HELP WITH EMERGENCY FINANCIAL ASSISTANCE, FOOD, HOUSING, UTILITIES AND 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 CENTER
Redwood City
(650) 780-7500
bit.ly/RWCFairOaks

EL CONCILIO
East Palo Alto
(650) 330-7432
bit.ly/ElConcilioEPA

PUENTE DE LA
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.

OTHER 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.

URGENT ALERTS

**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/Ideas4Kids

**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.

If you know someone or are yourself experiencing a mental health or personal crisis, call the StarVista 24/7 Crisis Support Line at 1-800-273-8255 or visit star-vista.org/programs/crisis-center.

**ABOUT THE CORONAVIRUS SYMPTOMS 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