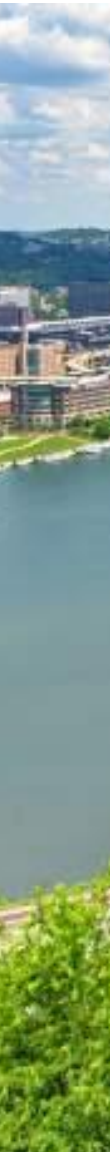


Emergency Resources Edition 3



Update **March 24**

A guide to assist the Allegheny County community during the COVID- 19 pandemic

PA 211 - <https://www.uwp.org/211gethelp/>

Find the help you need.

Resources serving Pennsylvania residents.

211 Coronavirus Information

To learn about Coronavirus (COVID-19) updates and access resources:

Centers for Disease Control and Prevention

- [National Coronavirus \(COVID-19\) information - http://cdc.gov/coronavirus/2019-ncov/\(opens%20in%20a%20new%20tab\)](http://cdc.gov/coronavirus/2019-ncov/(opens%20in%20a%20new%20tab))

PA Department of Health:

- [Coronavirus \(COVID-19\) information for PA - https://www.cdc.gov/coronavirus/2019-ncov/](https://www.cdc.gov/coronavirus/2019-ncov/)

Call **1-877-PA-HEALTH** (24/7) to report a Public Health Emergency or IMMEDIATELY NOTIFIABLE CONDITION such as Coronavirus (COVID-19)



Dial **211** or **text your zip code to 898-211** to get connected to resources that might be able to help, like assistance with childcare, housing, or finding food



Visit our [211 resource search engine](http://uwp.org/211gethelp) at <http://uwp.org/211gethelp> to look up Coronavirus (COVID-19) support resources in PA (under the Health/Dental category)



The [FTC](#) warns that the government will never ask you for money or personal information to receive a relief check, and that these checks are not yet a reality.

More information can be found at: https://www.consumer.ftc.gov/blog/2020/03/checks-government?utm_source=govdelivery

For more in-depth information for both organizations and individuals, including PA news updates and details on how to access resources, visit our Coronavirus (COVID-19) Hub:

Education

Here is a list of free educational resources for you to explore and use with your family:

- [Breakout EDU \(https://www.breakoutedu.com/funathome\)](https://www.breakoutedu.com/funathome) - Digital Learning Games
- [Busy Teacher \(https://busyteacher.org/\)](https://busyteacher.org/) - Printable Worksheets and Lesson Plans
- [CK-12 \(https://www.ck12.org/student/\)](https://www.ck12.org/student/) - The Smarter Way to Learn
- [Common Core Sheets \(https://www.commoncoresheets.com/\)](https://www.commoncoresheets.com/) - Worksheets for All Subjects and Ages
- [CommonLit \(https://www.commonlit.org/\)](https://www.commonlit.org/) - Reading Passages and Literacy Resources
- [E Reading Worksheets \(https://www.ereadingworksheets.com/free-reading-worksheets/\)](https://www.ereadingworksheets.com/free-reading-worksheets/) - Reading Worksheets
- [Easy Teacher Worksheets \(https://www.easyteacherworksheets.com/\)](https://www.easyteacherworksheets.com/) - Printables for All Subjects and Ages
- [Education.com \(http://education.com/\)](http://education.com/) - Worksheets and Printables
- [Epic! \(https://www.getepic.com/\)](https://www.getepic.com/) - Digital Library for Kids 12 and Under
- [Good2Learn \(http://www.good2learn.com/Online\)](http://www.good2learn.com/Online) - Math and English Lessons
- [Great Schools \(https://www.greatschools.org/gk/worksheets/\)](https://www.greatschools.org/gk/worksheets/) - Worksheets for Preschool through 5th Grade
- [Helping with Math \(https://www.helpingwithmath.com/\)](https://www.helpingwithmath.com/) - Printable Math Resources for K-8
- [Home Spelling Words \(https://www.homespellingwords.com/spelling-worksheets/\)](https://www.homespellingwords.com/spelling-worksheets/) - Spelling Worksheets
- [Homeschool Math \(https://www.homeschoolmath.net/worksheets/\)](https://www.homeschoolmath.net/worksheets/) - Math Worksheets
- [IXL \(https://www.ixl.com/\)](https://www.ixl.com/) - Personalized Learning with Comprehensive Pre-K-12 Curriculum and More
- [JumpStart \(https://www.jumpstart.com/parents/worksheets/\)](https://www.jumpstart.com/parents/worksheets/) - Printable Worksheets for All Subjects and Ages
- [K5 Learning \(https://www.k5learning.com/\)](https://www.k5learning.com/) - Reading and Math for K-5
- [K12 Reader \(https://www.k12reader.com/\)](https://www.k12reader.com/) - Reading Instruction Resources, Printables, and Articles
- [Kidzone \(https://www.kidzone.ws/\)](https://www.kidzone.ws/) - Worksheets for Children
- [Khan Academy \(https://www.khanacademy.org/\)](https://www.khanacademy.org/) - Online Courses, Lessons, and Practice
- [Math-Aids \(https://www.math-aids.com/\)](https://www.math-aids.com/) - Dynamically Created Math Worksheets
- [Math-drills.com \(Math-drills.com\)](http://Math-drills.com) - Math Worksheets
- [Math is Fun \(https://www.mathsisfun.com/worksheets/\)](https://www.mathsisfun.com/worksheets/) - Math Worksheets

Education (continued)

Here is a list of free educational resources for you to explore and use with your family:

- [Mystery Science](https://mysteryscience.com/?fbclid=IwAR0tiDhJA1fs0tvraKnXpDLa2JIJGXQhzPR4UnQRVfbOR1Ca3C5yQY5tNwQ) – (<https://mysteryscience.com/?fbclid=IwAR0tiDhJA1fs0tvraKnXpDLa2JIJGXQhzPR4UnQRVfbOR1Ca3C5yQY5tNwQ>) - Open-and-Go Lessons that Inspire Kids to Love Science
- [Prodigy](https://www.prodigygame.com/) (<https://www.prodigygame.com/>) - Math Learning Platform
- [Scholastic Learn at home](https://classroommagazines.scholastic.com/support/learnathome.html?fbclid=IwAR2wdQoUMjINe6adSb6vB49rVy8xysZHYEbBRxyTLCgrf48A5oOCWAqdkKs) (<https://classroommagazines.scholastic.com/support/learnathome.html?fbclid=IwAR2wdQoUMjINe6adSb6vB49rVy8xysZHYEbBRxyTLCgrf48A5oOCWAqdkKs>)
- [School Express](http://www.schoolexpress.com/create.php) (<http://www.schoolexpress.com/create.php>) - Worksheet Generator and Teacher Created Materials for All Ages
- [Science4Us](https://www.science4us.com/free-science-worksheets/) (<https://www.science4us.com/free-science-worksheets/>) - Worksheets, Printables, and Hands-On Science Activities for K-2
- [ScienceWerkz® Download](https://www.werkzpublishing.com/sciencewerkz/nsta-5-for-free/) (<https://www.werkzpublishing.com/sciencewerkz/nsta-5-for-free/>) - Middle School Interactive Science Content
- [SoftSchools](https://www.softschools.com/) (<https://www.softschools.com/>) - Printable Math and Phonics Worksheets, Math Games, and Grammar Quizzes
- [Spelling Words](https://www.spelling-words-well.com/free-printable-spelling-worksheets.html) (<https://www.spelling-words-well.com/free-printable-spelling-worksheets.html>) - Printable Spelling Worksheets
- [Super Teacher Worksheets](https://www.superteacherworksheets.com/) (<https://www.superteacherworksheets.com/>) - Worksheets for All Subjects
- [TeAchnology](https://www.teach-nology.com/worksheets/) (<https://www.teach-nology.com/worksheets/>) - Printable Worksheets for K-12
- [TLS Books](http://www.tlsbooks.com/) (<http://www.tlsbooks.com/>) - Educational Worksheets for Preschool through 6th Grade
- [Twinkl](https://www.twinkl.com/blog/how-to-utilise-twinkl-during-the-coronavirus-shutdown-a-guide-for-schools?utm_source=twitter&utm_medium=social&utm_campaign=corona) (https://www.twinkl.com/blog/how-to-utilise-twinkl-during-the-coronavirus-shutdown-a-guide-for-schools?utm_source=twitter&utm_medium=social&utm_campaign=corona) - Interactive Activities and More
- [VidCode](https://about.vidcode.com/hour-of-code) (<https://about.vidcode.com/hour-of-code>) - Hour of Code
- [Vooks](https://www.vooks.com/teacher-appreciation) (<https://www.vooks.com/teacher-appreciation>) - A World of Animated Storybooks

Financial Assistance

Loans:

- *Hebrew Free Loan is doing [Coronavirus Bridge Loans](http://hflapgh.org/coronavirusloan/) - asap to assist people who have lost income because of the pandemic. (<http://hflapgh.org/coronavirusloan/>)*
- DVI Funding is doing [Coronavirus Bridge loans](https://ofwemergencyfund.org/) asap. See site for more info and application. (<https://ofwemergencyfund.org/>)

Grants & Funds:

- [Pittsburgh Virtual Tip Jar](http://centerforethicsandpolicy.com/PGHTipJar.html) (<http://centerforethicsandpolicy.com/PGHTipJar.html>) - a new independent project hosted on Carnegie Mellon University's Center for Ethics and Policy website — is aiming to alleviate some of that financial stress on SERVICE INDUSTRY WORKERS that rely on tips. Get on the list and/or give someone a tip
- [Modest Needs](https://www.modestneeds.org) (<https://www.modestneeds.org>) is offering donations to HOURLY WORKERS who won't get paid during the COVID-19 outbreak.
- [Bartender Emergency Funds](https://www.usbgfoundation.org) (<https://www.usbgfoundation.org>) - for people who work as BARTENDERS.
- [Greater PGH Restaurant Workers emergency fund](https://www.gofundme.com/f/greater-pgh-restaurant-workers-emergency-fund?fbclid=IwAR184XqxsBK88d6kC1KVqlfZYkURv509OwvdWJpEf45e77n9HfrQuYoYWhw) (<https://www.gofundme.com/f/greater-pgh-restaurant-workers-emergency-fund?fbclid=IwAR184XqxsBK88d6kC1KVqlfZYkURv509OwvdWJpEf45e77n9HfrQuYoYWhw>) – Via Gofundme.com
- [ONE FAIR WAGE](https://ofwemergencyfund.org/) (<https://ofwemergencyfund.org/>) - Emergency Coronavirus Fund for TIPPED EMPLOYEES & WAGE WORKERS
- [Gig Workers Collective](https://www.gigworkerscollective.org/covid-19-resources?fbclid=IwAR1d5se9mwufqPzan9g2ttqinMtU01cD7L8USsLf5HmZErYLQldwt6P3oU) (<https://www.gigworkerscollective.org/covid-19-resources?fbclid=IwAR1d5se9mwufqPzan9g2ttqinMtU01cD7L8USsLf5HmZErYLQldwt6P3oU>) - National & State resources
- [Pittsburgh Stage Employee Bailout Fund](https://www.gofundme.com/f/1xd4eteu5c) (<https://www.gofundme.com/f/1xd4eteu5c>)
- [Mutual Aid Fund for LGBTQIA+ BIPOC](https://www.gofundme.com/f/covid19-relief-fund-for-lgbtqi-bipoc-folks?sharetype=teams&member=3890858&utm_medium=copy_link&utm_source=custom_er&utm_campaign=p_na+share-sheet&rcid=2e5b1feeb1a6469b8ba0e60294cc4019&fbclid=IwAR0SiFX9JqKMfVE7R7Ze2eTvWdGLbw65pChDMav-Nv2V--2_X6XQQ02vmw) (No location restriction. Donate or apply for funds.) (https://www.gofundme.com/f/covid19-relief-fund-for-lgbtqi-bipoc-folks?sharetype=teams&member=3890858&utm_medium=copy_link&utm_source=custom_er&utm_campaign=p_na+share-sheet&rcid=2e5b1feeb1a6469b8ba0e60294cc4019&fbclid=IwAR0SiFX9JqKMfVE7R7Ze2eTvWdGLbw65pChDMav-Nv2V--2_X6XQQ02vmw)
- [Mutual Aid Fund for \[Pittsburgh\] LGBTQIA+](https://www.gofundme.com/f/pittsburgh-covid19-lgbtqia-emergency-relief-fund?member=3944110&utm_medium=email&utm_source=customer&utm_campaign=p_email%2Binvidesupporters) (https://www.gofundme.com/f/pittsburgh-covid19-lgbtqia-emergency-relief-fund?member=3944110&utm_medium=email&utm_source=customer&utm_campaign=p_email%2Binvidesupporters) - (from SisTersPGH) - Donate and/or get info about applying for funds.

Financial Assistance (continued)

Governmental Assistance:

- TANF (Temporary Assistance for Needy Families) [here](#).
(<https://www.dhs.pa.gov/Services/Assistance/Pages/Cash-Assistance.aspx>)
- Unemployment - UPDATE 03/07/20:
 - FYI: Please note that the UC waiting week has been suspended. Eligible claimants may receive benefits for the first week that they are unemployed.
 - The fast way to apply is online: <https://www.paclaims.pa.gov/UCEN/>
 - For more information, visit <http://uc.pa.gov/>
- [Disaster Unemployment Assistance](#)
(<https://www.disasterassistance.gov/get-assistance/forms-of-assistance/4466>)
 - To qualify for DUA you must meet both of the conditions below:
 - 1) Your job must have been lost or interrupted due to a presidentially declared disaster, and
 - 2) You must not be eligible for regular unemployment insurance benefits.
 - Please see [website](#) for additional information on eligibility & applying for assistance. (<https://www.disasterassistance.gov/get-assistance/forms-of-assistance/4466>)
- Workers Comp - If you're exposed to COVID-19 in the workplace, we have important guidance on filing PA Workers' Compensation claims. [Learn more here](#).
(https://www.dli.pa.gov/Businesses/Compensation/Pages/default.aspx?fbclid=IwAR2HGISE4kjYN0BYhkpouDzmvqN8XYe8PoxpTrFny4-4gl877Ulouz_guoU)

Modest Needs:

- Offering donations to hourly workers who won't get paid during the COVID-19 outbreak. (<https://www.modestneeds.org>)

Food

Location	Who is Eligible?	Time
Pittsburgh Public Schools Most school buildings. See page 7 for details.	All Pittsburgh Public School Students	M-F 11-2
Mt. Carmel Baptist Church 90 Port Perry Road North Versailles 15137	East Allegheny District Students	M-F 11:30-1
St. John's Lutheran Church 715 Lincoln Highway North Versailles 15137	East Allegheny District Students	M-F 11:30-1
All Souls' Episcopal Church 215 Canterbury Lane North Versailles 15137	East Allegheny District Students	M-F 11:30-1
West Wilmerding VFD Station 211 330 Kline Avenue North Versailles 15137	East Allegheny District Students	M-F 11:30-1
Ma's Pantry 1000 Broadway Avenue East McKeesport 15035	East Allegheny District Students	M-F 11:30-1
Wilmerding Borough Building 301 Station Street Wilmerding 15148	East Allegheny District Students	M-F 11:30-1
Gateway School Buildings Middle School Evergreen Elementary Cleveland Stuart Elementary	Gateway School Students	M-F 11-1
Pitcairn Borough Building 609 Broadway Blvd Pitcairn 15140	Gateway School Students	M-F 11-1
Library Fire Hall 6581 Library Road South Park 15129 412-334-8631 or 412-995-8270	Any Families in Need Caseworkers can pick up for families Doorstep delivery available	Call for times
Broughton Fire Hall 1030 Cochrans Mill Road Pittsburgh 15236	Any Families in Need Caseworkers can pick up for families Doorstep delivery available	Call for times
South Park Italian Village Pizza 2951 Ridge Road South Park 15219	Children	Breakfast until 9am Lunch 11-12:30 Will provide lunch at Breakfast

Food

Mulligan's Sports Bar and Grill 1013 Lebanon Road West Mifflin 15122	Children up to age 14 Pizza Slice and Apple Sauce OR Chicken Tenders and Fries	M-F 11:30-1:30
Clairton School District Elementary Building Lobby	Clairton Students	M-F 11-12
Steel Valley School District High School Lobby Barrett Elementary	Steel Valley Students	M-F 10-12 Bags will include Lunch, snack and Breakfast for the next day
McKeesport School District Twin Rivers Elementary Founders Hall	McKeesport Students	M-F 9-11 Breakfast and Lunch
South Allegheny School District Middle/High School SAE EC-Door by Baseball Fields	SA Students	M-F 9-12 Breakfast and Lunch
Glassport Youth Center	South Allegheny Students	M-F 9-12 Breakfast and Lunch
Club 22 526 Monongahela Ave Glassport 15045	South Allegheny Students	M-F 9-12 Breakfast and Lunch
Lincoln Borough Fire Dept 4312 Liberty way Elizabeth 15037	South Allegheny Students	M-F 9-12 Breakfast and Lunch
Port Vue Fire Dept 1800 Romine Ave McKeesport 15133	South Allegheny Students	M-F 9-12 Breakfast and Lunch
Northview Heights Gym 425 Mt. Pleasant Road 15214		M-F 11-1
Allegheny Dwellings Community Room 1710 Belleau Road (Rear) 15212		M-F 11-1
Glen Hazel Recreation Center 895 Johnstown Ave 15207		M-F 11-1
East Hills Community Center 2291 Wilner Drive 15221		M-F 11-1
Woodland Hills School District WH Intermediate TC STEAM Academy WH Admin Building (N. Braddock)	Woodland Hills Students	Beginning 3/19 M-F 11-1 Breakfast and Lunch Pick up

Food

Sto-Rox High School	Sto-Rox Students	M-F 11:30-1:30
Pleasant Ridge	Sto-Rox Students	M-F 11:30-12
Myers Ridge	Sto-Rox Students	M-F 12-12:30
Helene & Catherine Streets	Sto-Rox Students	M-F 12:30-1
Hays Manor Community Center	Sto-Rox Students	M-F 1-1:30
Penn Hills School District Linton Middle School	Penn Hills Students	M-F 12-2
West Mifflin School District High School Middle School Clara Barton Elementary Homeville Elementary Duquesne Elementary Mon View Emerson Elementary	West Mifflin Students	M-F 11-1
Keystone Oaks SD Myrtle Ave Elementary Dormont Elementary High School	KO Students	M-F 11:30-12:30
Castle Shannon Borough Building 3310 McRoberts Road, Pittsburgh, PA 15234	KO Students	M-F 12:45-1:30
Saint John ELCA 601 Washington Ave, Carnegie	KO Students	M-F 12-1
Alvern Gardens 1000 Vermont Avenue, Pittsburgh, PA 15234 11:30 am – 12:30 pm	KO Students	M-F 11:30-12:30
Green Tree Wilson Park (in front of Fire Station) 825 Poplar Street. Pittsburgh, PA 15220.	KO Students	M-F 11:30-12:30

[Food resources updated in real time](https://alcogis.maps.arcgis.com/apps/MapSeries/index.html?appid=abaca148492b47a7ad0d5a71f5d2c5e8) - Click or type link below

<https://alcogis.maps.arcgis.com/apps/MapSeries/index.html?appid=abaca148492b47a7ad0d5a71f5d2c5e8>

Pittsburgh Public Schools Grab and Go Food Distribution

Meals will no longer be handed out at the following locations:

- Pittsburgh Arsenal K-5
- Pittsburgh Arsenal 6-8
- Pittsburgh Classical Academy
- Pittsburgh Carmalt PreK-8
- Pittsburgh Fulton
- Pittsburgh Grandview PreK-5
- Pittsburgh Linden
- Pittsburgh Schiller
- Pittsburgh Langley

Grab and Go locations in addition to remaining schools:

- Paulson Rec Center - 1201 Paulson Ave.
- Warrington Rec Center - 329 E. Warrington Ave.
- Salvation Army Homewood location- 8020 Frankstown Ave.
- Salvation Army Westside location - 1821 Broadhead Fording Road.
- Emanuel United Methodist Church at 825 Lorenz Ave.

Pet Food Resources

<https://www.pghdogs.com/help-for-pet-owners/pet-food-pantries>

- Animal Friends Chow Wagon- 412-847-7000
- Ellie's Pet Pantry- 412-345-7300 x290
- Squirrel Hill Community Food Pantry 412-421-2708

Food- Grocery Store Changes

- **Dollar General**
 - The first hour of operation is reserved for the elderly and those at high risk
 - The stores will close one hour early for restocking and sanitizing
- **East End Food Coop**
 - Hours of operation 9 – 7 pm with the first hour reserved for seniors
 - Seniors (62+ years) receive 5% discount the first hour of every day in addition to all of Tuesday and Thursdays
 - Sanitizing common touch points twice a day, providing customer sanitation stations, and cashiers wearing gloves
- **Fresh Thyme**
 - Reserved 6 am to 8 am on Mondays, Wednesdays and Fridays for people over 60 and those who may have a compromised immune system.
 - They reserved 6 am to 8 am on Tuesday and Thursday for key healthcare personnel and first responders.
- **Giant Eagle**
 - Doors will open at 6 am on Mondays, Tuesdays, and Wednesdays to accommodate those individuals. Staff members will be on site to offer additional assistance.
 - The general public is welcome to shop starting at 7 am Doors close at 10 pm each day. Curbside pickup and delivery will be available from 10 am to 7 pm. Pharmacy hours will remain the same.
- **Target**
 - First hour reserved for the elderly and those with underlying health concerns
 - Closing at 9pm for restocking and cleaning
- **Walmart**
 - Store hours changing- 7am to 8:30pm
 - Tuesdays- Those 60+ can shop from 6am to 7am and will include pharmacy and vision
- **Whole Foods**
 - Whole Foods Market stores in the US will open to customers aged 60 and over one hour before opening to the general public.
 - Will close 2 hours early to restock shelves and sanitize the store

Food - more Emergency Resources

- **Greater Pittsburgh Food Bank**

- Please contact your local food pantries for changes in times and procedures due to the crisis. Locations can be found [here](https://www.pittsburghfoodbank.org/). (<https://www.pittsburghfoodbank.org/>)
- Contact them for possible **Emergency Infant Formula**.
- Anyone who is currently out of work due to COVID-19 and currently has NO income is eligible for **SFPP** and **TEFAP** using this self-declaration of need form (<https://www.centralpafoodbank.org/wp-content/uploads/2019/06/SELFDECENG.pdf>)
 - On the self-declaration of need form, they can simply circle \$0 as they have no income. However, they should be advised that if/when their income resumes, they would need to fill out new paperwork and declare that if they intend to continue to obtain food through these programs.
 - Similarly, anyone who has lost hours, etc., because of COVID-19 and has a reduced income may be eligible for **SFPP** and **TEFAP**. On the self-declaration of need form, they should circle the income level that currently reflects their new (and potentially temporary) circumstances. As noted above, once their income picks back up, they would need to fill out new paperwork and declare that if they intend to continue to obtain food through these programs.

- **Greater Valley Community Services, Inc**

- 300 Holland Avenue Braddock, PA 15104
- They are putting together an emergency pantry of shelf stable foods outside of their building.

- **Meals on Wheels McKnight**

- Serving North Hills, Shaler, Hampton, and West Deer
- Qualification: Anyone that is hungry
- Call 412- 487-4088 for cost details

- **Southwest PA Meals on Wheels**

- Home meal delivery for people aged 60+ or those of any age that are younger if recovering from injury, illness, or surgery
- 412-279-5670

Emergency Baby Care Supplies

- **Western PA Diaper Bank Partner agencies**

Please contact the agency to ensure they are operating at this time.

Partner Agency	Address	City	Zip	Phone
AIU Highlands Family Center	415 E. 4th Ave	Tarentum	15084	724-224-9006
Children's Family Care Connection	849 Braddock Ave.	Braddock	15104	412-473-4610
Children's Family Care Connection	Penn Plaza	Turtle Creek	15145	412-823-2060
Children's Family Care Connection	5235 Butler St.	Pittsburgh	15201	412-784-8683
Clairton Family Center	734 Miller Avenue	Clairton	15025	412-233-3813
Clover Leaf Ecumenical Assistance Program	One Grove Place	Pittsburgh	15236	412-207-1657
Community Empowerment Association, Inc.	7120 Kelly St.	Pittsburgh	15208	412-371-3689
East End United Community Center	150 Coolspring St.	Uniontown	15401	724-437-1660
Genesis of Pittsburgh	141 N. Fremont Ave.	Pittsburgh	15202	412-766-5212
Greater Hazelwood Family Center	5006 Second Ave.	Pittsburgh	15207	412-904-2005
Growing in God Ministry	601 James St.	Turtle Creek	15145	412-241-0811
Healthy Start	400 Lexington Ave.	Pittsburgh	15208	412-271-1000
Latino Community Center	212 9th St, 5th Floor	Pittsburgh	15222	412-325-8111
Life's Work	1323 Forbes Ave.	Pittsburgh	15219	412-471-2600
Matilda Theiss Child Development Center	373 Burrows St	Pittsburgh	15213	412-383-1575
Maya Organization	7451 Washington Ave.	Swissvale	15218	412-501-3191
New Light Temple Baptist Church	2546 Centre Ave.	Pittsburgh	15219	412-621-7788
North Side Common Ministries	1601 Brighton Rd.	Pittsburgh	15212	412-323-1163
South Hills Interfaith Movement	5301 Park Ave.	Bethel Park	15102	412-854-9120
Squirrel Hill Health Center	4516 Browns Hill Road	Pittsburgh	15217	412-422-7442

Housing

- **The Allegheny Link**
 - Completing normal operations remotely. Beginning tomorrow, they will have one service coordinator at the Human Services Building to assist clients that come in.
- **Homeless Shelters**
 - Operating normally. (Winter Shelter downtown is now closed.)
- **Allegheny County Housing Authority**
 - Working with its residents who may have their working hours reduced due to the COVID-19 crisis. They will perform timely interim adjustments upon receipt of information.
- **The Housing Authority of the City of Pittsburgh**
 - Will suspend evictions through May 1st except for those with “serious public safety implications.”
- **U-Haul**
 - Is offering 30 days of free storage for students and/or special rates on moving trucks for those who must move out of dorms or due to school closures.
Visit www.uhaul.com/storage.
- **Pennsylvania Rental Assistance**
 - https://www.needhelppayingbills.com/html/pennsylvania_rental_assistance.html
- **Homeless Assistance**
 - Allegheny Link 866-730-2368

Legal

Domestic Violence & Sexual Assault Resources:

- You can still get an [Emergency Protection From Abuse](#) order (even when courts are closed) - INFO UPDATED 03/18/20 Children's Court room 3030.
[\(https://www.allegheycourts.us/family/pfa/?eType=EmailBlastContent&eld=07638471-7400-4e59-98b5-91a6e152657a\)](https://www.allegheycourts.us/family/pfa/?eType=EmailBlastContent&eld=07638471-7400-4e59-98b5-91a6e152657a)
- [All PA Domestic Violence Programs](#) (<https://www.pcadv.org/find-help/find-your-local-domestic-violence-program/?eType=EmailBlastContent&eld=7dfedf71-439a-4d63-8d7b-b65b57d80be3>) - please call (if able) to see if services are altered during the pandemic
- **HOPE Center:** if social distancing has forced you into unsafe situation, call 724-224-1266 to speak with an advocate. Available to call 24/7. They will help provide domestic violence information, community resources, safety planning, support, and more!
- [PAAR \(Pittsburgh Action Against Rape\)'s](#) office is closed but you can still access resources for sexual assault and violence at the Helpline: Running as usual 24/7 1-866-363-7273. Text/Chat Line: Services available and accessed through our website, <https://paar.net/>

Neighborhood Legal Services

- Offices are closed to the public through the end of March, but services are still available
- If you are in need of services, you can either apply online anytime at www.nlsa.us/get-help (or click the Get Legal Help tab here: <https://nlsa.us/>) or call 1-866-761-6572 from 9:00 am to 1:00 pm, Monday through Friday.
- Because some NLS staff is working from home, you may get a call back from a private number. Please pick up.

Internet

Comcast

Comcast has increased the speed of its Internet Essentials plan aimed at low-income customers. This involves offering [60 days of free service](#), after which people will be charged \$9.95 per month, and increasing speeds on this plan from 15/2Mbps to 25/3Mbps.

AT&T

AT&T is waiving fees for going over data cap and will continue to offer internet data to qualifying limited income households for \$10 a month.

AT&T added all home internet users have access to unlimited data; it will offer Cisco.

Verizon

Verizon said it will waive late fees for the next 60 days

Verizon CEO said as part of a new FCC pledge by carriers March 13 that involves not terminating residential or small business services due to their inability to pay bills during the coronavirus pandemic; waiving late fees; and opening their Wi-Fi hotspots to all Americans for the next 60 days.

T Mobile

T-Mobile announced Friday that it would be [providing unlimited data on all mobile plans](#) for the next 60 days. This includes [T-Mobile](#) and Metro customers. It will also be providing an additional 20GB of its mobile hotspot service for the next 60 days and is offering free international calls to any Level 3-impacted nations worldwide.

The carrier is increasing its data allowance for free to schools and students who use its Empower ED digital learning programs, providing 20GB of data per month for the next 60 days.

Sprint

Sprint announced Friday that it will offer unlimited data for 60 days starting next week. The arrangement will kick in by March 19, and Sprint will also provide customers with an extra 20GB of mobile hotspot data per month for the same time period.

The carrier is also waiving late fees from Friday, and won't terminate services if customers are unable to pay their bill due to the impacts of the coronavirus. By Tuesday, it'll introduce free international calling for CDC Level 3 nations for customers with long-distance calling plans.

Customers who don't pay for mobile hotspot services will get 20GB per month for the next 60 days "soon," Sprint added.

Click [Here](#) for a complete list of **free and low cost** internet resources

<https://www.digitalinclusion.org/free-low-cost-internet-plans/>

Medical

UPMC Health Plan (including UPMC for You aka Medicaid)

- Waived all copays AND deductibles for the next 90 days (3/11/20-6/11/20) for UPMC Anywhere Care — virtual urgent care visits.
- Wait times are a bit long, but it's lot easier and safer waiting from home than in an urgent care.
- There is also an app on smartphones called UPMC Anywhere Care clients who have access to smartphones can download. (<https://myupmc.upmc.com/anywhere-care/>)

Cigna

- Waiving all out of pocket expenses for coronavirus testing for its fully insured plan members.
- <https://www.post-gazette.com/business/healthcare-business/2020/03/05/COVID-19-testing-upmc-highmark-coronavirus-quest-diagnostics-labcorp-pittsburgh-insurance/stories/202003050185>

Highmark

- Waiving all out of pocket expenses for coronavirus testing for its fully insured Medicare Advantage, and Affordable Care Act plan members.
- <https://www.post-gazette.com/business/healthcare-business/2020/03/05/COVID-19-testing-upmc-highmark-coronavirus-quest-diagnostics-labcorp-pittsburgh-insurance/stories/202003050185>

CVS

- Offering free delivery on prescriptions and essential items
- <https://www.cvs.com/content/delivery>

The Central Outreach Wellness Center began offering a limited number of COVID-19 tests in a drive-by setting at the following location:

127 Anderson Street - Suite 101

Timber Court Building

Pittsburgh, PA 15212

Phone: (412) 322-4151

Please follow medical guidelines set forth by your doctor and Emergency Rooms when seeking medical attention at this time.

Mental Health

From the World Health Organization (WHO)

Mental Health Considerations during COVID-19 Outbreak (excerpts)

In January 2020, the World Health Organization (WHO) declared the outbreak of a new coronavirus disease in Hubei Province, China to be a Public Health Emergency of International Concern. WHO stated there is a high risk of the 2019 coronavirus disease (COVID-19) spreading to other countries around the world.

WHO and public health authorities around the world are taking action to contain the COVID-19 outbreak. However, this time of crisis is generating stress in the population. These mental health considerations were developed by the Mental Health Department as support for mental and psychological well-being during COVID-19 outbreak.

General Population

1. COVID-19 has and is likely to affect people from many countries, in many geographical locations. Don't attach it to any ethnicity or nationality. Be empathetic to those who got affected, in and from any country, those with the disease have not done anything wrong.
2. Don't – refer to people with the disease as “COVID-19 cases”, “victims” “COVID-19 families” or the “diseased”. They are “people who have COVID-19”, “people who are being treated for COVID-19”, “people who are recovering from COVID-19” and after recovering from COVID-19 their life will go on with their jobs, families and loved ones.
3. Avoid watching, reading or listening to news that cause you to feel anxious or distressed; seek information mainly to take practical steps to prepare your plans and protect yourself and loved ones. Seek information updates at specific times during the day once or twice. The sudden and near-constant stream of news reports about an outbreak can cause anyone to feel worried. Get the facts. Gather information at regular intervals, from WHO website and local health authorities' platforms, in order to help you distinguish facts from rumors.
4. Protect yourself and be supportive to others. Assisting others in their time of need can benefit the person receiving support as well as the helper.
5. Find opportunities to amplify the voices, positive stories and positive images of local people who have experienced the new coronavirus (COVID-19) and have recovered or who have supported a loved one through recovery and are willing to share their experience.
6. Honor caretakers and healthcare workers supporting people affected with COVID-19 in your community. Acknowledge the role they play to save lives and keep your loved ones safe.

Mental Health (continued)

For Caretakers of Children:

1. Help children find positive ways to express disturbing feelings, such as fear and sadness. Every child has his/her own way to express emotions. Sometimes engaging in a creative activity, such as playing, and drawing can facilitate this process. Children feel relieved if they can express and communicate their disturbing feelings in a safe and supportive environment.
2. Keep children close to their parents and family, if considered safe for the child, and avoid separating children and their caregivers as much as possible. If a child needs to be separated from his/her primary caregiver, ensure that appropriate alternative care is and that a social worker, or equivalent, will regularly follow up on the child. Further, ensure that during periods of separation, regular contact with parents and caregivers is maintained, such as twice-daily scheduled phone or video calls or other age-appropriate communication (e.g., social media depending on the age of the child).
3. Maintain familiar routines in daily life as much as possible, especially if children are confined to home. Provide engaging age appropriate activities for children. As much as possible, encourage children to continue to play and socialize with others, even if only within the family when advised to restrict social contact.
4. During times of stress and crisis, it is common for children to seek more attachment and be more demanding on parents. Discuss the COVID-19 with your Children in honest and age-appropriate information. If your children have concerns, addressing those together may ease their anxiety. Children will observe adults' behaviors and emotions for cues on how to manage their own emotions during difficult times.

People in isolation:

1. Stay connected and maintain your social networks. Even in situations of isolations, try as much as possible to keep your personal daily routines. If health authorities have recommended limiting your physical social contact to contain the outbreak, you can stay connected via e-mail, social media, video conference and telephone.
2. During times of stress, pay attention to your own needs and feelings. Engage in healthy activities that you enjoy and find relaxing. Exercise regularly, keep regular sleep routines and eat healthy food. Keep things in perspective. Public health agencies and experts in all countries are working on the outbreak to ensure the availability of the best care to those affected.
3. A near-constant stream of news reports about an outbreak can cause anyone to feel anxious or distressed. Seek information updates and practical guidance at specific times during the day from health professionals and WHO website and avoid listening to or following rumors that make you feel uncomfortable.

Stay informed:

Find the latest information from WHO on where COVID-19 is spreading:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports/>

Mental Health



World Health Organization

Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

Mental Health/ Crisis Assistance

- **TXT 4 HELP** is a nationwide, 24-hour text-for-support service for teens in crisis. TXT 4 HELP works anywhere in the U.S. and extends access to safety for teens. TXT 4 HELP can be used for the same reasons a young person may go to a Safe Place site - abuse, bullying, family problems, depression, suicidal thoughts, and others. TXT 4 HELP counselors can provide support via text and can offer additional suggestions for immediate help regardless of where youth are.

Here's how it works:

- Text the word "SAFE" to 4HELP (44357)
 - Within seconds, you will receive a message with the closest Safe Place site and phone number for the local youth agency.
 - For immediate help, reply with "2CHAT" to text interactively with a trained counselor.
 - Messaging and data rates apply
-
- **National Runaway Safeline** (NRS) provides crisis intervention, support and connections for youth ages 12-21 and their families to resources such as food banks, shelters, counseling, etc. through their 1-800-RUNAWAY (786-2929) hotline and through their live chat, emails and forums at <http://www.1800RUNAWAY.org>. All services are provided 24 hours a day, 7 days a week, 365 days a year.

Transportation

Home Free Program

- A national partnership between NRS and Greyhound providing free transportation for youth in crisis between 12-21 seeking to return home to a parent, guardian or alternative safe living arrangement.
- With some of the current challenges facing homeless and at-risk youth, as well as young people finding themselves without housing and/or access to transportation from a college or university, this program may be particularly helpful.
- Please reach out to NRS at 1-800-786-2929 or through their live chat at <http://www.1800UNAWAY.org> for additional information about Home Free as well as all related crisis services. Their crisis services team will make every effort to accommodate Home Free requests while ensuring the safety of the youth.

Utilities

Public Utility Commission issues moratorium on utility termination and reinstatement of disconnected services.

<http://www.puc.pa.gov/>

PWSA

- No shut offs until May 31, 2020 waiving income qualifications criteria.
- PWSA is beginning to restore service to previous shut off customers.
- Customers that have their water shut off should request an account review and potential service restoration. Call 412-255-2423.

Duquesne Light

- Suspending shut offs until May 1st.

First Energy

- Suspending shut offs and offer payment options to ease hardships.

City of Pittsburgh information (Negotiated by Mayor Peduto)

- Gas, electric or water (Pittsburgh Water and Sewer Authority, Columbia Gas, People's Gas, and Duquesne Light) will suspend shut offs for residents through May 1st.