

# BOYLE HEIGHTS



**COVID-19 PREPAREDENESS**

**RESOURCE GUIDE**

# A Localized Boyle Heights Community COVID-19 Preparedness Resource Guide

Dear Boyle Heights Community,

In response to COVID-19 safety measures and LAUSD school closures, we want to ensure that you know what resources are available to you during these crucial moments. Today we are seeing countless community organizations, institutions, and individuals coming together to respond and support one another. Promesa Boyle Heights continues to stay committed to the community and we hope this guide helps ease the process to locate the necessary resources you may need to stay safe and healthy.

Thank you for doing your part in maintaining a healthy community by staying indoors when possible and practicing recommended guidelines by the Centers for Disease Control and Prevention. In doing so, we are protecting and caring for those most vulnerable in our community, such as our seniors, youth and those who are immune-compromised. We hope you find this local community guide helpful and ask that you please share it with your Boyle Heights neighbors through online platforms.

Special thanks to our Promesa partners who have helped gather and share this information to families: Communities in Schools, Inner City Struggle, Partnership for Los Angeles Schools, Proyecto Pastoral, Mendez High School, Roosevelt High School and all those providing these resources.

**While schools are not open, we know that families will be in need of local resources.**

This guide is meant to:

- Answer Frequently Asked Questions
- Provide a list of free local resources for families and the Boyle Heights community
- Provide basic Know Your Rights Information

This guide is not comprehensive, and we encourage you to stay informed and learn more about what is happening at your community schools and the programs your child is connected with, local news, or directly from the CDC, LAUSD and LA County at:

- CDC Updates at: <https://www.cdc.gov/coronavirus/2019-ncov/>
- LAUSD Updates at: [www.LAUSD.net](http://www.LAUSD.net)
- City of Los Angeles Updates at: <https://corona-virus.la/>
- County of LA Public Health Department: <http://publichealth.lacounty.gov/>

**Please note that information is changing rapidly.**

You can also follow Promesa Boyle Heights social media pages to stay informed:



[@PromesaBoyleHeights](#)



[@PromesaBH](#)



[@PromesaBH](#)

For pressing questions or to alert us about community needs or resources, please call:  
323-545-3195.

**Thank you,**

Promesa Boyle Heights Collaborative



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# Frequently Asked Questions

Below are responses to frequently asked questions adapted from various sources.

## **What is Coronavirus Disease 2019 (COVID-19)?**

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. Risk of infection from the virus that causes COVID-19 is higher for people who are close contacts of someone known to have COVID-19. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. Symptoms may appear 2-14 days after exposure.

## **What are the main symptoms of COVID-19?**

COVID-19 symptoms include mild to severe respiratory illness with symptoms of:

- Cough
- Shortness of breath or difficulty breathing

People with at least two of these symptoms may also have COVID-19:

- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

If you are feeling sick, call your primary care doctor, a nurse hotline, or an urgent care center for advice. You can also learn more about the symptoms of COVID-19 and how to care for yourself or someone in your home from the [Centers for Disease Control \(CDC\)](#) and the [Los Angeles County Department of Public Health](#). **If you have life-threatening symptoms, you should call 911.**

Remember that symptoms can look different for everyone and some people are asymptomatic, which is why we must all take the necessary safety measures.

## **What is Los Angeles doing to respond?**

To combat the spread of COVID-19, Mayor Eric Garcetti issued a [“Safer at Home” emergency order on March 19](#) — ordering all residents of the City of Los Angeles to stay inside their residences, and immediately limit all movement outside of their homes beyond what is absolutely necessary to take care of essential needs.

**On June 1, the [“Safer L.A.”](#) order replaced the “Safer at Home” order.**



The City continues to encourage residents to stay safer at home as much as possible, to avoid gathering with others outside their households in both indoor and outdoor settings, and to telework as much as possible. But, following the guidance set forth by the Los Angeles County Department of Public Health, this Order will progressively allow more activities with certain modifications, based on health and safety needs. For more information, visit:

<https://corona-virus.la/SaferLA>

## **What will reopening look like?**

On May 8, the City and County of Los Angeles transitioned to Stage II and began making a series of gradual adjustments to the Safer at Home order. Five days later, on May 13, Mayor Garcetti announced an order requiring Angelenos to wear face coverings when outside their homes. A growing body of research shows that the routine use of face coverings can significantly slow the spread of COVID-19. In Stages II and III, more businesses reopened. You can find a full list of businesses that are open and those that remain closed [here](#). *[Note: This is all subject to change]*

## Can I leave the City to go on a planned vacation?

The Safer At Home order requires that you stay in your place of residence. Traveling runs the risk of spreading the virus to other areas and exposing new populations. Do not travel. If you live outside of the City of Los Angeles, you are allowed to travel to and from work if your work is essential business, or if you need to travel to the City of Los Angeles, for another essential service like medical appointment.

## What is the COVID-19 Threat Level Indicator and how do I read it?



This tool breaks down the risk that COVID-19 presents to our city into four categories: green, yellow, orange, and red. As the dial moves to the right (from green to red), each color indicates an increasing threat level, along with corresponding actions Angelenos should take in response to the virus. As conditions improve, the indicator dial will move towards green. The threat level will be updated on a weekly basis, but may be updated more frequently, or daily, if necessary.

**You can find this tool at:**

[corona-virus.la/covid-19-threat-level](https://corona-virus.la/covid-19-threat-level)



## Where can I find FREE COVID-19 Testing?

The City of Los Angeles, in partnership with the County of Los Angeles and CORE (Community Organized Relief Effort), is providing **free COVID-19 testing to ALL** Los Angeles County residents, whether or not you are experiencing COVID-19 symptoms.

The test is free, whether or not you have insurance. If you have insurance, the provider may bill your insurance carrier for the cost of the test. By law, the insurance company may not charge you any co-pay, deductible, or any out-of-pocket expense for the test.

Priority for same or next day testing is still given to people experiencing symptoms, and certain critical front-line workers who interact with the public. **Testing is by appointment only.**

Testing is also prioritized for certain critical front-line workers who interact with the public while working. Ask your department head, affiliated hospital or medical center, or employer for information about how to schedule a priority test.

**For more information, visit:** [Coronavirus.LACity.org/Testing](https://Coronavirus.LACity.org/Testing)

**FREE COVID-19 TESTING**

Now available to all L.A. County residents.

Get more information and sign up:  
[Coronavirus.LACity.org/Testing](https://Coronavirus.LACity.org/Testing)

## How can Angelenos help slow the spread of COVID-19 in Los Angeles?

The City is asking all Angelenos to stay at home as much as possible — especially those who are over the age of 65 or who have underlying health conditions. You should practice good hygiene by washing your hands and disinfecting high touch surfaces frequently. You should also practice physical distancing by staying 6 feet from other people and stay out of groups. *You are still required to wear a face covering when outside of your home and near other people.*

**Face Coverings** help stop the spread of the virus, and wearing them in public creates a layer of protection. All Angelenos, except for children (and infants) under the age of 2 and people with certain disabilities, should



make or purchase cloth face coverings to wear over their mouths and noses. Face coverings should be cleaned after each use. Medical grade and N95 masks are reserved for those who need them most and have the highest risk of infection, including medical professionals and healthcare workers. For more information, visit: [corona-virus.la/FaceCovering](https://corona-virus.la/FaceCovering)

## Keep Healthy Distances

**Social Distancing** is avoiding crowds of 25+ people

**Why?** To help limit spread of contagious diseases like COVID-19

**Have to go out?** Stay 6+ feet away from others



**Social Distancing** is deliberately increasing the physical space between people to avoid spreading illness. **Staying at least six feet** away from other people lessens your chances of catching COVID-19. Examples include canceling/postponing events that draw crowds.

Other key social distancing examples that the community is being asked to practice and are being implemented county-wide already are:

- Closing down schools, restaurants (pick up only), clubs and bars, gyms and fitness centers, movie theaters for example.
- Canceling and or postponing events such as sporting events, conferences, and other large meetings.
- Employers, when possible - are allowing employees to work offsite and meetings are being held virtually.

**Self-Quarantine** is to refrain from any contact with other individuals for a period of time (recommended period of time is two weeks) during the outbreak of a contagious disease, such as COVID-19, usually by remaining in one's home and limiting contact with family members. People that have been exposed to or are at risk (such as seniors), or those that are returning from traveling abroad should implement self-quarantine practices. This can also include:

- Washing hands frequently with soap and water for at least 20 seconds. (Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available)
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).
- Not sharing things such as towels and utensils (spoons, forks, cups, etc.)
- Staying home, not having visitors, and staying 6ft. away from other people in your household.

**Isolation:** For people who are **confirmed** to have COVID-19, **isolation** is appropriate. Isolation is a health care term that means keeping people who are infected with a contagious illness away from those who are not infected. Isolation can take place at home or at a hospital or care facility. Special personal protective equipment will be used to care for these patients in health care settings.



## How is LAUSD Responding?

The Los Angeles Unified School District announced on March 23rd that all **LAUSD schools will be closed through the rest of the 2020 School Year**, in response to the spread of the coronavirus (COVID-19). Los Angeles Unified will continue to provide nutritious meals to all students who need them during the temporary closure of schools. Grab & Go Food Centers will be open beginning Wednesday, March 18, and will be staffed weekdays.



**SUMMER UPDATES: Grab & Go Food Centers are open this summer, Monday through Friday from 8-11 a.m. through August 14th.**

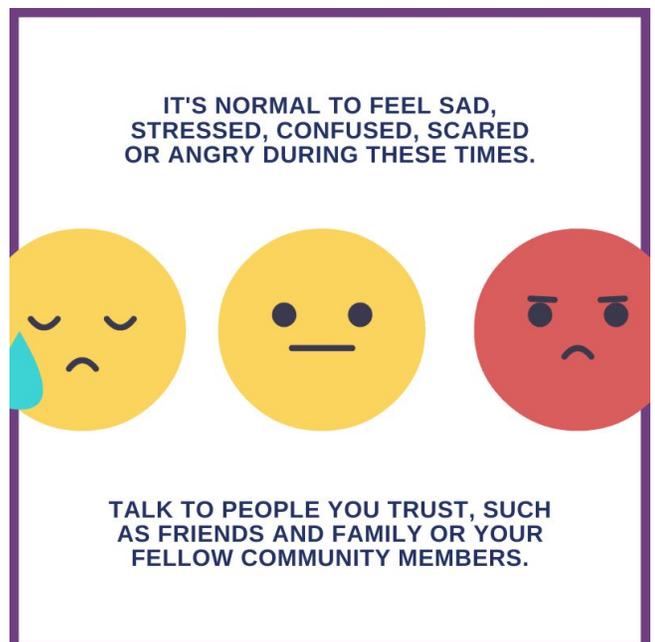
**On July 20**, LAUSD Superintendent Austin Beutner announced that classes will resume on August 18; however, campuses will remain closed and learning will continue through virtual platforms. For more information, visit: [achieve.lausd.net/latestnews](http://achieve.lausd.net/latestnews)

For the full LAUSD Resource Guide, visit: <http://bit.ly/2xaH1gE>  
For Spanish, visit: <http://bit.ly/2Wqslig>

## What can I do if I get stressed out about Covid 19?

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger:

- Know how to alleviate stress by taking time to take care of yourself.
- Keep things in perspective: make sure to take time away from the news to focus on things in your life that are going well and that you can control.
- Get the facts: Find people and resources you can depend on for accurate health information ([LA Public Health](#), [Center for Disease Control and Prevention](#)). Learn from them about the outbreak and how you can protect yourself against illness, if you are at risk.
- Keep yourself healthy: Eat healthy foods, and drink water, avoid excessive amounts of caffeine and alcohol, get enough sleep and rest, and get physical exercise. **Stay connected and reach out if you need more support.** Talk to trusted friends about what you are feeling. ([SAMHSA](#))



## Where can I follow more Los Angeles Resources?

For an ongoing list of resources in Los Angeles, visit <http://bit.ly/LAResourceList>. This list was created by individuals in LA collecting up to date information and is constantly changing.

# Where Can Community Access Free Food Resources?

## Community Food Resources

*Please note that all of these are subject to change due to ongoing safety regulations, please call or visit the websites below for the most up to date information.*

### GRAB-AND-GO Meals

(See [LAUSD website](#) for most up-to-date list of all locations)

Los Angeles Unified, in partnership with the Red Cross, will continue to provide nutritious meals to all students who need them during the temporary closure of schools. Grab & Go Food Centers are staffed weekdays from 8 a.m. to 11 a.m. Each child can take home two nutritious meals.

### SUMMER UPDATES:

Grab & Go Food Centers are open this summer, Monday through Friday from 8-11 a.m. through August 14th.

Centers currently most accessible to Boyle Heights schools are:

- Hollenbeck Middle School: 2510 E. 6th St. Los Angeles, CA 90023
- Belvedere Middle School: 1312 N. Record Ave, Los Angeles, CA 90063

### Everytable Food Company

<https://www.everytable.com/covid19/>

The Everytable food company has offered a Helpline for any students or individuals struggling with access to food at this time.

**Hotline:** 323-458-6487

**Location:** 5151 State University Dr., LA CA 90032

**Note:** Must call hotline to find out availability. Daily meals for LAUSD students and elderly.

### **Everytable Grab & Go Stores**

Stores will remain open to provide meals for pick up only. Guests are encouraged to [order ahead online](#) and call the store for curbside pick up. The team will bring your meals to your car when you arrive. They're also encouraging guests to choose delivery for their one-time orders or [subscription service](#).

### Family Healthcare Resources

<https://fhcr.info/>

**Address:** 3444 Whittier Blvd, LA CA 90023

**Phone:** 213-413-3040

**Dates/Hours:** Monday - Friday, 10am-4pm

**Notes:** Food Pantry. When you arrive at the medical center, ask to be directed to the pantry.

### Aliso Pico Recreation Center

**Address:** 370 S. Clarence St. LA CA 90033

**Phone:**

**Dates/Hours:** M-F 12pm-3pm

**Notes:** Grab and Go meals M-F from 12-3pm & Groceries on Tuesdays and Wednesdays from 11-3pm.

Call Pablo Cisneros at (323) 264-5261 for more information

### Monte Sion Center

**Address:** 4405 East Olympic Blvd., LA CA 90023

**Phone:** 323-974-2856

**Hours:** Only Fridays 7am-11am

**Notes:** Foodbank & pantry. No hot meals.

**White Memorial SDA Church**

**Address:** 401 North State Street Los Angeles, CA 90033

**Phone:** (323) 264-2170

**Dates/Hours:** 1st and 3rd Tuesday of the month from 10am-12pm.

**Notes:** Must provide photo ID and be a local resident.

**Resources Are Available to Seniors (65+)?**

**BY APPOINTMENT ONLY - MEALS FOR SENIORS (STARTING 03/20/20):**

**East Los Angeles Service Center (FOR SENIORS)**

**Address:** 133 N. Sunol Drive, Los Angeles CA 90063

**Phone:** 323-260-2801

**Distribution Hours:** [By appointment only \(Flyer here\)](#) - Call M-F 8am to 5pm

**Centro Maravilla Service Center (FOR SENIORS - AND FAMILIES)**

**Address:** 4716 East Cesar Chavez Avenue, Los Angeles, CA. 90022

**Phone:** 323-260-2804

**Distribution Hours:** [By appointment only \(Flyer here\)](#) - Call M-F 8am to 5pm

**Family Healthcare Resources**

<https://fhcr.info/>

**Address:** 3444 Whittier Blvd, LA CA 90023

**Phone:** 213-413-3040

**Dates/Hours:** Monday - Friday, 10am-4pm

**Notes:** Food Pantry. When you arrive at the medical center, ask to be directed to the pantry.

**Food Pantry Home Delivery:** If you are 65 or older, FHCR can deliver food to your home.

This program is in partnership with West Regional Physicians Network and it's for Seniors who live in the East Los Angeles area, and surrounding neighborhoods.

Please call to schedule your delivery.

SOCAL GROCERY STORES OPEN EARLY FOR SENIORS				
 7 DAYS A WEEK 7 AM - 8 AM SENIORS 65+ PREGNANT WOMEN DISABLED	 7 DAYS A WEEK 7 AM - 8 AM SENIORS 65+ PREGNANT WOMEN DISABLED	 7 DAYS A WEEK 7 AM - 8 AM SENIORS 65+ DISABLED	 7 DAYS A WEEK 7:30 AM - 8 AM SENIORS 65+	 7 DAYS A WEEK 7 AM - 8 AM SENIORS 65+ DISABLED FIRST RESPONDERS
 7 DAYS A WEEK 7 AM - 8 AM SENIORS 65+	 7 DAYS A WEEK 7:30 AM - 8 AM SENIORS 65+ DISABLED	 7 DAYS A WEEK 7 AM - 8 AM SENIORS 65+ DISABLED	 7 DAYS A WEEK 7 AM - 7:30 AM SENIORS 65+	 7 DAYS A WEEK 7 AM - 8 AM SENIORS 60+
 7 DAYS A WEEK 7 AM - 8 AM SENIORS 65+	 MONDAY - FRIDAY 7 AM - 9 AM SENIORS 65+	 MON / WED / FRI 7 AM - 7:30 AM SENIORS 65+	 MONDAY - FRIDAY 7 AM - 9 AM SENIORS 65+	 7 DAYS A WEEK 6 AM - 7:30 AM SENIORS 65+ PREGNANT WOMEN DISABLED
 MONDAY - FRIDAY 1st HOUR OPEN visit 99ranch.com for individual store hours SENIORS 65+ PREGNANT WOMAN DISABLED W/COMPROMISED IMMUNE SYSTEMS	 7 DAYS A WEEK 8:30 AM - 9:30 AM SENIORS 65+	 7 DAYS A WEEK 9 AM - 10 AM SENIORS DISABLED	 TUES & THURS 7 AM - 8 AM SENIORS 65+ PREGNANT WOMAN DISABLED W/COMPROMISED IMMUNE SYSTEMS	 TUESDAYS & THURSDAYS 8 AM - 9 AM SENIORS 60+ *NO GUESTS ADMITTED WITH SENIORS*
 WEDNESDAYS ONLY 7 AM - 8 AM SENIORS 60+	 TUESDAYS ONLY MARCH 24 - APRIL 28 6 AM - 7 AM SENIORS 60+ PHARMACY & VISION OPEN TOO	 MONDAY - FRIDAY 7 AM - 9 AM SENIORS 65+ <b>TRADER JOE'S</b> 7 DAYS A WEEK 9 AM - 10 AM DEDICATED LINE FOR SENIORS	 WEDNESDAYS ONLY 8 AM - 9 AM SENIORS 65+ THOSE WITH MEDICAL CONDITIONS	 7 DAYS A WEEK 7 AM - 8 AM SENIORS 65+ DISABLED 

**SENIORS ONLY SHOPPING HOUR**

As of 3/26/20, all Northgate Markets, Superior Grocers, Super A Markets, and Vallarta's Supermarkets and more stores will open exclusively for seniors from 7am-8am.

Please contact your local supermarket to find out more information about designated shopping hours for Senior Citizens.

[Image created by Ulisses Sanchez from [Centro Strategies](#)]  
As of 3/26/20

# Where Can My Student Access Free Learning Services?

## FREE LEARNING RESOURCES

[Download this information as a PDF](#)

[Bajar esta información en formato PDF](#)

Download the Weekly schedules [here](#)

Los Angeles Unified, PBS SoCal | KCET, and KLCS-TV have partnered to provide free supplemental educational resources to help your family support learning during the school closures. This multi-platform initiative includes Pre-K–12 educational programming and robust online resources through the online platform PBS LearningMedia. The resources are free and designed to be used by public schools throughout California to help students continue learning at home.

**The following channels are for viewing on television. Please check your local listing for more information or at [pbssocal.org/athomelearning](http://pbssocal.org/athomelearning)**

### **Grades Pre-K–3**

PBS SoCal (Channel 50.1) from 5 a.m. to 5 p.m.

PBS SoCal KIDS (Channel 50.5) 24/7 Livestream (on streaming devices and PBS KIDS Video app)

KLCS KIDS (Channel 58.2)

KLCS (Channel 58.1) from 6 a.m. to 8 a.m.

YouTube (Search “PBS KIDS”)

Free PBS KIDS Video App

### **Grades 4–8**

KLCS (Channel 58.1) from 8 a.m. to 2 p.m.

### **Grades 9–12**

KCET (Channel 28.1) from 9 a.m. to 3 p.m. KLCS (Channel 58.1) from 2 a.m. to 6 p.m.

## AT HOME LEARNING GUIDE

### **Explore Online**

PBS LearningMedia is a free resource that offers enhanced materials to support educational assignments. The PBS LearningMedia materials will be offered in conjunction with the television shows and will be available online.

### **Read About It!**

Los Angeles Unified will prepare take-home packets with reading materials, assignments and more.

### **Write About It!**

Ask your child to keep a journal and write about everything they are learning each day.

### **Talk About It!**

Treat the shows as a part of the learning process. Talk and ask questions about what your child is watching to reinforce new learning.

## General Resources

- ⊙ Access to LAUSD Digital Library & LAUSD Destiny resources
  - Available in Schoology's Top App Menu
  - Also available at [achieve.lausd.net/Page/15747](https://achieve.lausd.net/Page/15747)
- ⊙ Edgenuity [www.edgenuity.com/lausd/](https://www.edgenuity.com/lausd/)
  - Edgenuity Live Sessions: [bit.ly/EdgenuityLiveSchedule](https://bit.ly/EdgenuityLiveSchedule)
  - Elementary Quick Start: [bit.ly/ESEdgenuity](https://bit.ly/ESEdgenuity)
  - Middle School Quick Start: [bit.ly/MSEdgenuity](https://bit.ly/MSEdgenuity)
  - High School Quick Start: [bit.ly/HSEdgenuity](https://bit.ly/HSEdgenuity)
- ⊙ PBS Learning Media: [ca.pbslearningmedia.org/](https://ca.pbslearningmedia.org/)
- ⊙ Khan Academy:
  - General Practice for K-12: [khanacademy.org](https://khanacademy.org)
- ⊙ SAT and ACT Practice for Grade 10 and 11: [bit.ly/38y3xNc](https://bit.ly/38y3xNc)
- ⊙ KLCS [klcs.org](https://klcs.org)

## Schoology Resources

- ⊙ Log In: [lms.lausd.net](https://lms.lausd.net)
- ⊙ Getting Started on Schoology for Students [bit.ly/StudentGettingStarted](https://bit.ly/StudentGettingStarted)
- ⊙ K2 Students, sign into Schoology in a simplified way with QR Codes:  
[bit.ly/ PLSStudentQRcodes](https://bit.ly/PLSStudentQRcodes)



Los Angeles Unified School District, A world of Learning youtube channel  
<https://www.youtube.com/channel/UCtwVplhyY19NBhRq5lkmbTg>

*Last updated on Monday 7/22 on lausd.net*

## What Resources Are Available to College Students?

### Resources and Services for All College Students

(Please note this section was last updated on May 2020)

#### Free internet for LAUSD and college students

Comcast and Charter are offering 2-months of free internet to homes with students who need it. [Click here](#) to apply or visit [www.internetessentials.com/covid19](https://www.internetessentials.com/covid19)

#### Everytable Food Company

The Everytable food company has offered a Helpline for any students or individuals struggling with access to food at this time. Everytable Helpline: (323) 458-6487

#### Grab & Go Stores

Our stores will remain open to provide meals for pick up only. We encourage all of our guests to [order ahead online](#) and call the store for curbside pick up. Our team will bring your meals to your car when you arrive. We're also encouraging our guests to choose delivery for their one-time orders or [subscription service](#).

#### U-Haul Offering 30-Days of Free Storage to College Students

A growing number of schools are evacuating campuses in favor of online instruction due to coronavirus precautions. As a result, U-Haul is prepared for an early spring moving rush. With 22,000 truck- and trailer-sharing locations, and an age requirement of 18 with a valid driver's license to operate its vans and trucks, U-Haul is the most accommodating, convenient and affordable moving solution for college students. You can access further information on how to apply [here](#).

#### e-Textbook Services

To support the sudden move to online learning, many major publishers are making eTextbooks freely available through May 25, 2020. These eTextbooks are available through

an application called VitalSource. They include books used in GE courses like Math 125, Math 227, Math 261, Health 11, Anatomy 1, Biology 3, and more.

Students and faculty can login to the [VitalSource Bookshelf app](#) using their school email address and can add up to 7 eTextbooks to their account from participating publishers at no cost.

Source: [ELAC Coronavirus Announcements](#)

### **Developing Study Habits During e-Learning Period**

The University of Michigan created a guide to help students develop new study habits while taking classes remotely. The guide provides tips to help students stay organized, develop daily schedules, and how to stay connected to others.

You can access the guide [here](#).

### **Scholly COVID-19 Student Relief Fund**

“With the COVID-19 health crisis sweeping across the nation, we know how challenging these coming weeks and months will be for students and their families. In Scholly’s unrelenting effort to support students in need, we are providing cash assistance to those in need during this unprecedented crisis.”

You can access the application [here](#).

### **National Association for College Admission Counseling: Admission Updates**

“As a service to students and families, NACAC is providing this online tool as a central resource for information about changes in college admission events, deposit dates, and more as a result of the coronavirus outbreak.”

You can access the website and its tool [here](#).

### **Free subscriptions to Educational Companies**

Amazing Educational Resources presents the public with an ongoing compilation of educational companies that are currently offering free subscriptions to anyone interested. These are great websites to explore with access to educational content that may supplement any ongoing lessons at your school.

[Click here](#) to view the list of companies offering free subscriptions.

### **Free Access to Adobe Creative Cloud**

“Creative Cloud is a collection of 20+ desktop and mobile apps and services for photography, design, video, web, UX and more” (Adobe). This means that students and educators at Adobe's higher education and K-12 partner institutions worldwide will now have the ability to request off-campus/at-home login access to the Creative Cloud Suite.

The extended access will be free of cost, and will be granted through May 31, 2020, or until the students return to campus, depending on whichever is sooner.

[Click here](#) to access more information on how to apply.

## **Services for College Students: Cal State LA**

### **Are food services available?**

Eateries in the Food Court offer take-out service only. The dining area of the Food Court is closed. UAS Dining Services now offers an online ordering menu. Orders are placed online and picked up at The Spot in the Food Court. For students in on-campus housing, meals are being provided to students with meal plans in a manner that promotes social distancing.

### **What campus resources are still operating?**

The Student Health Center, Counseling and Psychological Services, Food Pantry, and other resources will continue operations. The University-Student Union will be closed until further notice.

### **How can I access computers?**

The Annex Link Open Access Lab, located in Simpson Tower E191, is open and operating under reduced hours: Monday through Thursday, 8 a.m. to midnight, and Friday through Sunday, 9 a.m. to 10 p.m. All other Open Access Labs will be closed until further notice. ITS Help Desk phone support is still available 24/7 at (323) 343-6170.

### **What about advising, tutoring and EOP?**

Advisors and tutors are committed to helping students complete spring semester and prepare to enroll in the fall. These services will take place in non-face-to-face environments, including telephone, email, and zoom.

Centers are not currently offering drop-in appointments. To make an appointment or seek more immediate assistance, contact your advising center.

For tutoring, contact the Center for Academic Success. Please note that there will be limited advising and tutoring from March 16-20 while the center prepares for the alternative instructional period.

EOP counselors will meet with students by phone or Zoom.

*Last updated 03/18 from [Cal State LA Health Watch FAQs](#)*

## **Services for College Students: ELAC**

### **Library Services**

ELAC Libraries (Monterey Park and South Gate) remain closed until further notice. Due dates for library materials have been extended to Monday, June 8, and overdue fines will be waived. Remote/online research help is available!

Email your questions to [library@elac.edu](mailto:library@elac.edu) Call or text us at 323-387-3133

Source: [ELAC Coronavirus Announcements](#)

### **First Year Center**

The FYC will be closed for the next two weeks, but FYC staff is available via email. To contact, please visit the FYC's website: [firstyearcenter.elac.edu](http://firstyearcenter.elac.edu)

Source: [@firstyearcenter](#)

### **Los Angeles Community College District (LACCD) Laptop Scholarship**

LA Community College students in need of a laptop can apply for one in their student portal under the Financial Aid and Scholarship Tab.

Source: [@elactransfercenter](#)

### **Student Health Center**

The Student Health Center will remain open for medical and mental health services until further notice. Please call in advance if you're experiencing flu-like symptoms. Contact: (323) 265-8651

Source: [@elacstudenthealth](#)

### **STEM Counseling**

MESA will be having STEM counseling available this week from 9:00-4:00pm and will begin booking appointments online through the MESA website beginning Monday, March 30th. For further information or to book an appointment, please email [fernanab@elac.edu](mailto:fernanab@elac.edu) or [reynap@elac.edu](mailto:reynap@elac.edu)

Source: [@mesa\\_elac](#)

**ELAC** is currently working on a list of campus resources and facilities that will be accessible to students during the campus closure. As of 03/18, Promesa's College & Career Senior Coordinator has confirmed the following after communication with the president's office:

- school library will remain closed
- Student Health Center will remain open, but call in advance to confirm spring break hours
- Food pantry will remain open, but call in advance to confirm spring break hours

## **What Mental Health and Medical Services Are Available to Me?**

### **Mental Health Services**

[Alma Family Services](#) (Phone intakes only for now)

**SITE ONE:** The Wellness Center at the Historic General Hospital

**Address:** 1200 N. State Street, Suite #1016, LA, CA 90033

**Phone:** 213-344-3799

**SITE TWO:** Centro Estrella Alma Family Resource Center

**Address:** 4701 E. Cesar Chavez Avenue, LA, CA 90022

**Phone:** 323-881-3799

**[Enki Health and Research](#)** - Boyle Heights Site (for Children and Youth only)

**Address:** 560 S. St. Louis St., LA, CA 90033

**Hours:** Monday-Thursday 9am-6pm / Friday 8am-5pm

**Phone:** For intakes at Boyle Heights or other sites - including support for Adults call:  
866-227-1302

### **Medical Services**

**[Clinica Romero](#)**

**Address:** 2032 Marengo St, Los Angeles, CA 90033

**Phone:** (213) 989-7700

**[Altamed Health Service Corp/ Altamed Medical Group](#)**

Any person that thinks that he/she may be experiencing symptoms is advised to first call (888) 499-9303 to speak to a medical provider to determine if testing is recommended. If someone decides to walk-in to a clinic they will not be turned away but there are very specific guidelines CDC and LACDPH are putting in place to only do necessary testing (supplies for tests are short and protective gear for staff, this is across the nation).

### **LA County Mental Health Resources**



**[Headspace \(Free App\)](#)** - LA County Residents get the full version of the app for free until December 2020. For more information, visit: [www.headspace.com/lacounty](http://www.headspace.com/lacounty)

**[LA County Department of Mental Health](#)** - Hotline (3/26/2020) You can call 1-800-854-7771, or if you prefer texting with someone, use the crisis text line and initiate a conversation with trained counselors by texting "home" to 741741

**[California Department of Social Services \(CDSS\)](#)** - CA Surgeon General's Playbook (5/21/2020)

- [Stress Relief During COVID-19](#)
- [Stress Relief for Caregivers and Kids During COVID-19](#)

## **COVID-19 Testing Locations in Boyle Heights**

There are drive-through and walk-up testing sites operating in Los Angeles County. When you book your appointment, you will receive a confirmation with the date, time, and location of your appointment, as well as other details. You will also be directed to a link to a video which will show you what to expect at the testing site.

**[Schedule an Appointment](https://lacovidprod.service-now.com/rrs)** at: <https://lacovidprod.service-now.com/rrs>

**Los Angeles County COVID-19 Drive-Up Mobile Testing Sites:  
Locations within 5 miles of Boyle Heights**

*\*Please note that information is changing rapidly, for the most up to date information visit the LA County website. **An appointment is required - no drop-ins are allowed.***

- 1. Altamed Evaluation and Testing Site - Pennsylvania**
  - a. Drive-Up Testing
  - b. 1724 Pennsylvania Ave. Los Angeles, CA 90033
  - c. Phone: (888) 499-9303
  - d. <https://www.altamed.org/coronavirus#2919>
- 2. Lincoln Park**
  - a. Drive-Up Testing
  - b. 3501 Valley Blvd. Los Angeles, CA 90095
- 3. Los Angeles Christian Health Centers - Pico Aliso**
  - a. Walk-Up Only Testing
  - b. 1625 E 4th St, Los Angeles, CA 90033
- 4. East Los Angeles College**
  - a. Drive-Up Testing
  - b. 1301 Avenida Cesar Chavez, Monterey Park, CA 91754 [Between Floral and Cesar Chavez]
- 5. Los Angeles Christian Health Centers - Joshua House**
  - a. Walk-Up Only Testing
  - b. 311 Winston St, Los Angeles, CA 90013
- 6. Cal State Los Angeles**
  - a. Walk-Up Only Testing
  - b. 5151 State University Dr, Los Angeles, CA 90032
- 7. St. John's Well Child and Family Center - Lincoln High School**
  - a. Walk-Up Only Testing
  - b. 2512 Alta St, Los Angeles, CA 90031
- 8. Dodger Stadium**
  - a. Drive-Up Testing
  - b. 1101 Scott Ave, Los Angeles, CA 90012
- 9. Carbon Health**
  - a. Walk-Up Only Testing
  - b. 2110 Sunset Blvd., Suite M, Los Angeles, CA 90026
  - c. Walk-Up Only
- 10. CVS Los Angeles**
  - a. Drive-Up Testing
  - b. 5176 E Whittier Blvd, Los Angeles, CA 90022
- 11. Angeles Community Health Center - Huntington Park**
  - a. Drive-Up Testing
  - b. 6208 Seville Ave, Los Angeles, CA 90255
- 12. Central Neighborhood Health Foundation**
  - a. Walk-Up Only Testing
  - b. 2707 S Central Ave, Los Angeles, CA 90011
- 13. Universal Community Health Center**
  - a. Walk-Up Only Testing
  - b. 2508 S San Pedro, Los Angeles, CA 90011
- 14. St. John's Well Child and Family Center - Warner Traynham Clinic**
  - a. Walk-Up Only Testing
  - b. 326 W 23rd St, Los Angeles, CA 90007
- 15. Angeles Community Health Center**
  - a. Walk-Up Only Testing
  - b. 1919 W 7th St (1st Floor), Los Angeles, CA 90057
- 16. Kedren Community Health Center**
  - a. Walk-Up Only Testing
  - b. 4211 Avalon St, Los Angeles, CA 90011
- 17. St. John's Well Child and Family Center - Magnolia Place**
  - a. Walk-Up Only Testing
  - b. 1910 Magnolia Ave, Los Angeles, CA 90007
- 18. MacArthur Park - Total Testing Solutions**
  - a. Drive-Up Testing
  - b. 2130 James M Wood Blvd, Los Angeles, CA 90006
- 19. City of Bell**
  - a. Drive-Up Testing

b. 6410 Atlantic Ave, Bell, CA 90203

**20. Exposition Park**

a. Drive-Up Testing

b. 3986 S Hoover St, Los Angeles, CA 90037

If you do not have access to a computer or internet, you can call 211 to schedule an appointment for testing

<https://corona-virus.la>

## Where Can I Reach Emergency Support?

### EMERGENCY CONTACTS

**911 Police Department**

**LAPD- Hollenbeck Community Police Station**

2111 E 1st St, Los Angeles, CA 90033

(323) 342-4100

**Suicide Prevention Hotline** (800) 273-8255

**Teen Line** (310) 855-4673 or text TEEN to 839863

**California Youth Crisis Line** (800) 843-5200

**SAMHSA Hotlines SAMHSA's Disaster Distress Helpline** (Substance Abuse and Mental Health Services Administration)

Toll-Free: 1-800-985-5990 (English and español)

SMS: Text TalkWithUs to 66746

SMS (español): "Háblanos" al 66746

TTY: 1-800-846-8517

Website in English: [https:// www.disasterdistress.samhsa.gov](https://www.disasterdistress.samhsa.gov)

Website in Spanish: <https://www.samhsa.gov/find-help/ disaster-distress-helpline/espanol>

**National Suicide Prevention Lifeline**

Toll-Free: 1-800-273-TALK (1-800-273-8255)

Toll-Free (español): 1-888-628-9454

TTY: 1-800-799-4TTY (1-800-799-4889)

Website in English: [https:// www.suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org)

Website in Spanish: [https:// suicidepreventionlifeline.org/help-yourself/en-espanol](https://suicidepreventionlifeline.org/help-yourself/en-espanol)

### Domestic Violence/ Violencia Domestica

**East LA Women's Center**

1431 S. Atlantic Blvd. Los Angeles, CA 90022

(323) 526-5819

Monday - Friday, 9 am - 6 pm

Crisis Hotline (24 Hrs) -(800) 585-6231

## What Are My Different Rights During the COVID-19 Response?

### KNOW YOUR RIGHTS

**Immigration**

Our undocumented community has rights! For more information on how to stay safe from ICE in the community, make sure to download Know Your Rights brochures and follow the organizations below for current resources and updates.

- *Promesa*, visit us at: [promesaboyleheights.org/promesa-immigration-resources](http://promesaboyleheights.org/promesa-immigration-resources)

- [Know Your Rights](#)
- [Family Preparedness](#)
- *California Youth Justice Alliance*
  - <https://cijja.org/covid19/>
- *CHIRLA*
  - [https://www.chirla.org/avada\\_portfolio/community-education/](https://www.chirla.org/avada_portfolio/community-education/)

### Labor Rights

- *The Labor & Workforce Development Agency (LWDA)* has created a guide to understand worker and employment rights. For full information visit: [labor.ca.gov/coronavirus2019/#chart](https://labor.ca.gov/coronavirus2019/#chart)
- Legal Aid at Work has created a list of ongoing resources for undocumented workers and their rights. For full information visit: [legalaidthatwork.org/factsheet/undocumented-workers-employment-rights/](https://legalaidthatwork.org/factsheet/undocumented-workers-employment-rights/)

### Tenant Rights (Please note this section was last updated on May 2020)

- **City of Los Angeles**
  - Governor Gavin Newsom issued an executive order that authorizes local governments to halt evictions for renters and homeowners, slows foreclosures, and protects against utility shutoffs for Californians affected by COVID-19.

- The order does not relieve a tenant from the obligation to pay rent, or restrict the landlord's ability to recover rent that is due. The protections are in effect through May 31, 2020, unless extended. The order also requests banks and other financial institutions to halt foreclosures



- **Rent Forgiveness Guide** by the Los Angeles Tenants Union (LATU)
  - [bit.ly/FOODNOTRENT](https://bit.ly/FOODNOTRENT)
  - [https://docs.google.com/document/d/165eYVkW13yZrES7q5ZZaWVFSLFYqYn\\_P2RBzhyQSRIWM/edit](https://docs.google.com/document/d/165eYVkW13yZrES7q5ZZaWVFSLFYqYn_P2RBzhyQSRIWM/edit)
- **Eviction Defense Network:**
  - A nonprofit community organization dedicated to protecting the right to decent, safe, sanitary and affordable housing. Serve households facing eviction by providing consultations for a donation (no one turned away due to lack of funds) and/or providing representation in court on a sliding fee scale based on ability to pay (payment plans are available)
    - Please send an email to: [askanattorney@edn.la](mailto:askanattorney@edn.la). If you don't have email, send a text or call: 213/537-5473 and your request will be screened by a paralegal. (For more information, click [here!](#))
  - and related evictions during this time period. The full Executive Order can be found [here](#).
- **Inquilinos Unidos:**
  - A nonprofit dedicated to empowering low-income tenants through community organizing, education and advocacy to fight for safe, decent and affordable housing in Los Angeles.

- If you or a family member is in need of eviction prevention assistance, please call (213) 483-7497. If you are sent to our voice mail, please leave your name, telephone number and date of call, and someone will return your call to schedule an over the telephone consultation. Those tenants in need of further legal assistance will be referred to a network of volunteer attorneys.

## Employment Rights:

What employees are entitled to may be confusing. **[THIS CHART](#)** makes it easier to understand what resources may be available. More information below.

### *Employment Issues:*

- Please visit [https://www.edd.ca.gov/about\\_edd/coronavirus-2019.htm](https://www.edd.ca.gov/about_edd/coronavirus-2019.htm) for BENEFITS FOR WORKERS IMPACTED BY COVID-19 and also check out the EDD's Frequently Asked Questions: [https://edd.ca.gov/about\\_edd/coronavirus-2019/faqs.htm](https://edd.ca.gov/about_edd/coronavirus-2019/faqs.htm)
- For a run-down of labor laws in California, please visit: <https://www.latimes.com/business/story/2020-03-12/coronavirus-labor-law-know-your-rights-california-worker>

### *Paid Family Leave*

**\*\*Paid family leave** is available for those who stay home because they need to take care of someone who has contracted the virus (Covid-19) or who has been quarantined (must be certified by a medical professional). [Learn how to file a Paid Family Leave Claim HERE.](#)

### *Disability Benefits/Paid Sick Leave*

**\*\*Disability benefits /paid sick leave** are available for those who have actually contracted the virus themselves or who have been exposed to it and are quarantined (must be certified by a medical professional in the case of Disability Benefits). [Learn how to file a Disability Insurance Claim HERE.](#)

### *Unemployment Benefits*

**\*\*Unemployment benefits** are available to those whose hours have been reduced or who have lost their job due to coronavirus measures (and it also applies to those who choose to stay home due to underlying health issues making them more vulnerable). The Governor has waived the 1 week wait time and the person may not be required to be actively looking for work (as is usually required). [Learn how to file an Unemployment Insurance Claim HERE.](#)

- Unfortunately, this benefit is not available to undocumented persons whose hours are reduced or lose their job for reasons related to COVID-19, etc.
- SCHOOL CLOSURES: If your child's school is closed and you have to miss work to care for them. You might qualify for Unemployment Insurance benefits. [Learn how to file an Unemployment Insurance Claim HERE.](#)

### *Worker's Compensation*

**\*\*Workers comp** is available for those who are unable to do their usual job because they were exposed to and contracted Covid-19 while in the regular course of their job (i.e. healthcare workers) [Learn how to file workers comp here](#)

## Temporary Support:

- **Internet**
  - Telecom and Data companies are extending their services to ensure that individuals have access to high speed internet at low or no cost. For a full list of providers and their available services, visit: [www.cde.ca.gov/ls/he/hn/availableinternetplans.asp](http://www.cde.ca.gov/ls/he/hn/availableinternetplans.asp)
- **Utilities**
  - Southern California Edison Responds to COVID-19 Emergency, Suspends Service Disconnections (Source/More Information).

- More information at: [socalgas.com/coronavirus](https://socalgas.com/coronavirus)
- **Parking Enforcement Relaxation within City of LA (As of 03/16/20) :**
  - Relaxed enforcement of street sweeping restrictions in residential areas
  - Relaxed enforcement around closed schools
  - Moratorium on ticketing and towing for abandoned vehicles and oversize vehicle overnight parking fines
  - Freeze on parking fine increases for the next 60 days
  - Extended grace period for people dropping off or picking up groceries and goods
  - Immediate extension on all deadlines for payment due until June 1
- **Housing (As of 03/18/20)**
  - City of Los Angeles will add thousands of emergency shelter beds to get unhoused people living on the street indoors, using \$20 million dollars in city's budget reserve funds for emergency relief:
    - 1,600 emergency shelter beds at 13 City Recreation Centers (Locations TBD) and more to come.
    - American Red Cross providing more than 6,000 beds to support as more City Recreation Centers are added.

## How Can I Access CENSUS 2020 Support?



G e t   C o u n t e d !

**Fill out Census Online:**  
<https://my2020census.gov/>

**Fill out Census by Phone:**  
 (844) 330-2020 (English)  
 (844) 468-2020 (Spanish)

To talk to a Promesa staff, reach us at: 325-545-3195

### **CENSUS 2020**

Community members by now have received Census 2020 information at home on how to self-respond and be counted. All Census Kiosks are currently closed due to the current social distancing protocols. However the CENSUS 2020 can be filled out either Online or by Phone:

**Fill out Census Online:** (Multiple Languages available)  
<https://my2020census.gov/>

**Fill out Census by Phone - Call:** 844-330-2020 (English) OR 844-468-2020 (Spanish)

For any other questions, our national partners at NALEO Education Fund have a Census support bilingual hotline at **877-EL-CENSO** (877-352-3676) Monday-Friday 5:30am-5:30pm.