

News Release

Date: Nov. 17, 2020

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Apply for food, cash and other assistance from home during Oregon Two-Week Freeze

(Salem, Ore.) – Starting on Nov. 18, Oregon will be in a statewide Two-Week Freeze to stop the rapid spread of COVID-19 across Oregon. Oregonians statewide are asked to stay home except for essential business.

All Oregonians can apply for food, cash and child care assistance provided through the Oregon Department of Human Services (ODHS) from home without having to visit an office in person.

To apply from home, visit govstatus.egov.com/or-dhs-benefits for information on how to apply for assistance using an online application, email, mail, telephone or application drop off.

Oregonians who need urgent and ongoing food assistance can visit needfood.oregon.gov.

Older adults or people with disabilities who seek additional information about resources available to help can call 1-855-ORE-ADRC (1-855-673-2372) or visit www.adrcoforegon.org.

Information on how to apply for domestic violence assistance can also be found at govstatus.egov.com/or-dhs-benefits.

While many [ODHS offices](#) are still open to the public for essential business, we encourage members of the public to apply online, by email, by phone, or to call before coming in. In most cases, you don't need to visit an office in person to get assistance.

For more ways to connect with ODHS or to find other types of assistance, contact 211info:

- By dialing 2-1-1 from any phone
- Text your zip code to 898211
- By email at help@211info.org
- 211info.org
- Covid19.211info.org

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