 

**COVID-19 Resources and Assistance for Caregivers, Parents, and Families**

# One-Stop Resource Pages

## 211info

* 2-1-1 is a statewide resource that can provide information about available assistance, answer questions, and help with basic needs. You can call 2-1-1 or visit their website:

<https://covid19.211info.org/> and [211info.org/](https://www.211info.org/)

## Oregon Health and Human Services - Resources for Communities

* [Oregon Health and Human Services provides](https://govstatus.egov.com/or-dhs-community-resources) a one-stop webpage to provide a wide range of resources for communities during the COVID-19 pandemic.
* Topics include healthcare, housing, food and nutrition assistance, childcare, legal assistance, immigration, and many others.

<https://govstatus.egov.com/or-dhs-community-resources>

# Pandemic Resources and Assistance

## Food and Nutrition Assistance:

* [NeedFood.Oregon.gov](https://govstatus.egov.com/or-dhs-food) is one-stop website for food and nutrition resources during the pandemic to help you get what you need.   
  <https://govstatus.egov.com/or-dhs-food>
* [Supplemental Nutrition Assistance Program (SNAP)](https://www.oregon.gov/dhs/assistance/food-benefits/pages/about-snap.aspx) can be used to help pay for groceries, and the Federal Families First Act requires states to increase monthly SNAP benefits by 15% for all current recipients.   
  <https://www.oregon.gov/dhs/assistance/food-benefits/pages/about-snap.aspx>
* Students eligible for free or reduced-price breakfast and lunch at school were also eligible for additional food benefits through [Oregon's Pandemic Electronic Benefits (P-EBT](https://www.oregon.gov/dhs/assistance/food-benefits/pages/p-ebt.aspx)). This is in addition to their pickup meals at school. It was automatically issued as a one-time payment on new or existing Oregon EBT card. You can find more information on the Oregon Department of Human Services P-EBT website:   
  <https://www.oregon.gov/dhs/assistance/food-benefits/pages/p-ebt.aspx>
* During the pandemic, EBT cards can also be used for grocery delivery from places like Safeway, Amazon Fresh, and Instacart.

## Employment Protections and Paid Time Off:

* [Oregon Bureau of Labor and Industries (BOLI)](https://www.oregon.gov/boli/workers/pages/oregon-family-leave.aspx) has established a permanent provision for employees with a child whose school or childcare provider is closed in conjunction with a statewide public health emergency.  
  <https://www.oregon.gov/boli/workers/pages/oregon-family-leave.aspx>
* For agricultural workers, the [Oregon Worker Relief Fund](https://workerrelief.org/quarantine-fund/) provides temporary financial assistance of $430 for one week or $860 for two weeks. <https://workerrelief.org/quarantine-fund/>

## Cash Assistance

* [Temporary Assistance for Needy Families (TANF)](https://www.benefits.gov/benefit/1333) provides cash assistance to pregnant women and low-income families with children   
  <https://www.benefits.gov/benefit/1333>
* [U.S. Refugee Program](https://www.oregon.gov/dhs/assistance/refugee/pages/index.aspx) provides up to eight months of assistance to qualifying individuals whose refugee status was granted.  
  <https://www.oregon.gov/dhs/assistance/refugee/pages/index.aspx>

## Housing and Rental Assistance:

* If the COVID-19 pandemic has affected your housing situation, your local Community Action Agency can help provide access to funds for rental relief:

<https://www.oregon.gov/ohcs/housing-assistance/Pages/supporting-tenants-accessing-rental-relief.aspx>

* [Oregon’s Emergency Rental Assistance Program](https://oerap.oregon.gov/orera#/) assists eligible low-income households with their past due rent and utilities payments. In most cases, approved applications will result in payments made directly to landlords and utility providers.  
  <https://oerap.oregon.gov/orera#/>
* Though Oregon’s eviction moratorium has ended, Oregon has established a safe harbor period that prevents tenant eviction for 60 days after providing documentation to a landlord that the tenant has applied for rental assistance. Renters do not need to pay back rent owed between April 2020 and June 2021 until February 28, 2022.   
  <https://www.oregonrentalassistance.org/>
* In addition to Oregon protections, CDC has issued a [new federal eviction moratorium](https://www.cdc.gov/coronavirus/2019-ncov/covid-eviction-declaration.html) in counties with high levels of community transmission of COVID-19. This protects renters from eviction until October 3, 2021.  
   <https://www.cdc.gov/coronavirus/2019-ncov/covid-eviction-declaration.html>

* Mortgage borrowers with federally backed loans from HUD/FHA, USDA, or VA may request assistance from their loan servicer. They may receive up to 6 months of reduced or deferred payments and if requested, an additional 6 months may be granted.   
  <https://www.oregon.gov/ohcs/homeownership/pdfs/06-01-2020-Public-Notice-Consumer-Homeowner.pdf>

## Energy/Utilities:

* You can call 2-1-1 or your local Community Action Agency for information about the [Low Income Energy Assistance Program (LIEAP),](https://caporegon.org/find-services/) which provides money for people who need assistance paying energy bills.   
  <https://caporegon.org/find-services/>
* If you need help paying your gas or electric bill, you may be eligible for assistance from the Oregon Energy Fund.   
  <http://www.oregonenergyfund.org/energy-assistance/>
* The [Emergency Broadband Benefit](https://www.fcc.gov/broadbandbenefit) provides broadband Internet assistance to eligible households. This includes up to $50 monthly discount on broadband service, and up to $75 monthly discount for households on qualifying Tribal lands. One-time discount of up to $100 to purchase a laptop, desktop computer, or tablet. The program is limited to one monthly service discount and one device per household.  
  <https://www.fcc.gov/broadbandbenefit>
* Oregon Housing Stability Council (OCHS) programs provide funding for paying utilities and bills. OCHS also has resources for applying to a local agency.   
  <https://www.oregon.gov/ohcs/energy-weatherization/Pages/utility-bill-payment-assistance.aspx>
* Some of Oregon’s largest utilities, such as Portland General Electric, Northwest Natural, and Pacific Power, have temporarily suspended late payment fees and deposits. Visit their websites for more information.

# Other Statewide Resources

* Oregon Department of Education – Ready Schools, Safe Learners   
  <https://www.oregon.gov/ode/students-and-family/healthsafety/Pages/Planning-for-the-2020-21-School-Year.aspx>
* Oregon Health Authority (OHA) COVID-19 Updates and Resources  
  <https://govstatus.egov.com/OR-OHA-COVID-19>
* COVID-19 Support and Resources in Oregon  
  [coronavirus.oregon.gov](https://coronavirus.oregon.gov/Pages/default.aspx)
* Safe + Strong Oregon

[safestrongoregon](https://www.safestrongoregon.org/).org

* COVID-19 Testing in Oregon  
  <https://govstatus.egov.com/or-oha-covid-19-testing>
* COVID-19 Vaccine in Oregon  
  https://covidvaccine.oregon.gov/
* Oregon Healthcare – Find Local Help

<https://healthcare.oregon.gov/Pages/find-help.aspx>