

Local Assistance Resources:

Resource	Entity	Program	Explanation of Program	Office Locations	Phone	Link
Food	Compass Family Services	Food Bank	Food bank and other support needs	37 GROVE STREET, SAN FRANCISCO, CA, 94102	(415) 644-0504	https://www.compass-sf.org/
Food	Saint Vincent De Paul	Food Bank	Provides food assistance and clothing and shelter support	50 N B St, San Mateo, CA 94401	650-343-4403	http://www.svdpsanmateoco.org/
Food	Second Harvest Food Bank of Silicon Valley	Food Bank		750 Curtner Avenue, San Jose, CA 95125 4001 North First Street, San Jose, CA 95134 1051 Bing Street, San Carlos, CA 94070	1-800-984-3663	https://www.shfb.org/
Various	211 United Way Bay Area	Resource referral service	Provides referrals to various resources		Dial 211 or 800-273-6222	https://www.211bayarea.org/

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.	Locate local office information here, or call phone number's listed.	Santa Clara County: 1 (408) 758-3800 San Mateo County: 1(800) 223-8383 San Francisco: (415) 558-4700
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 Mateo County: 800-223-8383 Santa Clara County: 408-758-3600 San Francisco County: 415-558-4700
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.	297 West Hedding San Jose, CA 95110-1628	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	297 West Hedding San Jose, CA 95110-1628	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.	297 West Hedding San Jose, CA 95110-1628	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	File a Workers' Compensation claim	1-800-736-7401
Food Assistance	State of California	CalFRESH	Provides assistance for households to purchase nutritious food.	Locate local office information here, or call phone number's listed.	Santa Clara County: 1 (408) 758-3800 San Mateo County: 1(800) 223-8383 San Francisco: (415) 558-4700
Healthcare- Order Prescriptions Online	Kaiser	Health Care	Order prescriptions online.		See number on Kaiser membership card
Healthcare-COVID-19	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.	San Mateo County: 800-223-8383 Santa Clara County: 408-758-3600

					San Francisco County: 415-558-4700
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.	San Mateo County: 800-223-8383 Santa Clara County: 408-758-3600 San Francisco County: 415-558-4700
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 utilities for low-income families	Contact Utility Company	PG&E- 1-866-743-2273