

COVID-19 Resources & How You Can Help

Virginia

<https://www.virginia.gov/coronavirus-updates/?emci=bf8fdf4b-f36d-ea11-a94c-00155d03b1e8&emdi=cc99bdb8-016e-ea11-a94c-00155d03b1e8&ceid=1058662>

For small businesses needing help: <https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>

Alexandria

<https://www.alexandriava.gov/Coronavirus>

Volunteer/donate:

<https://www.volunteeralexandria.org>

Arlington

Life During the Coronavirus Pandemic: What You Need to Know Now

- Stay healthy! Follow doctors' advice: <https://health.arlingtonva.us/covid-19-coronavirus-updates/> .
- If you think you might have the virus: Call 703-228-7999 (Monday-Friday, 7 a.m. – 7 p.m., in English and Spanish). In an emergency, call 911 and tell them about your symptoms; they will tell you what to do.
- General info on COVID-19 health info in different languages:
<https://docs.google.com/document/d/1DyvjFYRsOkpH9UeEBEmgFd6ehSLfpMtw8j6ZFvV8JPA/edit?fbclid=IwAR3DWp4u9NWKtRzgxEK-8rqUpZpmVWpPsQShr6ZosrFBfrpNASvA2DSjLE>
Also,
<https://switchboardta.org/blog/a-round-up-of-multilingual-resources-on-covid-19/>
<https://health.arlingtonva.us/2019-novel-coronavirus-what-you-need-to-know-from-arlington-county-public-health-division-acphd/>
- Rent: You can't be evicted for non-payment of rent at least until April 6th. If you can't pay rent, contact your landlord to work out installment payments.

BU-GATA can help you figure out what to say to landlords, 703-465-5570, www.bu-gata.org.

- **Help:** For assistance with paying rent and other issues, contact Arlington County at 703-228-1300/1350; https://publicassistance.arlingtonva.us/?fbclid=IwAR3ccHDrGV0dRKcxhWUUt4hPzORHIEqc5Hp_VDPg6xG1LO-ii-EwQdwXdwo.
- **Utilities:** Utility companies can't disconnect your utilities during the state of emergency period declared by the governor of Virginia.
- **Mortgages:** You may be able to defer mortgage payments for 60 days or more. Call your lender to find out.
- **Public Schools:** Arlington schools are closed through the end of the school year. They are offering free breakfasts and lunches Monday through Friday from 11 a.m.- 1 p.m. Parents must bring children. Sites as of March 25 are at: Kenmore Middle School, 200 S. Carlin Springs Rd., Dr. Charles R. Drew Elementary, 3500 S. 23rd St., Barrett Elementary, 4401 N. Henderson Rd., Campbell Elementary, 737 S. Carlin Springs Rd. Randolph Elementary, 1305 S. Quincy St. Check updates online to find out if additional sites are opened. <https://www.apsva.us/coronavirus-covid-19-updates/free-lunch-breakfasts-and-other-resources/>
- **Groceries:** Food is available through Arlington Food Assistance Center, 2708 S. Nelson St., Monday-Friday from 9:30 a.m.-2 p.m., Saturday from 9-11 a.m. You may be served once without a referral. For repeat food pickups, you need a referral from the Arlington Department of Human Services or another approved organization. Contact DHS at 703-228-1350 or BU-GATA at 703-465-5570 to get a referral. <https://afac.org/get-food/>. Also, Northern Virginia Family Services, <https://www.nvfs.org/covid-19-emergency-assistance-program/>
Restaurants: <https://www.apsva.us/coronavirus-covid-19-updates/free-lunch-breakfasts-and-other-resources/other-resources-for-food-and-assistance/>
- Food pantries: Our Lady Queen of Peace Catholic Church: Wednesdays, 9-11 a.m. or until food runs out, 2700 19th St., S. No referral needed. Also, St. Charles Borromeo Catholic Church, Tuesdays, 10 a.m.-noon, 3304 Washington Blvd. No referral needed.
- **Transportation:** Metrobus and rail and ART service have been cut back significantly. Check here to see which routes are operating: <https://www.wmata.com> ; <https://www.arlingtontransit.com/about/art-news/arlington-transit-bus-service-reduced-starting-march-16/>.
- **Unemployment claims:** If you are out of work because of the virus, check here and see if you are eligible to apply for unemployment insurance claims. http://www.vec.virginia.gov/unemployed?fbclid=IwAR0h3TJF1xQUPFk4WANNWIXnwhMC5DF7G_DyG5d4P3Xz0Z1U_NPr7WDopt8.

- **Jobs:** Find a list of jobs that are available at https://www.facebook.com/groups/830654700750989/?resurrect_cookie=1# .
- **Internet access:** Comcast is providing two months of free internet access for qualified families through its Internet Essentials program. This program is normally \$9.95 a month. More information is available from Comcast at <https://www.internetessentials.com/>.
- **Immigration/citizenship issues:** USCIS has suspended all routine face-to-face services with applicants at all field offices, asylum offices, and Application Support Centers until at least April 1. It will continue to provide emergency services during. If you have an emergency service request, contact 1-800-375-5283; <https://www.uscis.gov/contactcenter> .
- **Courts, Detention Center, and other County offices:** Find out if they are open at <https://topics.arlingtonva.us/covid-19-related-cancellations/>.

Español:

La vida durante la pandemia de coronavirus **Lo que necesitas saber ahora**

- **¡Manténgase saludable!** Siga los consejos de los médicos: <https://health.arlingtonva.us/covid-19-coronavirus-updates/>.
- **Si cree que podría tener el virus:** Llame al 703-228-7999 (de lunes a viernes de 7 a.m. a 7 p.m., en inglés y español). En una emergencia, llame al 911 y cuénteles sobre sus síntomas; ellos te dirán qué hacer.
La información general de COUI es amplia, se encuentra en la parte superior de la página.
También,
<https://switchboardta.org/blog/a-round-up-of-multilingual-resources-on-covid-19/>
<https://health.arlingtonva.us/2019-novel-coronavirus-what-you-need-to-know-from-arlington-county-public-health-division-acphd/>
- **Alquiler:** no puede ser desalojado por falta de pago de la renta al menos hasta el 6 de abril. Si no puede pagar el alquiler, comuníquese con el arrendador para calcular los pagos a plazos. BU-GATA puede ayudarlo a descubrir qué decir a los propietarios, 703-465-5570, www.bu-gata.org.
- **Ayuda:** para obtener ayuda con el pago del alquiler y otros asuntos, comuníquese con el Condado de Arlington al 103-228-1300 / 1350; https://publicassistance.arlingtonva.us/?fbclid=IwAR3ccHDrGV0dRKcxhwUUt4hPzORHIEqc5Hp_VDPg6xG1LO-ii-EwQdwXdwo.

■ Servicios públicos: las compañías de servicios públicos no pueden desconectar sus servicios públicos durante el período de estado de emergencia declarado por el gobernador de Virginia.

■ Hipotecas: es posible que pueda diferir los pagos de la hipoteca durante 60 días o más. Llame a su banco prestamista para averiguarlo.

■ Escuelas públicas: las escuelas de Arlington están cerradas hasta el fin del año escolar. Están ofreciendo desayunos y almuerzos de lunes a viernes de 11 a.m. a 1 p.m. Los padres deben llevar sus hijos. Los sitios ahora están en: Kenmore Middle School, 200 S. Carlin Springs Rd., Dr. Charles R. Drew Elementary, 3500 S. 23rd St., Barrett Elementary, 4401 N. Henderson Rd., Campbell Elementary, 737 S. Carlin Springs Rd., Randolph Elementary, 1306 S. Quincy St. Compruebe las actualizaciones en línea para averiguar si se abren sitios adicionales. <https://www.apsva.us/coronavirus-covid-19-updates/free-lunch-breakfasts-and-other-resources/>

■ Comestibles: los alimentos están disponibles a través del Centro de Asistencia Alimentaria de Arlington, 2708 S. Nelson St., de lunes a viernes de 9:30 a.m. a 2 p.m., los sábados de 9 a 11 a.m. Se le puede servir una vez sin una referencia. Para las recolecciones repetidas de alimentos, necesita una referencia del Departamento de Servicios Humanos de Arlington u otra organización aprobada. Comuníquese con DHS al 703-228-1350 o BU-GATA al 703-465-5570 para obtener una referencia. <https://afac.org/get-food/>.

Además, Servicios Familiares del Norte de Virginia, <https://www.nvfs.org/covid-19-emergency-assistance-program/>

Restaurantes: <https://www.apsva.us/coronavirus-covid-19-updates/free-lunch-breakfasts-and-other-resources/other-resources-for-food-and-assistance/>

Despensa de alimentos: Iglesia Católica Nuestra Señora Reina de la Paz: miércoles, 9-11 a.m. o hasta que se acabe la comida, 2700 19th St., S. No se necesita referencia. También, Iglesia Católica St. Charles Borromeo, martes, 10 a.m.-mediodía, 3304 Washington Blvd. No se necesita referencia.

■ Transporte: el servicio de Metrobus y ferrocarril y ART se ha reducido significativamente. Consulte aquí para ver qué rutas están operando: <https://www.wmata.com>; <https://www.arlingtontransit.com/about/art-news/arlington-transit-bus-service-reduced-starting-march-16/>.

■ Reclamos de desempleo: si no tiene trabajo debido al virus, vea aquí y vea si es elegible para solicitar reclamos de seguro de desempleo. http://www.vec.virginia.gov/unemployed?fbclid=IwAR0h3TJF1xQUPFk4WANNWIXnwhMC5DF7G_DyG5d4P3Xz0Z1U_NPr7WDopt8.

■ Trabajos: encuentre una lista de trabajos disponibles en https://www.facebook.com/groups/830654700750989/?resurrect_cookie=1#_=_.

■ Acceso a Internet: Comcast ofrece dos meses de acceso gratuito a Internet para familias calificadas a través de su programa Internet Essentials. Este programa normalmente cuesta \$ 9.95 al mes. Comcast dispone de más información en <https://www.internetessentials.com/>.

■ Cuestiones de inmigración / ciudadanía: USCIS ha mantenido servicios de rutina presenciales con solicitantes en todas las oficinas de campo, oficinas de asilo y centros de apoyo para solicitudes hasta al menos el 1 de abril. Continuará brindando servicios de emergencia durante. Si tiene una solicitud de servicio de emergencia, comuníquese al 1-800-375-5283; <https://www.uscis.gov/contactcenter>.

■ Tribunales, centro de detención y otras oficinas del condado: averigüe si están abiertas en <https://topics.arlingtonva.us/covid-19-related-cancellations/>.

Volunteer/Donate:

Volunteer Arlington: <https://volunteer.leadercenter.org>

Churches: VOICE member, Our Lady Queen of Peace Catholic Church, needs items to restock its food pantry, which opens to clients every Wednesday. It needs young people to shop for food, as well as cash donations or donations of the following items, which are placed in the bags each week:

Cereal- low sugar like rice crispies or corn flakes

1 can of green beans

1 can of corn

1 can of fruit in their own juices or light syrup

1 lb. bag of white rice

1 lb. bag of dry beans --prefer black, pinto or small red beans

1 box of long or short pasta

1 jar/can of pasta sauce

1 bottle of oil -- we give 48 oz., but please buy whatever you can afford

1 bag of tortimasa

Email sdiazwells@olqpva.org for more info.

Fairfax County

<https://www.fairfaxcounty.gov/covid19/>

<https://www.fairfaxcounty.gov/health/novel-coronavirus>

<https://www.fairfaxcounty.gov/coronavirus-updates>

Info on Fairfax County Public Schools and food distribution sites:

<https://www.fcps.edu/news/coronavirus-update-food-resources>

Volunteer Fairfax: <https://www.volunteerfairfax.org/covid-19-updates-resources/>

Info on assistance and updates from Health and Human Services:

<https://www.fairfaxcounty.gov/HSRG/Pages/SeasonalAnnouncementsData.aspx>

Regular updates from County Board Chair Jeff McKay:

<https://www.facebook.com/pg/jeffreymckay/posts/>

Volunteer/donate:

<https://www.volunteerfairfax.org>

Prince William County

<https://emergency.pwcgov.org>

Volunteer/donate:

<https://www.volunteerprincewilliam.org>

As of March 25, 2020