

Local Assistance Resources:

Resource	Entity	Program	Explanation of Program	Office Locations	Phone	Link
Financial	Carlsbad Rental Assistance	Rent Assistance	Rental Assistance provided after 3-day eviction notice. Administers the City of Carlsbad CDBG grant, which assist very low income households and household in severe emergency situations. Those seeking rental assistance must be or plan to be City of Carlsbad residents.	Call to locate nearest location	(760) 448-5696	https://www.intefaithservices.org/
Food	San Diego Food Bank	Emergency Food Assistance Program	All of the San Diego Food Bank and North County Food Bank's 200 food distribution sites throughout the county will remain open for families to receive food assistance during this crisis.	1445 Engineer Street, Suite 110 Vista, CA 92081 9850 Distribution Avenue San Diego, CA 92121		https://sandiegofoodbank.org/
Food	SDUSD	San Diego Unified Food and Nutrition Services	drive thru / walk-up distribution of daily prepared meals, free of charge	https://sites.google.com/sandiego.net/covid19/resources/food-services		https://www.sandiegounified.org/wellness-healthy-food
Various	United Way of San Diego	General Relief	Rent & Mortgage Assistance, Food Bags, Utility Payment Assistance, Unemployment claim assistance	https://uwsd.org/our-work/family-stability/unions-united/	(858) 636-4116	

COVID-19 Information:

Resource	Entity	Program	Explanation of Program	Link	Phone
Information	Community Information Exchange	211 San Diego	Updates and health info	Link	
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.	Go to nearest San Diego County Family Resource Center	(866) 262-9881
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.	San Diego: (866) 262-9881 Imperia: (760) 337-6800
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.	9246 Lightwave Avenue, Building A, Suite 300 San Diego, CA 92123-6404	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	Online	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.	Online	Link
Financial	State of California	Unemployment Insurance	Gov Newsome waived the one-week waiting period for applying for unemployment insurance.	9246 Lightwave Avenue, Building A, Suite 300, San Diego, CA 92123	English 1-800-300-5616 Spanish 1-800-326-8937
Financial	State of California	Worker's Compensation	Benefits if you were exposed	Online	1-800-736-7401
Food	State of California	CalFRESH	Provides assistance for households to purchase nutritious food.	Go to nearest San Diego County Family Resource Center	1-866-262-9881
Healthcare	Kaiser	Health Care	Contact Kaiser if you have COVID-19 symptoms. No cost for screening or testing.		See number on Kaiser membership card
Healthcare	Kaiser	Health Care	Order prescriptions online.	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	Go to nearest San Diego County Family Resource Center	1-866-262-9881
Housing	State of California	Housing Support	The CalWORKs Housing Support Program (HSP) assists homeless CalWORKs families in obtaining permanent housing	Go to nearest San Diego County Family Resource Center	1-866-262-9881
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	State of California	CARE/FERA	Discounts on utilities for low-income families	Contact utility company	San Diego Gas & Electric- 1-800-411-7343