community resources, see bit.ly/SMC_Community.













ADDITIONAL RESOURCES FOR FAMILIES





PARENTING RESOURCES AND TIPS BY TEXT

Do you have children ages 0-9 and want to receive text updates about COVID-19 and get ideas for things to do with children at home? Sign up here: bit.ly/ldeas4Kids



Point your camera app here to visit the website!



IMMIGRANT SUPPORT

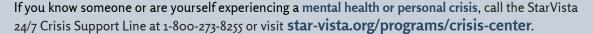
For information and support on immigration, employment, tenant rights and other legal matters, call the Legal Aid Society of San Mateo County at (650) 558-0915 or visit www.legalaidsmc.org.





FAMILIES IN CRISIS

If you are **affected by violence in the home**, you can get support from the CORA 24/7 hotline at 1-800-300-1080 or visit **www.corasupport.org**.









ABOUT THE CORONAVIRUS

SYMPTIONS INCLUDE:

- Feeling like you have a fever
- A new cough
- Shortness of breath

If you have symptoms/are at risk, it's especially important to stay home and avoid in-person contact with others. If you have symptoms, call for medical attention.

SOME PEOPLE ARE MORE LIKELY TO GET VERY SICK FROM COVID-19, INCLUDING:

- People over 65 years old
- People with compromised immune systems
- People with serious chronic medical conditions

If you or someone you know is high risk, avoid going out. Stay in touch with loved ones by phone or online.



KEEPING YOUR FAMILY HEALTHY

DO

- Stay home
- Avoid people outside of your household
- Wash hands with soap and water for at least 20 seconds
- · Cover your cough or sneeze with a tissue
- Disinfect frequently touched objects and surfaces
- Maintain a safe social distance of 6 feet from other people whenever outside of the house

DON'T

- Shake hands
- Touch your face
- Go to the doctor if you aren't sick
- Stockpile masks or gloves

For more info, visit covid19.ca.gov



SAN MATEO COUNTY COVID-19 CHILD CARE RESPONSE TEAM











