

Local Assistance Resources:

Resource	Entity	Program	Explanation of Program	Office Locations	Phone	Link
Child Care	Mexican American Opportunity Foundation	Resource & Referral Program	Child care centers and programs	5657 E. Washington Blvd., Commerce, CA 90040	(323) 890-1555	http://www.maof.org/resource-referral/
Financial	LA County	General Relief	Program that provides financial assistance to indigent adults who are ineligible for federal or State programs.	Check listing for nearest office or call phone number listed here.	(866) 613-3777	Link
Food Assistance	Los Angeles Regional Food Bank	Food Bank		1734 East 41st Street Los Angeles, CA 90058	323.234.3030	https://www.lafoodbank.org/find-food/pantry-locator/
Food Assistance	Mexican American Opportunity Foundation	Home Delivered Meals Program	The Home Delivered Meals Program delivers one hot well balanced meal, Monday through Friday to older adults 60+ that are homebound due to illness or disability. \$2 suggested donation. Service areas: 90031, 90032, 90041, 90042, 90065, portions of 90023 & 90063 (only in the City of LA)	1200 N. State St. LA, CA 90033 Suite 1065	Office Home Delivery Case Worker: (213) 481-5980	http://www.maof.org/home-delivered-meals-program/

COVID-19 Information:

Resource	Entity	Program	Explanation of Program	Link	Phone
Information	Department of Labor	OSHA Guidance	OSHA Guidance on Preparing Workplaces for COVID-19	Link	
Information	State of CA	Coronavirus Updates	Updates on COVID-19 and guidance	Link	(916) 558-1784
Information	Centers for Disease Control	Coronavirus Updates	Updates on COVID-19 and guidance	Link	

Statewide Assistance Resources:

Resource	Entity	Program	Explanation of Program	Office Locations	Phone
Financial	State of California	CalWORKs	Provides cash aid and services to eligible families that have a child(ren) in the home.	Check listing for nearest office or call phone number listed here.	(866) 613-3777
Financial	State of California	Cash Assistance Program for Immigrants	CAPI provides cash to legal non-citizens ineligible for Supplemental Social Security Income/State Supplemental Payment (SSI/SSP)	Check listing for nearest office or call phone number listed here.	(866) 613-3777
Financial	State of California	Disability Insurance	Gov Newsom waived one-week waiting period for applying, and allowed for individuals sick with COVID-19 to claim short-term disability insurance.	888 South Figueroa Street, Suite 200, Los Angeles, CA 90017-5449; 4300 Long Beach, Suite 600 Long Beach, CA 90807-2011	English: 1-800-480-3287 Spanish: 1-866-658-8846
Financial	State of California	Paid Family Leave	Up to six weeks of benefit payments to eligible workers due to illness or themselves or family	888 South Figueroa Street, Suite 200, Los Angeles, CA 90017; 4300 Long Beach, Suite 600 Long Beach, CA 90807-2011	English: 1-877-238-4373 Spanish: 1-877-379-3819
Financial	State of California	Paid Sick Leave	You may be eligible if civil authorities recommend quarantine.	Learn more about your eligibility for Paid Sick Leave	
Financial	State of California	Unemployment Insurance	Gov. Newsom waived the one-week waiting period for applying for unemployment insurance. Can apply online, by phone, or mail.	888 South Figueroa Street, Suite 200, Los Angeles, CA 90017-5449; 4300 Long Beach, Suite 600 Long Beach, CA 90807-2011	English 1-800-300-5616 Spanish 1-800-326-8937
Financial	State of California	Worker's Compensation	Benefits if you were expose to Coronavirus on the job	Online	1-800-736-7401
Food Assistance	State of California	CalFRESH	Provides assistance for households to purchase nutritious food.	Contact local social services office	
Healthcare	Kaiser	Health Care	Order prescriptions online.		See number on Kaiser membership card
Healthcare	Kaiser	Health Care	Contact Kaiser if you have COVID-19 symptoms. No cost for screening or testing.	See local Kaiser hospital	NorCal: 1-866-454-8855 SoCal: 1-833-574-2273
Housing	State of California	Homeless Assistance	CalWORKs HA can provide payments for temporary shelter	Check listing for nearest office or call phone number listed here.	(866) 613-3777
Housing	State of California	Housing Support	The CalWORKs Housing Support Program (HSP) assists homeless CalWORKs families in obtaining permanent housing	Check listing for nearest office or call phone number listed here.	(866) 613-3777
Phone service	State of California	The California LifeLine Program	The California LifeLine Program provides discounted basic home/cell phone service		1-866-272-0357
Utilities Assistance	State of California	CARE/FERA	Discounts on utilitites for low-income families	Contact local utility	Southern Califonia Edison- 1-800-655-4555