



San Mateo County COVID-19

CHILD CARE RESPONSE TEAM



RESOURCES FOR FAMILIES

FOR ESPAÑOL OR 中文, VISIT: [BIT.LY/SMCOE4FAMILIES](https://bit.ly/SMCOE4FAMILIES)



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/EIConcilioEPA

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.



Point your camera app here to visit the website!



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



To receive County of San Mateo urgent text alerts, sign up at bit.ly/SMC_Texts
Visit www.smcgov.org to access all San Mateo County information on COVID-19.






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



Point your camera app here to visit the website! 



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



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