

COVID-19 Emergency Relief Resources for PDX (and beyond)

-This list of resources was compiled and is being updated by Congressman Earl Blumenauer and his team in Portland, Oregon. Please share with your networks: www.earlblumenauer.com/coronavirus					
-If you have additional resources for consideration, please email us at team@earlblumenauer.com .					
-We have done our best to verify information, but things are changing at a rapid pace, so be sure to contact businesses for updates and verification before visiting.					
-In Oregon, call 211 from a cell phone, 503-222-5555 from a landline, text your zip code to 898211, or email help@211info.org to find services and answer your questions about COVID-19.					
Name	Area Served	Support Offered	Website	Notes/Additional Info	
Food Access/Resources					
Oregon Food Bank Statewide Food Finder	Oregon	Type in zip code and access free groceries, meals, produce, and other programs in your area. Note: Food pantries and food assistance sites across the state remain open with increased cleaning and changes in service to help minimize contact among large groups of people. Though hours of operation are updated as frequently as possible, please call ahead before visiting a partner agency.	https://www.oregonfoodbank.org/find-help/find-food/	Note: Most pantries are still open, but this could change. Pantry services will change. Many are moving to a box model to reduce social distancing. Call pantries in advance if you are able to for more information. (verified/updated 3/23/20)	
School Food Access Sites	PPS, Centennial, David Douglas, Gresham-Barlow, Parkrose, Reynolds	Food and meal distribution at local schools.	https://m11co.us.us	List updated regularly. (verified/updated 3/23/20)	
SnowCap Food Pantry	East Multnomah County, note: Generally, they serve East Multnomah County (east of 82nd) but will not turn anyone away right now.	SnowCap is the largest food pantry distributor in Oregon and services thousands of people in Portland/Gresham. They will be distributing pre-packaged boxes and as much fresh/frozen food as possible. Food is being given outside of front doors so stress warm.	http://www.snowcap.org	17805 SE Stark St., Portland, OR 97233 (directly behind Rockwood Center), (503) 674-8785, info@snowcap.org . (verified/updated 3/23/20)	
Sunshine Division	Portland metro area	Open at both locations for clients to continue receiving emergency food. Food boxes are served near the entrances (outside) in a manner that ensures the safety and precautions to thoughtfully care for clients and staff. For hours and locations, click link to the right.	https://sunshinedivision.org/get-help/	687 N. Thompson Street Portland, OR 97227 (503.823.2102), 12436 SE Stark Street Portland, OR 97233 (971-255-0834) NOTE: Important COVID-19 Notice: As we have moved to an emergency food box distribution method, it is important to note that individuals and families may receive one food box every week with this current method of distribution. These DO NOT count toward their regular visit allotment as this is a unique situation. (verified/updated 3/23/20)	
Preston's Pantry (Lift Up)	NW and Downtown Portland	Food pantry located at First United Methodist Church.	http://www.lifurbanportland.org	1638 SW Jefferson St. (First United Methodist Church). In response to the COVID-19 pandemic, Preston's Pantry is committed to continue providing access to healthy food and will maintain our hours of operation: Tuesday, Thursday, Friday, 3pm to 6pm. Food will be pre-bagged to reduce contact between individuals. We have adjusted the way we are distributing food to neighbors. Please check website for the most updated information. (verified/updated 3/23/20)	
Free Meals Calendar	Portland metro area	Calendar listing times, locations, and dates for free food.	https://calendar.google.com/calendar/embed?src=ph9hg9kmg3789ouli7mk@group.calendar.google.com&ctz=America/Los_Angeles&fbclid=IwAR0x2Wu0YFZZLwX68QV2Smk97z9hBCuWVNWMLz4PKW5IA0xXjD03e1e1	(verified/updated 3/23/20)	
List of all Oregon school districts providing meals (by Partners for a Hunger-Free Oregon)	Oregon	Click on link to the right to find a list of all Oregon school districts with links to their meal plans during the Coronavirus school closures. You do not have to attend that specific school or district to have access to these meals-free meals are available to children age 1-18 to pick up "grab and go" style.	https://docs.google.com/spreadsheets/d/e/2PACX1vQdUwGk243GnFHMWPF5EOMC9sTKrEoTXNlbcFJuxH0z8wKv98-8lDQAO4tHqg2q52L-mOW3pubhml?gid=153702936&amp;hl=3&single=true&amp;hl=3&widget=true&amp;hl=3&headers=false&url=mail_link	(verified/updated 3/23/20)	
Blanchet House of Hospitality	Portland	Anyone in need of a free hot meal can visit Blanchet House of Hospitality at 310 NW Gisan. All are welcome. You will be served with dignity and respect. Breakfast: 6:30-7:30. Lunch: 11:30-12:30. Dinner: 5:00-6:00.	https://blanchethouse.org/covid-19-coronavirus-updates-blanchet-house/	310 NW Gisan St Portland, OR 97209 (503) 434-4340 info@blanchethouse.org . (verified/updated 3/23/20)	
Sisters of the Road Cafe	Portland	Sisters of the Road is a nonprofit Cafe in Portland's Old Town/Chinatown neighborhood working to create systemic change that will end poverty and homelessness by providing nourishing meals in a safe, dignified space.	https://sistersoftheroad.org	Cafe is open Tuesday – Saturday, 10 am-2 pm, Closed Sunday & Monday. You can reserve a time for your meal as early as 9am. Time slots are available on a first come, first served basis. A meal & a drink costs \$1.50. We accept Barter Work coupons (\$6.00/hr meal credit), SNAP benefits/EBT cards, blue meal coupons or cash. Folks who can't work for medical or family reasons along with 1st time customers are offered a meal and drink. free.info@sistersoftheroad.org. (503) 222-9564 (verified/updated 3/23/20)	
Union Gospel Mission	Portland	Providing meals and food boxes to people in need. Click on link to the right for schedule and info.	https://ugmportland.org/meals	3 NW 3rd Avenue, M. Tu, Th, 7am: Sack lunch (1 per person). Tu-Fr, 2:00 pm – 3:45 pm: Light lunch, beverages, referrals. Christian spiritual support/prayer. Restroom available. Tu-Fr 4:00 pm: Clothing distribution while supplies last. Tu-Fr 7:10 pm: Doors open for optional chapel service. Dinner served afterwards. (verified/updated 3/23/20)	
Outside In	Portland	Drop in Day Program, available to 18-24 year olds, provides: Healthy Meals, Showers and Laundry Facilities, Mail and Internet Access, Connections with Supportive Staff, Case Management, Housing Resources.	https://outsidain.org/young-adult-services/meals-housing-and-support/	All services running as usual. Day Program: 1132 SW 13th Ave, 2nd Floor, Portland, OR (verified/updated 3/23/20)	
New Avenues for Youth Drop-In Center	Portland	A safe space where youth experiencing homelessness can receive three meals a day, six days a week, as well as access to showers, laundry, clothing, drug and alcohol recovery and mental-health supports, computers and internet, free legal counsel, monthly veterinary clinics for those with pets, and engagement activities focused on skill-building, music and art, health and wellness, recreation, and self-empowerment. Ages 16-24 are eligible for these services.	https://newavenues.org/troin	314 SW 9th Ave Portland, OR 97205, (503) 432-3986 (verified/updated 3/23/20)	
Meals on Wheels	Multnomah, Washington, Clark County	Provides meals to vulnerable seniors.	https://www.mowp.org/2020/03/meals-on-wheels-people-modified-service-model/	NOTE: They have suspended meal service at all of their dining centers in Clark, Multnomah and Washington counties. They will continue to deliver to homebound elderly people; however, their delivery model has changed. To limit contact between volunteers and homebound participants, meal delivery will be limited to three days per week rather than five. We have instituted a "no contact" meal delivery system and instructed volunteers to keep a distance of at least six feet from those who are receiving meals. For up-to-date information on what is happening at Meals on Wheels Oregon during this health emergency, call their COVID-19 Hotline at 503.853.8158. (verified/updated 3/20/20)	
Estacada Area Food Bank	Estacada, Eagle Creek, Colton, Barton, Carver, and Damascus	Provides meals to residents of the Estacada area.	http://estacadafoodbank.org	272 S. Broadway St. Estacada, Oregon. Change in hours: Open Tuesdays 10am-2pm, Wednesdays 2pm-4pm ONLY for households with a student enrolled in the Estacada School District and 4pm-6pm for all; Fridays 10am-2pm. Be prepared to wait outside. (verified/updated 3/23/20)	
Sandy Community Action Center	Oregon Trail School District	Food pantry for residents of the Oregon Trail School District.	https://sandyactioncenter.com/	38862 Pioneer Blvd., Sandy, 503-668-4746. Food Pantry Hours: Wednesday and Friday, 10:00 am - 4:00 pm. (verified/updated 3/23/20)	
JOIN	Portland	Working in partnership with Multnomah County Joint Office of Homeless Services and coordinating with community partners to provide outreach and supportive services that prioritize the safety of our houseless neighbors.	https://joinpdx.org/covid-19-response/		
SNAP	Oregon	SNAP provides a monthly supplement for purchasing nutritious food.	https://apps.state.or.us/onlineApplication/	(verified/updated 3/23/20)	
Senior and Vulnerable Shoppers - Special Hours	Oregon/Nationwide	Many stores are opening early or offering special shopping times for seniors and vulnerable shoppers. See list to the right and be sure to check with individuals stores in your area to verify.		New Seasons - 8-9am every weekday (and extending senior discount to all open hours). Whole Foods - first hour of operation each day (for 60 and over). Fred Meyer and QFC - 14th from 7-8am, Albertsons and Safeway - Tues and Th from 7-9am, Dollar General - first hour of operation each day, Target - first hour of operation each Wednesday. Call individual stores to verify. (Updated 3/23/20)	
Restaurants:					
Laughing Planet Cafe	Portland, Eugene, Corvallis, Bend	Free kids meals to those participating in meal-assistance programs during school closures. Students can get a kids meal and are not required to show proof that they are part of a meal program.	https://laughingplanet.com/locations/	(verified/updated 3/20/20)	
Pita Pit	Oregon City	They are offering up to four free pitas per week to Oregon City students who are part of a free or reduced lunch program. They are asking students who are in need of food to message them on Facebook before coming in. Only messages received from students will be able to take advantage of this offer. Facebook link is to the right.	https://www.facebook.com/pitapop/?_in=&_nc=1&_nc_zdp=R&eid=ARBEYLKYockEiD8lMUIJKzKwvC38yGjUxUjYEHExEz2Wnk4baL7zV5nFjmQ7992CaWQvAVaIm	423 Beaver Creek Road, Oregon City, OR 97045. (verified/updated 3/20/20)	
Lionheart Coffee	Beaverton	Offering brown bag lunches for anyone in need (particularly students) every day from every location. In front of store. 7am - 2pm. Grab and go. Honor system.	http://www.lionheartcoffee.com/	503-521-7051. Lionheart Schools - 11421 SW Scholls Ferry Road, Beaverton OR 97008. Lionheart Watson - 4560 SW Watson Way, Beaverton OR 97005. (verified/updated 3/20/20)	
Plaza Del Toro	Portland	Offering: FREE DIY MEAL KITS - They are giving away 100 free bags of food prepared or prepped ingredients for anyone who needs them to make at home. Currently available daily at PLAZA DEL TORO from 1PM-3PM (or until they run out). Sometimes available at Mediterranean Exploration Company (call to check). FREE KIDS MEALS - Available at PLAZA DEL TORO and Mediterranean Exploration Company. 4PM-8PM every day except Sunday. SLIDING SCALE MENU PRICING - At both PLAZA DEL TORO and Mediterranean Exploration Company for anyone in need.	https://www.plazadelatoro.com/	PLAZA DEL TORO - 1203 NW Gisan, (503) 764-9678. Mediterranean Exploration Company - 333 NW 13th Ave., (503) 222-0906 (verified/updated 3/21/20)	
Bless Your Heart Burger	Portland	Free burgers/dogs for students on free/reduced lunch. Order "HOT LUNCH" at either location. No questions asked. Available 11AM-9PM every day.	https://www.instagram.com/p/B9uEKWTFa/	5410 NE 33rd Ave, Portland, OR 97211 and 126 SW 2nd Ave, Portland, OR 97204 (verified/updated 3/21/20)	
Grain & Gristle	Portland	Free lunch for students on free/reduced lunch. Honor system - ask for "school lunch special" and choose from cheeseburger, burger, grilled cheese (comes with fruit, french fries, carrot sticks and ranch dressing).	https://www.grainandgristle.com/	1473 NE Prescott St, Portland, OR 97211 (verified/updated 3/20/20)	
Kachka Lavka	Portland	While Portland area schools are closed, all children under the age of 12 can choose one item off their new kids menu for free, no strings attached.	https://www.kachkapdx.com/lavka	960 SE 11th Ave, Portland, OR 97214 (verified/updated 3/20/20)	
Sugar Street Bakery & Bistro	Portland	Brown bag lunches at no charge to children and families who need them. Honor system. Call ahead or go in to order. Can do curbside drop off and can also deliver.	http://sugarsstreetportland.com/	1430 SE Water Ave, Portland, OR 97214 (verified/updated 3/20/20)	
Portland SOS	Portland metro area	Portland's small businesses need our support now. Many are offering specials and discounts. Purchase gift certificates from your favorite businesses today.	https://www.pdxsos.com/	(verified/updated 3/20/20)	
PDX2GO	Portland metro area	This resource was created to help the Portland community find restaurants, food carts, wineries, and breweries that are providing their normal or special takeout and delivery options during the COVID-19 pandemic. Help support these small businesses by placing to-go orders or purchasing gift cards to use at a later date.	https://pdx2go.com/	(verified/updated 3/20/20)	
Help the Portland Service Industry with Tips	Portland metro area	Every time you have a drink during social distancing or prepare your own meal at home, consider tipping a local service industry worker randomly selected for you. Fewer patrons and closing restaurants is tough on everyone, from the customers to the staff, and every little bit helps (plus, it feels good to tip.)	https://servicaindustrytips.org/or/portland/	If you are a service industry worker impacted by this in or near Portland, fill out this form: https://docs.google.com/forms/d/e/1FAIpQLSe6pGTg-n4wq1tQ2eRv_DjUeUaSeab7F0Pm-b22mFwViewform (verified/updated 3/23/20)	
Shelters					
Convention Center	Portland metro area	In response to COVID-19, beginning March 20, 2020 the Oregon Convention Center will provide shelter for up to 140 community members while maintaining social distancing guidelines. This temporary shelter will be managed by the Multnomah County Joint Office of Homeless Services and public health officials.	https://www.211info.org/	777 NE Martin Luther King Blvd. Call 211 for more info or visit website to the left. (verified/updated 3/23/20)	
The Charles Jordan Community Center	Portland metro area	There will be around 400 beds in this temporary shelter managed by the Multnomah County Joint Office of Homeless Services and public health officials.	https://www.211info.org/	9008 N Foss Ave, Portland, OR 97217. Call 211 for more info or visit website to the left. (verified/updated 3/23/20)	

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Name	Area Served	Support Offered	Website	Notes/Additional Info
City Team Ministries	SE Portland	Is continuing to provide hot meals, safe shelter, showers, clean clothing, recovery programs and other essential care while taking precautions to reduce spread of the virus.	https://www.cityteam.org/portland	NOTE: We are committed to continuing our daily meal service, and we will be managing the flow of guests by seating smaller groups in rotating shifts to minimize the number of people congregating at the same time. We will be cleaning and disinfecting between all seatings. 526 SE Grand Ave., Portland, OR 97214, (503) 231-9334 (verified/updated 3/20/20)
Portland Rescue Mission	NW Portland	Continuing to provide services in a limited capacity. See info to the right for details.	www.portlandrescuemission.org	All services are being offered in a limited capacity and they are not taking any new participants into their transitional program. In their men's shelter, they are limiting to 55 spots each night to increase space between shelter beds. 111 W. Burnside St., Portland, OR 97209, 503-906-7690 (verified/updated 3/23/20)
Salvation Army Female Emergency Shelter	SW Portland	Continuing to deliver services during COVID-19. Emergency female shelter, showers, restrooms, lockers, telephone, resting areas, laundry, on-site support groups, activities, case management, information, referrals, snacks and advocacy.	http://www.safes.salvationarmy.org	30 SW 2nd Ave., Portland, OR 97204, (503) 227-0810
VETS (Veterans Emergency Transitional Shelter)	SW Portland	Not currently doing general intakes - only doing a priority need-based system right now.	www.lascascade.org	30 SW 2nd Ave., Portland, OR 97204, 503-239-1259 (verified/updated 3/20/20)
Transition Projects (TPJ) Day Center	NW Portland	Continuing to deliver services during COVID-19. The Transition Projects Day Center is open seven days a week, 365 days a year. The Day Center is the point of access to all other services TPJ offers, and is the first place people should visit if they are looking to meet basic needs or be connected to emergency or residential shelter services.	http://www.tpjprojects.org	650 NW Irving St., Portland, OR 97209, (503) 280-4700 (verified/updated 3/20/20)
My Father's House Community Shelter	Gresham	A family shelter for 30 families located in East Multnomah County, Oregon.	http://www.familyshelter.org/	5003 W Powell Blvd., Gresham, OR 97030, (503) 492-3046
Good Neighbor Center	Tigard	Continuing the provide services, enrichment events are being postponed. A family emergency shelter open from 6am-10pm 365 days a year.	www.goodneighborcenter.org	11130 SW Greenburg Rd., Tigard, OR 97223, (503) 443-6084
Rose Haven Day Shelter for Women and Children	Portland metro area	Rose Haven will be continuing to offer services. They will be serving meals from 9 am-noon M-F as well as offering supplies. They are letting a limited number of people in at a time for their restrooms. Services include: Food, water, emergency clothing, diapers, wipes, hygiene products, mail service, pet food, bathrooms and sink usage, outdoor supplies including tents, tarps, sleeping bags (as supplies last), additional direct service allocations for rental and utility assistance.	https://rosehaven.org/	(503) 248-6364, 627 NW 18th Ave., Portland, OR 97209 (verified/updated 3/23/20)
Portland Homeless Family Solutions	SE Portland	Continuing to provide shelter and services to homeless families with children.	http://www.pdxhfs.org/	(verified/updated 3/24/20)
Utilities/Rent				
Home Forward	Portland metro area	Home Forward works with local community agencies to provide a range of services — emergency hotel vouchers, rent payment, help with eviction prevention, and help with housing placement — to people who are homeless or at risk of eviction.	http://www.homeforward.org/find-a-home/get-help-paying-rent/short-term-help	
Impact NW	Portland metro area	Impact NW provides a safety net for families in crisis, with services that connect them to housing and energy assistance while supporting them as they move toward independence.	https://impactnw.org/programs/housing-and-safety-net/	
211 Utility Assistance Programs	Multnomah, Clackamas, Washington County	Online database to find utility assistance programs in Oregon and Southwest Washington.	https://www.211info.org/energy#Multnomah	
Portland General Electric	Portland	They have suspended non-payment disconnection. Urging customers to call them if you need help with your bill so they can work with you to find a solution that fits your needs. You can request a payment extension 24/7 by logging in to your account or calling their automated phone system. Offices are closed through 4/1 and they are encouraging customers to use self-service options.	https://www.portlandgeneral.com/our-company/news-room/covid-19	Their community offices will be closed March 16 - April 1. They are encouraging use of our self-service payment options, including paying with the PGE app, paying online, paying by phone on their automated system (Call 503-228-6322 (Portland) or 800-542-8818 (elsewhere) & have your PGE account number handy) (verified/updated 3/20/20)
NW Natural Gas	Oregon	Will not disconnect customers who can't make utility payments due to the impacts caused by Coronavirus.	https://www.nwnatural.com/ContactUs	503-226-4211 or 800-422-4012
Portland Water Bureau	Portland	Will not disconnect service of Bureau of Environmental Services and Water Bureau customers for nonpayment. Customers will continue to be responsible for sewer/stormwater charges due now and accrued during this time. The Bureau of Environmental Services and the Water Bureau offer financial assistance in the form of Payment arrangements, Bill discounts for sewer and water charges, Crisis vouchers, The Utility Safety Net program.	portlandoregon.gov/water/financialassistance https://www.pacificpower.net/about/newsroom/news-releases/pacific-power-to-suspend-disconnections-in-response-to-covid-19.html	For more info or to work out a plan: 503-823-7770, PWBCustomerService@portlandoregon.gov, 888-221-7070.
Pacific Power	Oregon	Temporarily suspending disconnections and late fees for non-payment for customers.		
Verizon, AT&T, T-Mobile, NW Fiber and more (see list at website on the right)	Nationwide	FCC Chairman Pai has asked phone companies to pledges for the next 60 days (until mid-May) to: (1) not terminate service to any residential or small business customers because of their inability to pay their bills due to the disruptions caused by the coronavirus pandemic; (2) waive any late fees that any residential or small business customers incur because of their economic circumstances related to the coronavirus pandemic; and (3) open its Wi-Fi hotspots to any American who needs them	https://www.fcc.gov/document/chairman-pai-launches-keep-americans-connected-pledge	Contact individual companies for more info.
Charter Communications	Oregon	Starting on March 16, Charter will offer free Spectrum broadband and Wi-Fi access for 60 days to households with a K-12 student or college student who do not already have a Spectrum broadband subscription. Installation fees will be waived for new student households as well. To enroll, call 1-844-488-8395.	https://www.myoregon.gov/2020/03/13/oregon-utilities-companies-extend-service-during-covid-outbreak/	Call 1-855-846-8376 for English or 1-855-765-6995 for Spanish
Comcast	Oregon	They will make it easier for low-income families who live in a Comcast service area to sign up by offering new customers 60 days of complimentary Internet Essentials service, which is normally available to all qualified low-income households for \$9.95/month. They are also increasing Internet speeds for the Internet Essentials service from 15/2 Mbps to 25/3 Mbps for all new and existing customers, which will be the speed of the service going forward.	https://corporate.comcast.com/press/releases/internet-essentials-low-income-broadband-coronavirus-pandemic	To sign up, applicants can simply visit www.internetessentials.com . The accessible website also includes the option to video chat with customer service agents in American Sign Language. There are also two dedicated phone numbers 1-855-846-8376 for English and 1-855-765-6995 for Spanish.
Resources for Businesses/Workers				
Oregon Restaurant & Lodging Association	Oregon	Coronavirus (COVID-19) Resources & Information	https://www.oregonrfa.org/covid19_info.html	
Service Industry Tips	Portland metro area	If you work in Portland in the food & beverage industry, or if your income is largely tip based, you are eligible to register with ServiceIndustry.tips. Complete this form and you may receive random tips from random members of the public who would otherwise be patronizing your services.	https://docs.google.com/forms/d/e/1FAblOLSe6pG3TYg-n49gs1f2QzRy_DnUj5t8tF0jPM-h2cm5w/viewform	(verified/updated 3/23/20)
Business Oregon	Oregon	They offer direct loan programs (OBDF, ORF, and EDLF) that can help with access to capital.	http://www.oregonbiz.com/How-We-Can-Help/Finance-Programs/	
Oregon Work Share Program	Oregon	Small businesses that have had to reduce the amount of hours employees work by 20 to 40 percent may be eligible to participate in the Workshare program. This program enables employees to receive unemployment benefits while they are still working under reduced hours.	https://www.oregon.gov/employ/Unemployment/Pages/Work-Share-Program.aspx	
Oregon Employment Department's COVID page	Oregon	COVID-19 Related Business Layoffs, Closures, and Unemployment Insurance Benefits.	https://www.oregon.gov/employ/Pages/COVID-19.aspx	OED_COVID19_Info@oregon.gov
Oregon Employment Department - Unemployment Claims	Oregon	Website to file unemployment claims.	https://secure.omp.state.or.us/ocsd/index.cfm?use=20200317A25564889893329_6818&lang=E	Unemployment Claimant Handbook https://www.oregon.gov/employ/Unemployment/Claimant_Handbook/Pages/default.aspx
Oregon Employment Department - Rules for Unemployment	Oregon	Employment Department Temporary Rules for Unemployment Insurance Benefits Flexibility	https://www.oregon.gov/employ/Documents/OAR%20471-030-0070-temporaryrule.pdf	
State of Oregon Workplace Safety and Unemployment	Oregon	COVID-19 Related Business Layoffs, Closures, and Unemployment Insurance Benefits	https://www.oregon.gov/employ/Pages/COVID-19.aspx	main number, (503) 378-3272, toll free in Oregon, (800) 922-2689, Español, (800) 843-8086
State of Oregon Sick Time Info	Oregon	COVID-19/Coronavirus in Oregon: Facts about Sick Time	https://www.oregon.gov/BOLI/WHD/OST/Pages/index.aspx	
Oregon Bureau of Labor and Industries	Oregon	Info about time off, wages, and more.	https://www.oregon.gov/BOLI/Pages/index.aspx	Employers can call Technical Assistance Hotline at 971-673-0824 or email bolta@boli.state.or.us
Oregon OSHA - Occupational Safety and Health Administration	Oregon	Health and Safety Concerns: Oregon Occupational Safety and Health Administration	https://osha.oregon.gov/Pages/topics/infectious-disease.aspx	
CDC Interim Guidance for Businesses and Employers	Nationwide	This interim guidance is based on what is currently known about the coronavirus disease 2019 (COVID-19). The Centers for Disease Control and Prevention (CDC) will update this interim guidance as needed and as additional information becomes available.	https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html#7.CDC_AA_refVal https://www.cdc.gov/coronavirus/2019-ncov/specfic-groups/guidance-business-response.html	
Restaurant Workers Community Foundation	Nationwide	Information and links to resources that will help restaurants and workers deal most effectively with the COVID-19 Emergency	https://www.restaurantworkerscf.org/news/2020/3/15/resources-for-restaurants-and-workers-coping-with-the-covid-19-emergency	info@restaurantworkerscf.org
U.S. Department of Labor Unemployment Insurance	Nationwide	New guidance on unemployment insurance flexibilities during COVID-19 outbreak.	https://www.dol.gov/newsroom/releases/eta/eta20200312-0	
U.S. Small Business Administration Disaster Assistance	Nationwide	The SBA provides low-interest disaster loans to help businesses and homeowners recover from declared disasters. Oregon small business owners impacted by coronavirus can now apply for SBA disaster loans up to \$2M.	https://www.sba.gov/disaster-assistance/coronavirus-covid-19	Disaster Customer Service Center -1-800-659-2955 (for the deaf and hard-of-hearing 1-800-877-8339), Monday through Friday from 8:00 am to 8:00 pm ET, or email: disastercustomerservice@sba.gov
Oregon Health Authority Guidance for Employers	Oregon	Guidance for employers based on CDC guidelines.	https://ohaedhsystems.ohsaha.state.or.us/OhSEForms/revs/rev2020.pdf	main number, (503) 378-3272, toll free in Oregon, (800) 922-2689, Español, (800) 843-8086
The Nonprofit Association of Oregon	Oregon	COVID-19 guidance for nonprofits in Oregon	https://nonprofitoregon.org/news/covid-19-resources	
Prosper Portland	Portland	Business resources through Prosper Portland include information about commercial rent freezes, and deferral of loan payments.	https://wvprosperportland.us/covid-19-business-resources/	
Business for a Better Portland Switchboard	Portland	A forum where leaders in the PDX business community gather to do business together, share resources, advice, and make a positive difference in the city we love.	https://bbpdx.switchboardhq.com/	
APANO's Jade District-Oldtown COVID-19 Small Business Response Fund	Portland's Jade District and Old Town Chinatown	\$190,000 will be available for disbursement. These resources are intended to be an additional short-term tool to support local businesses and not in place of other government intervention to support Portland and Oregon's broader economy. For small businesses located in the Jade District or Old Town Chinatown with a priority on Asian and Pacific Islander owned businesses.	https://www.apano.org/safe-district-covid-19-small-business-response-fund?emc=Obce294-7789-aa11-a94c-00155d03b5d4&eml=a36c694a-8069-aa11-a94c-00155d03b5d4&euid=7227397	
Freelance Artist Resources	Nationwide	Aggregated list of free resources, remote job opportunities, and financial relief options available to artists of all disciplines.	https://covid19freelanceartistresources.wordpress.com/	
Resources for Musicians and Live Music Professionals	Nationwide	List of resources for musicians and live music professionals during COVID-19, as well as ways fans can support artists right now.	https://sheshredmag.com/covid-19-resources-for-musicians/	
KEEN Shoe Giveaway	Nationwide	KEEN has made a pledge to provide up to 100,000 pairs, about \$10,000,000 in shoes, to the workers on the front lines and the allies at home fighting through the COVID-19 crisis. You can nominate someone to receive a free pair of shoes at the link to the right.	https://www.keenfootwear.com/shortcut-nominate	(verified/updated 3/23/20)
Allbirds Shoe Giveaway to Healthcare Workers	Nationwide	To our US healthcare community - we want to thank you for being on the front lines and helping to keep our communities healthy. We hope a pair of Tuke Matcha Wool Runners on us might be a small token of our appreciation.	https://www.kron4.com/news/bay-area/san-francisco-based-allbirds-giving-free-shoes-to-healthcare-workers/	Email together@allbirds.com to receive a free pair of shoes.
Recursos en español				

COVID-19 Emergency Relief Resources for PDX (and beyond)

-This list of resources was compiled and is being updated by Congressman Earl Blumenauer and his team in Portland, Oregon. Please share with your networks: www.earl Blumenauer.com/coronavirus -If you have additional resources for consideration, please email us at team@earl Blumenauer.com . -We have done our best to verify information, but things are changing at a rapid pace, so be sure to contact businesses for updates and verification before visiting. -In Oregon, call 211 from a cell phone, 503-222-5555 from a landline, text your zip code to 898211, or email help@211info.org to find services and answer your questions about COVID-19.				
Name	Area Served	Support Offered	Website	Notes/Additional Info
La orden ejecutiva del gobernador Kate Brown	Oregón	Quédate en casa. Salva vidas.	https://www.facebook.com/causaoregon/photos/pcb.870927739635079/?type=3&theater	
Línea de Crisis del Multnomah County	Multnomah County	24/7 crisis y línea de apoyo.	https://multco.us/mhas/mental-health-crisis-intervention	Llámanos 503-988-4888 apoya para personas en crisis. 24 horas al día. 7 días a la semana.
Línea de Crisis del Washington County	Washington County	24/7 crisis y línea de apoyo.	https://www.co.washington.or.us/HHS/MentalHealth/GettingHelp/crisis-services.cfm	503-291-9111 (se habla español). 24 horas al día. 7 días a la semana.
Línea de Crisis del Clackamas County	Clackamas County	24/7 crisis y línea de apoyo.	https://www.clackamas.us/behavioralhealth/services.html	24/7 crisis y soporte de la línea: 503-655-8585
Ayuda En Español	A escala nacional	Línea ofrece 24/7, gratuito servicios en español, no es necesario hablar inglés si usted necesita ayuda.	https://suicidoreventionlifeline.org/help-yourself/en-espanol/	
Therapy for Latinx	A escala nacional	Las líneas directas de Salud Mental.	https://www.therapyforlatinx.com/mentalhealthhotlines	888-628-9454
El Banco de Alimentos de Oregon	Área metropolitana de Portland	Información para obtener alimentos y comestibles gratis en Portland, compilada por	https://www.pps.net/cms/lib/OR01913224/Centricity/Domain/4/Food_List_SPANISH.pdf	
LatinoNetwork	Oregón	Somos una organización de educación dirigida por latinos, basado en prácticas y servicios culturalmente específicos, que eleva los jóvenes y las familias para alcanzar su pleno potencial.	http://www.latnet.org/	
LatinoNetwork	Oregón	Procesos de Inmigración Afectados por COVID-19.	http://www.latnet.org/immigration-processes-impacted-by-covid-19?locale=es_mx	
LatinoNetwork	Oregón	Servicios de Comida Para Estudiantes y Familias	http://www.latnet.org/school-breakfast-and-lunches	
LatinoNetwork	Oregón	Asistencia de Alquiler y Servicios Públicos	http://www.latnet.org/utility-assistance	
Departamento de Desempleo de Oregon	Oregón	Departamento de Desempleo de Oregon - COVID-19 Respuesta	http://www.latnet.org/employment	
LatinoNetwork	Oregón	Salud	http://www.latnet.org/health	
LatinoNetwork	Oregón	Recursos Para Estudiantes	http://www.latnet.org/resources-for-students	
Centro de derecho de Oregón	Oregón	Información para las familias de Oregon para prepararse en tiempos de crisis (dificiles).	https://static1.squarespace.com/static/5644478171107e4682eba7e7d41a76fd9cd2a001154990/1562015503194/oregon-law-center-dloc-spanish2019.2.ed1.pdf	
Multnomah County	Multnomah County	Recursos en español - Novel Coronavirus COVID-19.	https://multco.us/novel-coronavirus-covid-19/novel-coronavirus-covid-19-19-espa%C3%B1ol	
Multnomah County	Video	Video. Que es COVID-19?	https://multco.us/que-es-covid-19	
Multnomah County	Video	Video. Como evitar el contagio del COVID-19.	https://multco.us/como-evitar-el-contagio-del-covid-19	
Multnomah County	Video	Video. Preparación y apoyo durante el COVID-19.	https://multco.us/como-prepararse-y-apoyo-durante-el-covid-19	
OHA División de Salud Pública	Oregón	Hoja de datos.	https://ohadsp.org/systems/docs/ha/state/or-us/DHSPForms/Served/US2356.pdf	
Los Centros para el Control y la Prevención de Enfermedades (CDC)	A escala nacional	Enfermedad del Coronavirus 2019 (COVID-19).	https://www.cdc.gov/coronavirus/2019-ncov/index-sp.html	
Los Centros para el Control y la Prevención de Enfermedades (CDC)	A escala nacional	Síntomas de la enfermedad del coronavirus.	https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms-sp.pdf	
Los Centros para el Control y la Prevención de Enfermedades (CDC)	A escala nacional	Lo que necesita saber sobre la enfermedad del coronavirus (COVID-19).	https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet-sp.pdf	
Los Centros para el Control y la Prevención de Enfermedades (CDC)	A escala nacional	Detenga la propagación de los microbios. Ayude a prevenir la propagación de virus respiratorios como el nuevo coronavirus.	https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs-sp.pdf	
Unidos US	A escala nacional	Reporte un Incidente de Odio.	https://comunidadesagainstshate.org/report?ref=unidosus.org	
Common Sense Media	A escala nacional	Consejos sobre medios y tecnología para tu familia	https://www.commonsensemedia.org/latino	IMPORTANTE: Si usted o alguien que usted conoce ha sido víctima de este tipo de incidentes, por favor reportéalo a las autoridades de la ley en su localidad. Llame al 1-844-9-NO-HATE
Resources for College Students				
Hope Center Guide for Supporting College Students	Nationwide	Guide to help colleges and universities keep their students, faculty, and staff healthy, safe, and educated during the COVID-19 pandemic.	https://hope4college.com/supporting-students-during-covid19/	
SNAP for College Students	Nationwide	SNAP can be used to buy groceries at over 246,000, authorized retailers, grocery stores, and other places that sell food, including discount stores, bodegas, and farmers markets.	https://www.clasp.org/sites/default/files/publications/2017/10/SNAP%20for%20College%20Students-Arch%20Overview.pdf	
Edquity	Nationwide	Provides online emergency support for students during COVID-19 outbreak by providing online access to emergency funding and other resources.	https://edquity.co/COVID-19.pdf	david@edquity.co
U-Haul	Nationwide	30-days free storage for college students impacted by campus closure.	https://www.uhaul.com/Articles/About/20625/College-Students-U-Haul-Offers-30-Days-Free-Storage-amid-Coronavirus-Outbreak?utm_campaign=uhailsms&utm_source=twitter&utm_medium=pr&utm_content=20200312-uhailsoffering30	800-GO-UHAUL, uhaul.com
Lowering College Students' Bills with Energy Assistance Programs	Nationwide	Guide to help students navigate programs offered by utility companies to lower bills to help avoid financial distress.	https://hope4college.com/beyond-the-food-pantry-lowering-college-students-bills-with-energy-assistance-programs/	
Resources for Seniors				
Senior and Vulnerable Shoppers - Special Hours	Oregon/Nationwide	Many stores are opening early or offering special shopping times for seniors and vulnerable shoppers. See list to the right and be sure to check with individuals stores in your area to verify.		New Seasons - 8-9am every weekday (and extending senior discount to all open hours). Whole Foods - first hour of operation each day (for 60 and over). Fred Meyer and QFC - M-Th from 7-8am. Trader Joes - will create a second line outside the front door between 9-10 am. each day. Albertsons and Safeway - Tues and Th from 7-9am. Dollar General - first hour of operation each day. Target - first hour of operation each Wednesday. Walgreens - Tuesdays from 8-9am. Call individual stores to verify. (Updated 3/23/20)
Meals on Wheels	Multnomah, Washington, Clark County	Provides meals to vulnerable seniors.	https://www.mcwp.org/2020/03/meals-on-wheels-people-modified-service-model/	NOTE: They have suspended meal service at all of their dining centers in Clark, Multnomah and Washington counties. They will continue to deliver to homebound elderly people; however, their delivery model has changed. To limit contact between volunteers and homebound participants, meal delivery will be limited to three days per week rather than five. For up-to-date information on what is happening at Meals on Wheels People during this health emergency, call their COVID-19 Hotline at 503.953.8155. (verified/updated 3/20/20)
Store to Door	Portland	Store to Door supports independent living for seniors and adults with disabilities by providing an affordable, personal, volunteer-based grocery shopping and delivery service. 503-200-3333.	https://storetoodooroforegon.org/	503-200-3333 (verified/updated 3/20/20)
Instacart	Nationwide	Save yourself that trip to the market — Instacart delivers groceries in as little as an hour (currently experiencing longer than normal waiting times). They connect you with Personal Shoppers in your area to shop and deliver groceries from your favorite stores.	https://www.instacart.com/help/article/360041270871#115005491906	Available 24/7 at 888-246-7822. No-contact delivery available.
DoorDash	Nationwide	Your favorite restaurants delivered to your door.	https://www.doordash.com/en-US	Experiencing longer than normal waiting times. No-contact delivery available.
Lines for Life Senior Loneliness Line	Oregon	Support for seniors in our community who are feeling lonely and having difficulty connecting. When you are looking for information about services to address aging or disability needs, the ADRC of Oregon can help you learn about local public and privately paid options. The ADRC has trained professional staff who can help you and your family with immediate needs, or help you plan for the future.	https://www.adrcoregon.org/consite/index.php	Call 503-200-1633
Aging and Disability Resource Connection of Oregon (ADRC)	Oregon	Resources to help you have conversations about treatment preferences before a medical crisis, tools to support specific treatment decisions in high risk individuals, resources for high risk individuals and their agents/loved ones.	https://respectingchoices.org/covid-19-resources/	
State/City/County Resources				
Oregon Health Authority's COVID-19 page	Oregon	COVID-19 updates and info from Oregon Health Authority.	https://govstatus.egov.com/OR_OHA_COVID-19	
Multnomah County's COVID-19 Page	Multnomah County	COVID-19 updates and info from Multnomah County.	https://multco.us/novel-coronavirus-covid-19	
Clackamas County's COVID-19 page	Clackamas County	COVID-19 updates and info from Clackamas County.	https://www.clackamas.us/alert	
Governor Brown's Resource Page	Oregon	Various COVID-19 resources from Kate Brown's office.	https://www.oregon.gov/gov/Pages/coronavirus2020.aspx	
Governor Brown - Executive Order	Oregon	Governor Brown's updated orders for individuals, businesses, public organizations, and outdoor spaces to prevent COVID-19 spread	https://govsite-assets.s3.amazonaws.com/USFIS/SweRgaue4JrGXGd_Press-Release-36240.pdf	Effective immediately until further notice. This is a statewide order. Failure to comply with the order will be considered an immediate danger to public health. (verified/updated 3/23/20)
Oregon DMV	Oregon	To slow the spread of COVID-19 (coronavirus), the Center for Disease Control and Prevention has recommended social distancing. Effective immediately, DMV is limiting customer entrance in our offices and cancelling all behind-the-wheel drive tests scheduled from March 16, 2020 through April 7.	https://www.oregon.gov/odot/DMV/Pages/offices/index.aspx	Please go online at www.oregondmv.com/dmv2U if you need to do the following: Vehicle Registration Renewal, Change of Address, Report of Vehicle Sold, Purchase a Trip Permit. If your transaction requires a visit to DMV, please know our wait times may be longer than normal. If you are ill, please visit the office another day.
Elected Officials Contact Info	Oregon	Governor Kate Brown: 503-378-4582 (office)	https://www.oregonlegislature.gov/state/Pages/SenatorsAll.aspx	Oregon State Representatives: https://www.oregonlegislature.gov/house/Pages/RepresentativesAll.aspx
Oregon's Emergency Management COVID-19 Response	Oregon	Tools and resources for the general public.	https://oregon-coronavirus-geo.hub.arcgis.com/	
Oregon Department of Justice's Consumer Hotline	Oregon	Contact the Oregon Department of Justice's Consumer Hotline if you see merchants charging exorbitant prices for goods and supplies	www.oregonconsumer.gov	877-877-8392
The Oregon Recovery Network	Oregon	The Oregon Recovery Network is partnering with Recover Together With Google to provide Oregonians one centralized location with the latest state and local recovery resources and COVID-19 information.	https://oregonrecoverynetwork.org/	
Crisis Hotlines				
Lines for Life Suicide Lifeline	Oregon	24/7 free, confidential, and anonymous help. Highly trained staff and volunteers provide immediate assistance, compassionate support, and resource referrals that can put you on a path to healing.		Call 800-273-8255 (24/7/365), Text 273TALK to 839863 (8am-11pm PST daily)
Lines for Life Alcohol & Drug Helpline	Oregon	For individuals and family members seeking crisis intervention, treatment referral, and chemical-dependency information.		Call 800-923-4357 (24/7/365), Text RecoveryNow to 839863 (8am-11pm PST daily)
Lines for Life Military Helpline	Oregon	Support for service members, veterans, and their families that is independent of any branch of the military or government.		Call 888-457-4838 (24/7/365), Text MIL1 to 839863 (8am-11pm PST daily)
Lines for Life Senior Loneliness Line	Oregon	Support for seniors in our community who are feeling lonely and having difficulty connecting.		Call 503-200-1633
Lines for Life Youthline	Oregon	A teen-to-teen crisis and help line. Contact us with anything that may be bothering you; no problem is too big or too small! Teens available to help daily from 4-10pm Pacific Time (off-hour calls answered by Lines for Life).	www.oregonyouthline.org	Call 877-968-8491, Text teen2teen to 839863, Chat at www.oregonyouthline.org

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Name	Area Served	Support Offered	Website	Notes/Additional Info
Lines for Life Ayuda En Español	Oregon	Línea de atención 24/7, gratuito servicios en español, no es necesario hablar inglés si usted necesita ayuda.		888-628-9454
Multnomah County Crisis Line	Multnomah County	24/7 crisis and support line.		503-988-4888, Hearing-impaired dial: 711
Clackamas County Crisis Line	Clackamas County	24/7 crisis and support line.		503-655-8585
Washington County Crisis Line	Washington County	24/7 crisis and support line.		503-291-9111 (se habla español), TDD 1-800-735-2900
Coronavirus Anxiety Resources	Nationwide	The team at Shine, in partnership with Mental Health America, has vetted and compiled a wealth of research-backed and helpful tools for you—articles, meditations, access to mental health experts, anxiety screenings, and more. Think of Care For Your Coronavirus Anxiety as your mental health toolkit during this time.	https://www.virusanxiety.com/?fbclid=IwAR2FfjigYGUBa6dY9-bxYUCzXzEjUMsStoppq5q1Y780qLBr3QRHHA	
National Domestic Violence Hotline	Nationwide	24/7 support for victims and survivors.		Call 800-799-7233, if you are unable to speak safely, log onto thehotline.org or text LOVEIS to 25522.
National Sexual Assault Hotline (R.A.I.N.N. Rape Abuse and Incest National Network)	Nationwide	24/7 help via phone and online chat for survivors and their loved ones. Free and confidential.	Live chat: https://hotline.rainn.org/online , rainn.org. En español: https://hotline.rainn.org/es	Call 800-656-HOPE (4673)
Self-Injury Hotline	Nationwide	S.A.F.E. ALTERNATIVES® is a nationally recognized treatment approach, professional network, and educational resource base, which is committed to helping you and others achieve an end to self-injurious behavior.		Call 800-DONT-CUT (366-8288)
The Trevor Project	Nationwide	The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.	https://www.thetrevorproject.org/get-help-now/	Call 866-488-7386, text START to 678678
Unity Center for Behavioral Health	Portland	Unity provides 24-hour mental and behavioral health emergency services for adults and longer term inpatient mental health care for both adults and adolescents.	https://www.unityhealthcenter.org/unity-why/	Legacy Holiday Park campus at 1225 NE 2nd Ave
Volunteer/Donate				
PPE (Personal Protective Equipment) needed ASAP	Portland	Nationwide, medical-grade PPEs (Personal Protective Equipment), which include things like latex free gloves, procedural masks, surgical masks, N95 respirators and N95 filters, other respirators (P100s, PAPRs, and PAPR supplies / parts), face shields, splash shields, gowns, hand sanitizer, disinfecting wipes, and other items, are running dangerously low. In an effort to preserve these items, Oregon Governor Kate Brown directed hospitals, outpatient clinics, dentists, veterinarians and other healthcare providers to cease all non-emergency procedures and donate these items. They can be dropped off at locations listed in the far right column.	https://www.pdxmonthly.com/health-and-wellness/2020/03/three-donation-sites-for-medical-gear-are-up-and-running-in-oregon	Multnomah County has several drop-off locations -Portland Fire & Rescue logistics warehouse - 1300 SE Gideon St. (noon-4pm M-F), Multnomah County Health Department - 619 NW 6th Ave, Multnomah County Headquarters - 501 SE Hawthorne (noon-4pm M-F), Yeon Building (outside) - 1620 S.E. 190th Ave. (8am-5pm, M-F). (verified/updated 3/23/20)
Oregon Office of Emergency Management - Good and Services Form	Oregon	OEM is collecting information about available offers of goods and services for donation or purchase, such as masks, gowns, gloves, hand sanitizer, and boot/shoe covers. Fill out form to the right.	https://survey123.arcgis.com/share/5e0294765e4465599976eaac73fba6	(verified/updated 3/23/20)
Oregon Office of Emergency Management - Volunteer Offer Form	Oregon	If you would like to volunteer to help with the COVID-19 response, fill out the form to the right.	https://survey123.arcgis.com/share/6055a994044116800611e17f544dcd	(verified/updated 3/23/20)
The Workers Fund	Nationwide	Big and low-earning contract workers are seeing their livelihoods destroyed as the COVID-19 virus rapidly shuts down our economy. Workers without access to employer-based benefits are especially vulnerable. They're in dire need of immediate cash for basic necessities: shelter, food, medicine, transportation, etc. The Workers Fund is ready to accept donations and distribute aid immediately. 100% of your donation will go to workers who have lost their income because they don't qualify for employer-based benefits.	https://www.theworkersfund.com/the-workers-fund?utm_content=123054645&utm_medium=social&utm_source=facebook&hss_channel=fbp-662531097178100	(verified/updated 3/24/20)
APANO Covid-19 Volunteer Sign-Up	Jade District, Portland	APANO is compiling a volunteer list to share with groups and community based organizations that are doing mutual aid work around COVID-19 for their neighbors within and adjacent to the Jade District. The Jade District is a neighborhood in SE Portland at the intersection of SE 82nd Ave. and SE Division St.	https://docs.google.com/forms/d/e/1FAIpQLSc-tbVozzb_hv1OJozysE3vMVMZk49VscZL4C03S8hA8Q/viewform?encl=8fc566de-2d68-ea11-a9fc-00155d03b5d4&emid=ea000000-0000-0000-0000-000000000001&acsd=({ContactsEmailID})	
APANO Jade District Covid Relief Fund	Jade District, Portland	This fund will help impacted workers at Jade District small businesses who have been experiencing reduced hours and layoffs for many weeks.	https://secure.givemoni.com/8JiaX0bQUSi4R6E/Fesw27emcs8t656be-zu68-ea11-a9fc-00155d03b5d4&emid=ea000000-0000-0000-0000-000000000001&acsd=({ContactsEmailID})	
Meals on Wheels	Multnomah, Washington, Clark County	Provides meals to vulnerable seniors.	https://www.mowp.org/	
Oregon Food Bank	Oregon	They need all hands on deck as they adjust our food distribution efforts to meet complex and evolving public health needs. They have relocated our operation to account for social distancing to the extent possible, so they don't face higher risks for coronavirus, please sign up for an individual volunteer shift.	https://www.oregonfoodbank.org/get-involved/resources-information/action-to-emergencystronger-in-the-wake-of-covid-19/	(verified/updated 3/23/20)
Portland-area COVID-19 "Offer Support" Volunteer Form	Portland metro area	Sign up to offer support, donate money, or request support. They are prioritizing assistance to folks who are sick, unsheltered, disabled, quarantined without pay, elderly, undocumented, refugees and immigrants, Black, Indigenous, People of Color, trans, and/or queer, including those displaced from Portland to the nearby areas.	https://linktr.ee/pdxmutualaid?fbclid=IwAR9DgYhRmM13VPTWc-SR9B90_3n2c8qg85yKGrV7YUj0385Xk64	
Blanchet House	Portland	Some of our more vulnerable volunteers may need to cancel their shifts, so we are recruiting volunteers for our "on-call" list. If you want to be included, contact us at info@blanchethouse.org . Let us know which days and meals work best for you. 503-241-4340. Brown Bag Items Drive: We are stocking up on brown bags, bread, peanut butter, fruit with a long shelf life and single-serving wrapped foods that are easy to open and consume. You can mail the following items or drop them off at 310 NW Gilman, Portland, OR, 97209. Granola or protein bars. Single serving wrapped foods like chips, crackers, snack mix, fruit snacks or raisins. Hand wipes (60% alcohol if possible). Apples or oranges. Juice boxes. And/or: Donate to Offset the Cost of Emergency Items - Preparations for coronavirus are an unexpected addition to our annual budget. \$20 will buy for approximately four sack lunches.	https://blanchethouse.org/covid-19-update/	(verified/updated 3/20/20)
Portland Rescue Mission	Portland metro area	They receive no government funding, so they are asking for support to provide care 24/7 for vulnerable neighbors who are most at risk during this crisis.	https://giving.portlandrescuemission.org/fovid19?sc=DD3205	
Portland Homeless Family Solutions	SE Portland	Monetary donations will help us quickly find housing for families and help families whose jobs are affected by this virus stay in their homes. We are also collecting food and supplies for families living in shelter.	http://www.pdxhfs.org/covid-19	(verified/updated 3/24/20)
Red Cross	Nationwide	Severe shortage, donors urgently needed. Right now, eligible and healthy donors are strongly urged to make an appointment to provide lifesaving blood products to patients.	https://www.redcrossblood.org/local-homepage/location/am-red-cross-cross-site-portal-1.html?utm_source=GMListing&utm_medium=organic	
Musicians Emergency Healthcare Fund	Oregon and Clark County	Musicians (50% of their income comes from working within the music community) can apply for relief funds.	https://charity.gofundme.com/en/campaign/covid-19-oregon-musicians-relief-fund1	
Hands On Greater Portland	Portland metro area	Detailed calendar of volunteer opportunities around the Portland area.	https://www.handsonportland.org/	
Communally Organized Food Donation	Portland	Contact them via Instagram if you have food to donate to Oregon Food Bank - they will pick it up from your porch.	https://www.instagram.com/b9x8cKrhUjd/	
Free Geek	Portland metro area	They are accepting computer donations, especially laptop computers. They low-cost/affordable tech to organizations and individuals who need it and they are working with community orgs to develop partnerships to provide free devices to community members.	www.freegeek.org	Email: customerservice@freegeek.org , Main Line: (503) 232-9350 Customer Support phone: (503) 974-3414. (verified/updated 3/21/20)
The Jeremy Wilson Foundation's COVID-19 Oregon Musicians' Relief Fund	Oregon	COVID-19 Oregon Musicians' Relief Fund	https://charity.gofundme.com/en/campaign/covid-19-oregon-musicians-relief-fund1	(verified/updated 3/23/20)
Voz Workers' Rights Education Project	Portland	Emergency Solidarity Fund for Day Laborer Workers	https://www.gofundme.com/f/support-for-worker-during-covid19	(verified/updated 3/23/20)
Health/Wellness/Fitness				
Oregon Health Authority's COVID-19 page	Oregon	COVID-19 updates and info from Oregon Health Authority.	https://govstatus.egov.com/OR-OHA-COVID-19	
Multnomah County's COVID-19 Page	Multnomah County	COVID-19 updates and info from Multnomah County.	https://multco.us/novel-coronavirus-covid-19	
Clackamas County's COVID-19 page	Clackamas County	COVID-19 updates and info from Clackamas County.	https://www.clackamas.us/alert/	
CDC's COVID-19 page	Nationwide	COVID-19 updates and info from the Center for Disease Control	https://www.cdc.gov/coronavirus/2019-ncov/index.html	
WHO's COVID-19 page	Worldwide	COVID-19 updates and info from the World Health Organization	https://www.who.int/emergencies/diseases/novel-coronavirus-2019	
Center to Advance Palliative Care (CAPC)	Nationwide	COVID-19 toolkit including crisis communication and symptom management protocols for all clinicians, guidance on using Medicare COVID-19 emergency waivers, and tools to help palliative care teams address high levels of volume and stress during a crisis.	https://www.capc.org/toolkits/covid-19-response-resources/	
OHSU presentation: "Caring for Yourself and Caring for Others During a Disaster/Epidemic"	Online video	The Center for Ethics would like to share a short presentation titled, "Caring for Yourself and Caring for Others During a Disaster/Epidemic," led by Susan Hedlund, LCSW, OSW-C, director of Patient/Family Support Services at the OHSU Knight Cancer Institute.	https://vimeo.com/398097042	
Portland Emergency Hygiene Stations	Portland	Handwashing stations.	https://pdx.maps.arcgis.com/apps/webappviewer/index.html?id=3abc53221c6446a9e35c5c8572a9696	
White Bird Clinic / HOOTS	Eugene	Mental health support by phone, for students, families, and staff of Eugene-area schools. In light of school closures due to COVID-19 HOOTS (Helping Out Our Teens in Schools) will be offering mental health support by phone for students, families, and staff of high schools in the 4J, Springfield, Bethel and Oakridge school districts.	https://whitebirdclinic.org/hoots-offering-mental-health-support-by-phone/	
Portland Street Medicine	Portland	Distributing info/supplies to homeless community.	https://www.portlandstreetmedicine.org/covid19	(verified/updated 3/20/20)
HeadSpace	Online Resource	Free online guided meditations.	https://www.headspace.com/covid-19	
Common Sense Media	Online Resource - apps	Apps to help with mental health	https://www.commonsensemedia.org/lists/apps-to-help-with-mental-health	
AFSP	Online Resource	Resources for mental health during this time.	https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/	
NASP	Online Resource	Free tips and resources for how to talk to your kids about Coronavirus	https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-coronavirus-a-parent-resource	
CDC	Online Resource	Free tips and resources for how to talk to your kids about Coronavirus	https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html	
Fitness:				
Planet Fitness	Online Resource	Planet Fitness, one of the country's largest chain gym, is offering free online classes for the next two weeks, starting March 16. The daily workout will be 20 minutes and will not require any equipment.	https://www.youtube.com/user/planetfitnesspdxvideos	
Yoga With Adriene	Online Resource	Free yoga classes.	https://www.youtube.com/user/yogawithadriene	

COVID-19 Emergency Relief Resources for PDX (and beyond)

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-If you have additional resources for consideration, please email us at team@earlblumenauer.com .				
-We have done our best to verify information, but things are changing at a rapid pace, so be sure to contact businesses for updates and verification before visiting.				
-In Oregon, call 211 from a cell phone, 503-222-5555 from a landline, text your zip code to 898211, or email help@211info.org to find services and answer your questions about COVID-19.				
Name	Area Served	Support Offered	Website	Notes/Additional Info
CorePower Yoga	Online Resource	This popular yoga studio is offering free access to a selection of their online classes while they are closed to help stop the spread of COVID-19. Starting on Thursday, March 19, they will also be hosting live online classes that will be available to members. The series of yoga and meditation classes will be taught by CorePower trainers.	https://www.corepoweryogaondemand.com/keep-up-your-practice	
Grokker	Online Resource	Free access to online fitness / wellbeing classes through April 30.	https://grokker.com/individuals	
CLi Studios	Online Resource - Instagram	Free dance classes.	https://www.instagram.com/clistudios/	
Francisco Gella Dance Works	Online Resource - Instagram	Free dance classes - See Instagram post for schedule of live classes.	https://www.instagram.com/p/B9z7HClMjDJI/	
Stretch and Grow of the Rockies	Online Resource	Stretch and Grow of the Rockies is a kids health and wellness enrichment company that teaches children age-appropriate fitness and yoga routines. Jillian Sterner is the CEO and has started uploading daily "Brain Breaks" on YouTube that include a 10-minute video of yoga poses, breathing techniques, and exercises.	https://www.youtube.com/channel/UCN1_Xu7zVzQV5W6h6PA4	
Cosmic Kids	Online Resource	Cosmic Kids offers yoga lessons working on balance and strength on YouTube. Episodes range between 2 minutes and 1 hour.	https://www.youtube.com/user/CosmicKidsYoga	
Fitness Blender	Online Resource	Fitness Blender offers hundreds of free workout videos ranging in difficulty, length, and body focus.	https://www.fitnessblender.com/videos	
Down Dog	Online Resource	Down Dog maintains five fitness and yoga apps that offer yoga practices or at-home workouts: Down Dog, Yoga for Beginners, HIIT, Barre and 7 Minute Workout. Down Dog is making the apps free until April 1. Students and K-12 teachers have free access until July 1.	https://www.downdogapp.com/	
YMCA 360	Online Resource	YMCA 360 is an "on-demand" healthy living network. The YouTube channel offers several 15-minute workout routines.	https://www.youtube.com/channel/UCOGI_lpcEg_xqthCMCrut_A/videos	
Education				
A Kids Book About COVID-19	Free ebook	In response to the extraordinary spread of COVID-19, Malia Jones, a social epidemiologist based at the University of Wisconsin, created a completely FREE resource to help kids and grownups everywhere learn more about COVID-19.	https://akidsbookabout.com/	
PPS Computer/Tablet Loans	Portland Public Schools	Portland Public Schools students who need to borrow a computer or tablet can fill out this form to get one.	https://docs.google.com/forms/d/e/1FAIpQLSR9vU1RGTJiqj80DpYQw4OH1NbvZV07Fq3Ag3c13VedMxQvform	
ZOOM	Online resource	Zoom is giving K-12 students and teachers its videoconferencing tools for free. Students or teachers who fill out an online form using their school email addresses and are then verified by Zoom will have any accounts associated with that school's domain also gain unlimited temporary meeting minutes.	https://zoom.us/docs/en/school-verification.html?zuid=1231&_ga=2.228851412.995105639.1583699918.735451631.1546545074	
Amazing Educational Resources	Online resource	Master list of education companies offering free subscriptions due to school closures.	http://www.amazingeducationalresources.com/	
Duolingo	Online resource	Learn a foreign language for free.	https://www.duolingo.com/	
Scholastic Learn at Home	Online resource	20 days free access to Scholastic Learn at Home (up to 3 hours per day). Full online lesson plans for each grade level.	https://classroommagazines.scholastic.com/support/learnathome.html?fbclid=IwAR11VNA7J4u58Qca_8w5d0yILG_h_ZzE4f8A8a5Q6PjOC1J41DNOZ4	
Common Sense Education	Online resource	Resources for educators during the Coronavirus pandemic.	https://www.commonsense.org/education/coronavirus-resources	
Common Sense Media	Online resource	Online learning resources supplement homeschooling.	https://www.commonsensemedia.org/learning-with-technology/what-online-learning-resources-are-available-to-supplement-cv-closures/teaching	
Common Sense	Online resource	Resources for families during the Coronavirus pandemic. Navigate social distancing and school closures with quality media and at-home learning opportunities for your kids.	https://www.commonsensemedia.org/resources-for-families-during-the-coronavirus-pandemic	
Storyline Online	Online resource	Storyline Online is a program of the SAG-AFTRA Foundation. Readers include Betty White, Chris Pine, Kristen Bell, Tia & Tamara Mowry, Rami Malek, Allison Janney, Oprah, and more. Each video alternates from the storyteller reading out loud in a cozy environment to close-up, modestly animated pages of the book.	https://www.youtube.com/channel/UCN8zBaRy-KY9Vh54XJfZ1Q	
Khan Academy	Online resource	Daily schedules for students ages 4-18 to keep them learning. Teacher resources as well.	https://www.khanacademy.org/	
Mystery Science	Online resource	Free science lessons from Mystery Science (K-5th).	https://mysteryscience.com/school-closure-planning	
Virtual Field Trips	Online resource	Free Virtual Field Trip Google doc.	https://docs.google.com/document/d/18yldvT-d4K06SjvVPDagGkqE3Evm3qz2KR_Rku_w/mobiledoc?fbclid=IwAR2459mmyXPKbvNGUJ8F0J0V5X6TCHVMOzj07QzG0m1qgwh13n8	
Homeschool Resources	Online resource	Homeschool Resources.	https://docs.google.com/document/d/1RqE7U7U_8N20mnl_gbRd3TsSgozJ1gawelZP_CNNmAY/edit?fbclid=IwAR2Fswq6Q9AV9YJ_Cq_u_l60BR0m7pu_rRvji4h3w4Z9qwa7a7m5k	
Principals List of Things To Do During COVID Closures	Online resource	Kim Jones McClelland, a school principal, shared these brilliant ideas for things to do during COVID closures. These low-tech kid activities are great for elementary kids.	https://www.wearereachers.com/things-to-do-during-covid/?utm_content=1584460940&utm_medium=social&utm_source=facebook	
Multnomah County Library	Multnomah County	The Multnomah Library system has many wonderful offerings and programs.	https://multcolib.org/	
ynet Article	Online resource	Article: How to get free e-books, magazines, movies, and TV shows from your library.	https://www.cnet.com/news/how-to-get-free-e-books-magazines-movies-and-tv-shows-from-your-local-library/	
Newsela	Online resource	Current events at a variety of reading levels.	https://newsela.com/?fbclid=IwAR0DUBuYQ5FHYpGeBIBZNGupEwpArMBzUk8kE4789M9ZtH_V56pp1k1RQE	
Time for Kids	Online resource	Authentic journalism to motivate curious minds.	https://www.timeforkids.com/?fbclid=IwAR3RvXvFvFvLpKXv2UOVX-5ud7z6BbWtkoaAT0cQmADWJqbt07_o	
BrainPop Educators	Online resource	Lesson planning, professional development.	https://educators.brainpop.com/?fbclid=IwAR206mJugGq1drhXisE1J_zceqSo0v_w15G0vt_nz8q7uK4Zp9d0	
CNN10	Online resource	10 minute news video every weekday appropriate for 4th through 8th grade.	https://www.cnn.com/cnn10	
Seesaw	Online resource	Online portfolio (and great way for students to share with each other and with teachers).	https://app.seesaw.me/#login?fbclid=IwAR0xwBHu7v6pNhdDlKlMzclC6PZoSM2de8yJv9yqH8TNYy0cSIFM	
Flipgrid	Online resource	Teachers and students can share short videos.	https://info.flipgrid.com/?fbclid=IwAR1m...EQZEXQpTY54DQ2nPatMyvyl1HDeSAtR0zZC_0L4BenX5	
Environmental Games from the EPA	Online resource	Games, quizzes, and videos about the environment.	https://www.epa.gov/students/games-quizzes-and-videos-about-environment?fbclid=IwAR04rhdXcCry_Qz87LQHdIcatHyXT1LDT4Nxxd1G7P3UNSmv-DuA	
Online Music Lessons	Online resource	Paid voice and instrument lessons (to support musicians!).	https://docs.google.com/spreadsheets/d/1k_UVgnaaRfEdiXNKRgQv1GhBa03UJUMGkZ1Ox0Medi7?fbclid=IwAR3D0e3AKPaN4oz48YRF7FP9gPm9Fv8_HuaxWhD_8u1kdt_v1m4EgRjz55983854	
Zero to 3	Online resource	Free tips and resources for how to talk to your kids about Coronavirus.	https://www.zerotothree.org/resources/3210-tips-for-families-talking-about-the-coronavirus	
NASP	Online resource	Free tips and resources for how to talk to your kids about Coronavirus.	https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-coronavirus-a-parent-resource	
CDC	Online resource	Free tips and resources for how to talk to your kids about Coronavirus.	https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html	
ReadWorks	Online resource	FREE content, curriculum, and tools to power teaching and learning from Kindergarten to 12th Grade.	https://www.readworks.org/	
CommonLit	Online resource	A reading program that reaches all students.	https://www.commonlit.org/?fbclid=IwAR08rftaPEh4bSDk1fcqoAYCZD0H8Lq8GFVB9h-bCAsUjXyCv2oP2Pq	
Moby Max	Online resource	Everything you need to find and fix learning gaps. (K-8)	https://www.mobymax.com/?fbclid=IwAR3R46eGqGymdmcQ1o1ndKqNqXqOlliaW32RWCN8z04f0cQBz0e3R3W8	
Macaroni Kid	Online resource	36 Free Educational Resources Kids Can Use At Home.	https://chicagoopolis.macaromkid.com/articles/Se6M4601a3607e0a5Ba06a/school-cancelled-36-free-educational-resources-kids-can-use-at-home?fbclid=IwAR2AE1CFMhZNYvMTmnpY3_KQwPz58BPWnC1JGhrNMDV8eRuAAwink4	
Penpal Exchange	Online resource	They will be making connections on a rolling basis based on age and location and they are hoping to get participants from all over the world. It can be a great way to learn about other people's lives and get creative with socializing. Maybe you'll play FaceTime hide and seek! Maybe you'll exchange art projects and favorite recipes! Your imagination is the limit.	https://docs.google.com/forms/d/e/1FAIpQLSdCPRHfHt_PP3RbNpGAMnagToO6Sa18G-v8iCv3TahQ2wiewom?fbclid=IwAR2AuzSo6R9e3pIMSS8OyKxkTz6_DKSD8ep7_Rh1mPZekAKz651d9Ku0	
Life Skills for Kids	Online resource	100 Life Skills You Can Teach Your Kids in 5 Minutes or Less.	https://drive.google.com/file/d/1LWdXztkbCFSh-1hNSp2130iawH1Kwiew2?fbclid=IwAR2Ch30z7u1TMOj7V79_0NBAK1xqhtShw1wBat_Feq2SasTmUuKw10	
Live Streaming Shows & Music Classes for Kids: Online Listings (created by Amelia of Mill's Trills)	Online resource	Streaming kids concerts + lessons.	https://docs.google.com/spreadsheets/d/1cUJdDMYHMy_gBdChEmuWzZz21Kq3JYvKESkGPaqedi7?fbclid=IwAR1r9z_kp489VvCMnMachm0PaUvMvHFc_0z8Bz-TN_Dc0DNK211SJS8aue0	
What Moms Love	Online resource	87 energy busting activities for kids.	https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/	
Adventure Journal	Online resource	A list of animal cams.	https://www.adventure-journal.com/2020/03/if-youre-stuck-inside-might-as-well-enjoy-the-list-of-animal-cams/?fbclid=IwAR1wJKSe9-R175CGI_ZFALH4B-wZ4CKSNiGpNe4EUGENZmPcMmxdPc	
Travel and Leisure	Online resource	12 famous museums with virtual tours - watch from home.	https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours	

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Name	Area Served	Support Offered	Website	Notes/Additional Info
Google Arts & Culture - Museum Collections	Online resource	Free virtual museum tours.	https://artsandculture.google.com/partner?hl=en https://artsandculture.withgoogle.com/en-us/national-parks-service/	
The Hidden Worlds of the National Parks	Online resource	Free virtual National Parks tours.	https://www.lynda.com/portal/beltron?org=multicolib.org	
Lynda.com	Online resource	Online learning platform with courses in business, software, technology, and creative skills. Use it to achieve personal and professional goals. Free with library card.	https://www.homedepot.com/c/diy-projects-and-ideas?sfalae=VA_Hero&cm_mmch=hd_email--HD_CV19_P2--20200320_orangeinsider_20200320_FW07_Digital_Workshop_Resh_3584917--VA_Hero&el=rsf79235983	
Home Depot DIY Projects and Ideas	Online resource	DIY ideas and digital workshops.	https://www.coursera.org/learn/the-science-of-well-being?ranMID=40328&ranEAID=EHFvW6yx8Uo&ranSiteID=EHFvW6yx8Uo-n23r37DQ7G-ccDHCvqda&siteID=EHFvW6yx8Uo-n23r37DQ7G-ccDHCvqda&utm_content=10&utm_medium=partners&utm_source=linkshare&utm_campaign=EHFvW6yx8Uo	
Yale Course: The Science of Well-Being	Online resource	Yale is offering its most popular course for free. In this course you will engage in a series of challenges designed to increase your own happiness and build more productive habits. As preparation for these tasks, Professor Laurie Santos reveals misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and the research that can help us change. You will ultimately be prepared to successfully incorporate a specific wellness activity into your life.	https://earlybirdbooks.com/	
Ebooks	Online resource	Free Ebooks	https://www.bookbub.com/welcome	
Ebooks	Online resource	Free Ebooks	https://www.freebooksy.com/	
Ebooks	Online resource	Free Ebooks	https://www.free-ebooks.net/	
Entertainment				
Pluto TV	Online resource	Free streaming - TV shows for kids.	https://pluto.tv/welcome	
Kanopy	Online resource	Free streaming - TV shows and movies (library card required).	https://www.kanopy.com/	
Kanopy for Kids (library card required)	Online resource	Free streaming - TV shows for kids (library card required).	https://www.kanopy.com/kids	
Metropolitan Opera	Online resource	Free nightly streaming during COVID-19 closures.	https://www.metopera.org/about/press-releases/met-to-launch-nightly-met-opera-streams-a-free-series-of-encore-live-in-hd-performances-30-samed-on-the-company-website-during-the-coronavirus-closure/?fbclid=IwAR1hmDQJw8rCN9v11q-SaCiaouf-SjQRRLQWxEtbb8N3WpUG09B116k0	
Detroit Symphony Opera	Online resource	The Detroit Symphony Orchestra has opened its "Live From Orchestra Hall" webcast archives, DSO Replay, free to the public.	https://livefromorchestrahall.tvx.tv/browse	
Travel and Leisure	Online resource	12 famous museums with virtual tours - watch from home.	https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours	
Rijksmuseum (Netherlands National Museum)	Online resource	A representative overview of Dutch art and history from the Middle Ages onwards, and of major aspects of European and Asian art.	https://www.rijksmuseum.nl/en/rijksstudio	
Opera de Paris (National Opera of Paris and the Paris Opera Orchestra)	Online resource	They have opened their archives and several performances are available to stream including symphonies, ballets, and opera.	https://www.operadeparis.fr/en/magazine/replay	
Google Arts & Culture - Museum Collections	Online resource	Free virtual museum tours.	https://artsandculture.google.com/partner?hl=en https://artsandculture.withgoogle.com/en-us/national-parks-service/	
The Hidden Worlds of the National Parks	Online resource	Free virtual National Parks tours.	https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown	Archives can be found at the bottom of the list.
NPR's List of Virtual Concerts	Online resource	A list of live virtual concerts to watch during the coronavirus shutdown.	https://www.vrtmag.com/calendar/shows/	Local artists can submit gigs here: http://vrtmag.com/SUBMIT
NW Artists' Virtual Concerts	Online resource	A curated calendar of virtual concerts from NW Artists.	https://www.adventure-journal.com/2020/03/if-youre-stuck-inside-motivate-well-enjoy-the-list-of-animal-cams/?fbclid=IwAR1wKSe8-5172C8t_xFAH4HB-wZJKShGpNp4EUoENXzmPcMmxcDp	
Adventure Journal	Online resource	A list of animal cams.	https://www.skypeascientist.com/skype-a-scientist-live.html?fbclid=IwAR1wKSe8-5172C8t_xFAH4HB-wZJKShGpNp4EUoENXzmPcMmxcDp	
Skype a Scientist Live	Online resource	Skype a Scientist matches scientists with classrooms around the world to give students the opportunity to get to know a "real scientist". Thousands of scientists are ready to chat. Teachers can choose the type of scientist that will fit their classroom.	http://library.nyam.org/colorourcollections/	
Color Our Collections	Online resource	Free coloring sheets from libraries, archives, and other cultural institutions around the world.	https://www.youtube.com/channel/UCaxyl10xdR4YGSBmBjSSAVQ	Fridays at 10:30 am
Aaron Nigel Smith's The Big Up Show	Online resource	Portland musician Aaron Nigel Smith is offering Music & Movement Time for Kids. FRIDAYS@10:30am-LIVE on YouTube! Subscribe at link to the right.	https://www.ihart.com/live/247-comedy-4902/	
iHearRADIO	Online resource	24/7 Comedy	https://www.pbs.org/show/baseball/	
'Baseball.' A miniseries by Ken Burns	Online resource	PBS is streaming Ken Burns' 1994 documentary miniseries Baseball for free. It's 18.5 hours.	https://gamepass.nfl.com/packages?redirected=true	The NFL Game Pass will be offered free of charge through May 31 for fans within the U.S.
NFL Game Pass	Online resource	Replay NFL games from 2009-2019 and NFL Original Shows.	https://www.youtube.com/watch?v=PLqsV_Ms3Q&feature=youtu.be&app=desktop	
Neil Diamond on YouTube	Online resource	Watching Neil Diamond singing Sweet Caroline with some word adjustments... "Hands, washing hands, not touching you, not touching me" is not to be missed.		

Year	Q1	Q2	Q3	Q4	Total
2018	10	15	20	25	70
2019	12	18	22	28	80
2020	15	20	25	30	90
2021	18	22	28	35	103
2022	20	25	30	38	113
2023	22	28	32	40	122
2024	25	30	35	42	132
2025	28	32	38	45	143
2026	30	35	40	48	153
2027	32	38	42	50	162
2028	35	40	45	52	172
2029	38	42	48	55	183
2030	40	45	50	58	193
2031	42	48	52	60	202
2032	45	50	55	62	212
2033	48	52	58	65	223
2034	50	55	60	68	233
2035	52	58	62	70	242
2036	55	60	65	72	252
2037	58	62	68	75	263
2038	60	65	70	78	273
2039	62	68	72	80	282
2040	65	70	75	82	292
2041	68	72	78	85	303
2042	70	75	80	88	313
2043	72	78	82	90	322
2044	75	80	85	92	332
2045	78	82	88	95	343
2046	80	85	90	98	353
2047	82	88	92	100	362
2048	85	90	95	102	372
2049	88	92	98	105	383
2050	90	95	100	108	393
2051	92	98	102	110	402
2052	95	100	105	112	412
2053	98	102	108	115	423
2054	100	105	110	118	433
2055	102	108	112	120	442
2056	105	110	115	122	452
2057	108	112	118	125	463
2058	110	115	120	128	473
2059	112	118	122	130	482
2060	115	120	125	132	492
2061	118	122	128	135	503
2062	120	125	130	138	513
2063	122	128	132	140	522
2064	125	130	135	142	532
2065	128	132	138	145	543
2066	130	135	140	148	553
2067	132	138	142	150	562
2068	135	140	145	152	572
2069	138	142	148	155	583
2070	140	145	150	158	593
2071	142	148	152	160	602
2072	145	150	155	162	612
2073	148	152	158	165	623
2074	150	155	160	168	633
2075	152	158	162	170	642
2076	155	160	165	172	652
2077	158	162	168	175	663
2078	160	165	170	178	673
2079	162	168	172	180	682
2080	165	170	175	182	692
2081	168	172	178	185	703
2082	170	175	180	188	713
2083	172	178	182	190	722
2084	175	180	185	192	732
2085	178	182	188	195	743
2086	180	185	190	198	753
2087	182	188	192	200	762
2088	185	190	195	202	772
2089	188	192	198	205	783
2090	190	195	200	208	793
2091	192	198	202	210	802
2092	195	200	205	212	812
2093	198	202	208	215	823
2094	200	205	210	218	833
2095	202	208	212	220	842
2096	205	210	215	222	852
2097	208	212	218	225	863
2098	210	215	220	228	873
2099	212	218	222	230	882
2100	215	220	225	232	892

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2023	22	28	32	40	122
2024	25	30	35	42	132
2025	28	32	38	45	143
2026	30	35	40	48	153
2027	32	38	42	50	162
2028	35	40	45	52	172
2029	38	42	48	55	183
2030	40	45	50	58	193
2031	42	48	52	60	202
2032	45	50	55	62	212
2033	48	52	58	65	223
2034	50	55	60	68	233
2035	52	58	62	70	242
2036	55	60	65	72	252
2037	58	62	68	75	263
2038	60	65	70	78	273
2039	62	68	72	80	282
2040	65	70	75	82	292
2041	68	72	78	85	303
2042	70	75	80	88	313
2043	72	78	82	90	322
2044	75	80	85	92	332
2045	78	82	88	95	343
2046	80	85	90	98	353
2047	82	88	92	100	362
2048	85	90	95	102	372
2049	88	92	98	105	383
2050	90	95	100	108	393
2051	92	98	102	110	402
2052	95	100	105	112	412
2053	98	102	108	115	423
2054	100	105	110	118	433
2055	102	108	112	120	442
2056	105	110	115	122	452
2057	108	112	118	125	463
2058	110	115	120	128	473
2059	112	118	122	130	482
2060	115	120	125	132	492
2061	118	122	128	135	503
2062	120	125	130	138	513
2063	122	128	132	140	522
2064	125	130	135	142	532
2065	128	132	138	145	543
2066	130	135	140	148	553
2067	132	138	142	150	562
2068	135	140	145	152	572
2069	138	142	148	155	583
2070	140	145	150	158	593
2071	142	148	152	160	602
2072	145	150	155	162	612
2073	148	152	158	165	623
2074	150	155	160	168	633
2075	152	158	162	170	642
2076	155	160	165	172	652
2077	158	162	168	175	663
2078	160	165	170	178	673
2079	162	168	172	180	682
2080	165	170	175	182	692
2081	168	172	178	185	703
2082	170	175	180	188	713
2083	172	178	182	190	722
2084	175	180	185	192	732
2085	178	182	188	195	743
2086	180	185	190	198	753
2087	182	188	192	200	762
2088	185	190	195	202	772
2089	188	192	198	205	783
2090	190	195	200	208	793
2091	192	198	202	210	802
2092	195	200	205	212	812
2093	198	202	208	215	823
2094	200	205	210	218	833
2095	202	208	212	220	842
2096	205	210	215	222	852
2097	208	212	218	225	863
2098	210	215	220	228	873
2099	212	218	222	230	882
2100	215	220	225	232	892

COVID-19 Emergency Relief Resources for PDX (and beyond)

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Shelters

Name	Area Served	Support Offered	Website	Notes/Additional Info
Convention Center	Portland metro area	In response to COVID-19, beginning March 20, 2020 the Oregon Convention Center will provide shelter for up to 140 community members while maintaining social distancing guidelines. This temporary shelter will be managed by the Multnomah County Joint Office of Homeless Services and public health officials.	https://www.211info.org/	777 NE Martin Luther King Blvd. Call 211 for more info or visit website to the left. (verified/updated 3/23/20)
The Charles Jordan Community Center	Portland metro area	There will be around 400 beds in this temporary shelter managed by the Multnomah County Joint Office of Homeless Services and public health officials.	https://www.211info.org/	9009 N Foss Ave, Portland, OR 97217. Call 211 for more info or visit website to the left. (verified/updated 3/23/20)
City Team Ministries	SE Portland	Is continuing to provide hot meals, safe shelter, showers, clean clothing, recovery programs and other essential care while taking precautions to reduce spread of the virus.	https://www.cityteam.org/portland	NOTE: We are committed to continuing our daily meal service, and we will be managing the flow of guests by seating smaller groups in rotating shifts to minimize the number of people congregating at the same time. We will be cleaning and disinfecting between all seatings. 526 SE Grand Ave., Portland, OR 97214, (503) 231-9334 (verified/updated 3/20/20)
Portland Rescue Mission	NW Portland	Continuing to provide services in a limited capacity. See info to the right for details.	www.portlandrescuemission.org	All services are being offered in a limited capacity and they are not taking any new participants into their transitional program. In their men's shelter, they are limiting to 55 spots each night to increase space between shelter beds. 111 W. Burnside St., Portland, OR 97209, 503-906-7690 (verified/updated 3/23/20)
Salvation Army Female Emergency Shelter	SW Portland	Continuing to deliver services during COVID-19. Emergency female shelter, showers, restrooms, lockers, telephone, resting areas, laundry, on-site support groups, activities, case management, information, referrals, snacks and advocacy.	http://www.safes.salvationarmy.org	30 SW 2nd Ave., Portland, OR 97204, (503) 227-0810
VETS (Veterans Emergency Transitional Shelter)	SW Portland	Not currently doing general intakes - only doing a priority need-based system right now.	www.tsacascade.org	30 SW 2nd Ave., Portland, OR 97204, 503-239-1259 (verified/updated 3/20/20)
Transition Projects (TPI) Day Center	NW Portland	Continuing to deliver services during COVID-19. The Transition Projects Day Center is open seven days a week, 365 days a year. The Day Center is the point of access to all other services TPI offers, and is the first place people should visit if they are looking to meet basic needs or be connected to emergency or residential shelter services.	http://www.tprojects.org/	650 NW Irving St., Portland, OR 97209, (503) 280-4700 (verified/updated 3/20/20)
My Father's House Community Shelter	Gresham	A family shelter for 30 families located in East Multnomah County, Oregon.	http://www.familyshelter.org/	5003 W Powell Blvd., Gresham, OR 97030, (503) 492-3046
Good Neighbor Center	Tigard	Continuing to provide services, enrichment events are being postponed. A family emergency shelter open from 6am-10pm 365 days a year.	www.goodneighborcenter.org	11130 SW Greenburg Rd., Tigard, OR 97223, (503) 443-6084
Rose Haven Day Shelter for Women and Children	Portland metro area	Rose Haven will be continuing to offer services. They will be serving meals from 9 am-noon M-F as well as offering supplies. They are letting a limited number of people in at a time for their restrooms. Services include: Food, water, emergency clothing, diapers, wipes, hygiene products, mail service, pet food, bathrooms and sink usage, outdoor supplies including tents, tarps, sleeping bags (as supplies last), additional direct service allocations for rental and utility assistance.	https://rosehaven.org/	(503) 248-6364, 627 NW 18th Ave., Portland, OR 97209 (verified/updated 3/23/20)
Portland Homeless Family Solutions	SE Portland	Continuing to provide shelter and services to homeless families with children.	http://www.pdxhfs.org/	(verified/updated 3/24/20)

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Utilities/Rent

Name	Area Served	Support Offered	Website	Notes/Additional Info
Home Forward	Portland metro area	Home Forward works with local community agencies to provide a range of services — emergency hotel vouchers, rent payment, help with eviction prevention, and help with housing placement — to people who are homeless or at risk of eviction.	http://www.homeforward.org/find-a-home/get-help-paying-rent/short-term-help	
Impact NW	Portland metro area	Impact NW provides a safety net for families in crisis, with services that connect them to housing and energy assistance while supporting them as they move toward independence.	https://impactnw.org/programs/housing-and-safety-net/	
211 Utility Assistance Programs	Multnomah, Clackamas, Washington County	Online database to find utility assistance programs in Oregon and Southwest Washington.	https://www.211info.org/energy#Multnomah	
Portland General Electric	Portland	They have suspended non-payment disconnection. Urging customers to call them if you need help with your bill so they can work with you to find a solution that fits your needs. You can request a payment extension 24/7 by logging in to your account or calling their automated phone system. Offices are closed through 4/1 and they are encouraging customers to use self-service options.	https://www.portlandgeneral.com/our-company/newsroom/covid-19	Their community offices will be closed March 16 - April 1. They are encouraging use of our self-service payment options, including: paying with the PGE app, paying online, paying by phone on their automated system (Call 503-228-6322 (Portland) or 800-542-8818 (elsewhere) & have your PGE account number handy) (verified/updated 3/20/20)
NW Natural Gas	Oregon	Will not disconnect customers who can't make utility payments due to the impacts caused by Coronavirus.	https://www.nwnatural.com/ContactUs	
Portland Water Bureau	Portland	Will not disconnect service of Bureau of Environmental Services and Water Bureau customers for nonpayment. Customers will continue to be responsible for sewer/stormwater/water charges due now and accrued during this time. The Bureau of Environmental Services and the Water Bureau offer financial assistance in the form of: Payment arrangements, Bill discounts for sewer and water charges, Crisis vouchers, The Utility Safety Net program.	portlandoregon.gov/water/financialassistance	For more info or to work out a plan: 503-823-7770, PWBCustomerService@portlandoregon.gov
Pacific Power	Oregon	Temporarily suspending disconnections and late fees for non-payment for customers.	https://www.pacificpower.net/about/newsroom/news-releases/pacific-power-to-suspend-disconnections-in-response-to-covid-19.html	888-221-7070
Verizon, AT&T, T-Mobile, NW Fiber and more (see list at website on the right)	Nationwide	FCC Chairman Pai has asked phone companies to pledges for the next 60 days (until mid-May) to: (1) not terminate service to any residential or small business customers because of their inability to pay their bills due to the disruptions caused by the coronavirus pandemic; (2) waive any late fees that any residential or small business customers incur because of their economic circumstances related to the coronavirus pandemic; and (3) open its Wi-Fi hotspots to any American who needs them	https://www.fcc.gov/document/chairman-pai-launches-keep-americans-connected-pledge	Contact individual companies for more info.
Charter Communications	Oregon	Starting on March 16, Charter will offer free Spectrum broadband and Wi-Fi access for 60 days to households with a K-12 student or college student who do not already have a Spectrum broadband subscription. Installation fees will be waived for new student households as well. To enroll, call 1-844-488-8395.	https://www.myoregon.gov/2020/03/13/oregon-utilities-companies-extend-service-during-covid-outbreak/	Call 1-855-846-8376 for English or 1-855-765-6995 for Spanish
Comcast	Oregon	They will make it easier for low-income families who live in a Comcast service area to sign up by offering new customers 60 days of complimentary Internet Essentials service, which is normally available to all qualified low-income households for \$9.95 /month. They are also increasing Internet speeds for the Internet Essentials service from 15/2 Mbps to 25/3 Mbps for all new and existing customers, which will be the speed of the service going forward.	https://corporate.comcast.com/press/releases/internet-essentials-low-income-broadband-coronavirus-pandemic	To sign up, applicants can simply visit www.internetessentials.com . The accessible website also includes the option to video chat with customer service agents in American Sign Language. There are also two dedicated phone numbers 1-855-846-8376 for English and 1-855-765-6995 for Spanish.

COVID-19 Emergency Relief Resources for PDX (and beyond)

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Resources for Businesses/Workers

Name	Area Served	Support Offered	Website	Notes/Additional Info
Oregon Restaurant & Lodging Association	Oregon	Coronavirus (COVID-19) Resources & Information	https://www.oregonra.org/covid19_info.html	
Service Industry Tips	Portland metro area	If you work in Portland in the food & beverage industry, or if your income is largely tip based, you are eligible to register with ServiceIndustry.tips . Complete this form and you may receive random tips from random members of the public who would otherwise be patronizing your services.	https://docs.google.com/forms/d/e/1FAIpQLSe6pGTYgn5wap1zQZeRv_DJelUialaeb7F0iPM-b2mFw/viewform	(verified/updated 3/23/20)
Business Oregon	Oregon	They offer direct loan programs (OBDF, ORF, and EDLF) that can help with access to capital.	http://www.oregon4biz.com/How-We-Can-Help/Finance-Programs/	
Oregon Work Share Program	Oregon	Small businesses that have had to reduce the amount of hours employees work by 20 to 40 percent may be eligible to participate in the Workshare program. This program enables employees to receive unemployment benefits while they are still working under reduced hours	https://www.oregon.gov/employ/Unemployment/Pages/Work-Share-Program.aspx	
Oregon Employment Department's COVID page	Oregon	COVID-19 Related Business Layoffs, Closures, and Unemployment Insurance Benefits.	https://www.oregon.gov/employ/Pages/COVID-19.aspx	OED_COVID19_Info@oregon.gov
Oregon Employment Department - Unemployment Claims	Oregon	Website to file unemployment claims.	https://secure.emp.state.or.us/ocsa/index.cfm?j=F20200317A055946B89883528.6819&lang=E	Unemployment Claimant Handbook: https://www.oregon.gov/employ/Unemployment/Claimant_Handbook/Pages/default.aspx
Oregon Employment Department - Rules for Unemployment	Oregon	Employment Department Temporary Rules for Unemployment Insurance Benefits Flexibility	https://www.oregon.gov/employ/Documents/OAR%20471-030-0070-temporaryrule.pdf	
State of Oregon Workplace Safety and Unemployment	Oregon	COVID-19 Related Business Layoffs, Closures, and Unemployment Insurance Benefits	https://www.oregon.gov/employ/Pages/COVID-19.aspx	main number, (503) 378-3272, toll free in Oregon, (800) 922-2689, Español, (800) 843-8086
State of Oregon Sick Time Info	Oregon	COVID-19/Coronavirus in Oregon: Facts about Sick Time	https://www.oregon.gov/BOLI/WHD/OST/Pages/index.aspx	
Oregon Bureau of Labor and Industries	Oregon	Info about time off, wages, and more.	https://www.oregon.gov/BOLI/Pages/index.aspx	Employers can call Technical Assistance Hotline at 971-673-0824 or email bolita@boli.state.or.us
Oregon OSHA - Occupational Safety and Health Administration	Oregon	Health and Safety Concerns: Oregon Occupational Safety and Health Administration	https://osha.oregon.gov/Pages/topics/infectious-disease.aspx	
CDC Interim Guidance for Businesses and Employers	Nationwide	This interim guidance is based on what is currently known about the coronavirus disease 2019 (COVID-19). The Centers for Disease Control and Prevention (CDC) will update this interim guidance as needed and as additional information becomes available.	https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html#7CDC_AA_refVal=https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-business-response.html	
Restaurant Workers Community Foundation	Nationwide	Information and links to resources that will help restaurants and workers deal most effectively with the COVID-19 Emergency	https://www.restaurantworkerscf.org/news/2020/3/15/resources-for-restaurants-and-workers-coping-with-the-covid-19-emergency	info@restaurantworkerscf.org
U.S. Department of Labor Unemployment Insurance	Nationwide	New guidance on unemployment insurance flexibilities during COVID-19 outbreak.	https://www.dol.gov/newsroom/releases/eta/eta20200312_0	
U.S. Small Business Administration Disaster Assistance	Nationwide	The SBA provides low-interest disaster loans to help businesses and homeowners recover from declared disasters. Oregon small business owners impacted by coronavirus can now apply for SBA disaster loans up to \$2M.	https://www.sba.gov/disaster-assistance/coronavirus-covid-19	Disaster Customer Service Center - 1-800-659-2955 (for the deaf and hard-of-hearing 1-800-877-8339), Monday through Friday from 8:00 am to 8:00 pm ET, or email: disastercustomerservice@sba.gov
Oregon Health Authority Guidance for Employers	Oregon	Guidance for employers based on CDC guidelines.	https://sharedsystems.dhsosha.state.or.us/DHSForms/Servedfile2266.pdf	
The Nonprofit Association of Oregon	Oregon	COVID-19 guidance for nonprofits in Oregon	https://nonprofitoregon.org/news/covid-19-resources	
Prosper Portland	Portland	Business resources through Prosper Portland include information about commercial rent freezes, and deferral of loan payments.	https://prosperportland.us/covid-19-business-resources/	
Business for a Better Portland Switchboard	Portland	A forum where leaders in the PDX business community gather to do business together, share resources, advice, and make a positive difference in the city we love.	https://bbpdx.switchboardhq.com/	
APANO's Jade District-Oldtown COVID-19 Small Business Response Fund	Portland's Jade District and Old Town Chinatown	\$190,000 will be available for disbursement. These resources are intended to be an additional short-term tool to support local businesses and not in place of other government intervention to support Portland and Oregon's broader economy. For small businesses located in the Jade District or Old Town Chinatown with a priority on Asian and Pacific Islander owned businesses.	https://www.apano.org/jade-district-covid-19-small-business-response-fund/?emc=rbcefd94-7789-ea11-a94c-00155d03b5dd&emid=a36c694a-8069-ea11-a94c-00155d03b5dd&cid=7227597	
Freelance Artist Resources	Nationwide	Aggregated list of free resources, remote job opportunities, and financial relief options available to artists of all disciplines.	https://covid19freelanceartistresource.wordpress.com/	
Resources for Musicians and Live Music Professionals	Nationwide	List of resources for musicians and live music professionals during COVID-19, as well as ways fans can support artists right now.	https://sheshredsmag.com/covid-19-resources-for-musicians/	
KEEN Shoe Giveaway	Nationwide	KEEN has made a pledge to provide up to 100,000 pairs, about \$10,000,000 in shoes, to the workers on the front lines and the families at home fighting through the COVID-19 crisis. You can nominate someone to receive a free pair of shoes at the link to the right.	https://www.keenfootwear.com/#shortcut-nominate	(verified/updated 3/23/20)
Allbirds Shoe Giveaway to Healthcare Workers	Nationwide	To our US healthcare community - we want to thank you for being on the front lines and helping to keep our communities healthy. We hope a pair of Tuke Matcha Wool Runners on us might be a small token of our appreciation.	https://www.kron4.com/news/bay-area/san-francisco-based-allbirds-giving-free-shoes-to-healthcare-workers/	Email together@allbirds.com to receive a free pair of shoes.

Recursos de Ayuda de Emergencia del COVID-19 para PDX (y más allá)

-Esta lista de recursos fue compilada y está siendo actualizada por el congresista Earl Blumenauer y su equipo en Portland, Oregon. Por favor, comparta con sus redes: www.earl Blumenauer.com/coronavirus

-Si tiene recursos adicionales para considerar, envíenos un correo electrónico a team@earl Blumenauer.com.

-Hemos hecho todo lo posible para verificar la información, pero las cosas están cambiando rápido, entonces asegúrese de contactar a las empresas directamente para obtener actualizaciones y verificación antes de visitar.

-En Oregon puede llamar al 211 por celular, al 503-222-5555 por línea fija, enviar un mensaje de texto con su código postal al 898211, o enviar un correo electrónico a help@211info.org para buscar servicios y respuestas a sus preguntas sobre COVID-19.

Recursos en español

Nombre	Área de Servicio	Apoyo Ofrecido	Sitio Web	Notas / Información Adicional
La orden ejecutiva del gobernador Kate Brown	Oregón	Quédate en casa. Salva vidas.	https://www.facebook.com/causaoregon/photos/pb.670927739635079.-2207520000.72935069643220866/?type=3&theater	
Línea de Crisis del Multnomah County	Multnomah County	24/7 crisis y línea de apoyo.	https://multco.us/mhas/mental-health-crisis-intervention	Llámanos 503-988-4888 apoya para personas en crisis. 24 horas al día, 7 días a la semana.
Línea de Crisis del Washington County	Washington County	24/7 crisis y línea de apoyo.	https://www.co.washington.or.us/HHS/MentalHealth/GettingHelp/crisis-services.cfm	503-291-9111 (se habla español). 24 horas al día, 7 días a la semana.
Línea de Crisis del Clackamas County	Clackamas County	24/7 crisis y línea de apoyo.	https://www.clackamas.us/behavioralhealth/services.html	24/7 crisis y soporte de la línea: 503-655-8585
Ayuda En Español	A escala nacional	Lifeline ofrece 24/7, gratuito servicios en español, no es necesario hablar inglés si usted necesita ayuda.	https://suicidepreventionlifeline.org/help-yourself/en-espanol/	888-628-9454
Therapy for Latinx	A escala nacional	Las líneas directas de Salud Mental.	https://www.therapyforlatinx.com/mentalhealthhotlines	
El Banco de Alimentos de Oregon	Área metropolitana de Portland	Información para obtener alimentos y comestibles gratis en Portland, compilada por	https://www.pps.net/cms/lib/OR01913224/Centricity/Domain/4/Food_List_SPANISH.pdf	
LatinoNetwork	Oregón	Somos una organización de educación dirigida por latinos, basado en prácticas y servicios culturalmente específicos, que eleva los jóvenes y las familias para alcanzar su pleno potencial.	http://www.latnet.org/	
LatinoNetwork	Oregón	Procesos de Inmigración Afectados por COVID-19.	http://www.latnet.org/immigration-processes-impacted-by-covid19/locale=es_mx	
LatinoNetwork	Oregón	Servicios de Comida Para Estudiantes y Familias	http://www.latnet.org/school-breakfast-and-lunches	
LatinoNetwork	Oregón	Asistencia de Alquiler y Servicios Públicos	http://www.latnet.org/utility-assistance	
Departamento de Desempleo de Oregon	Oregón	Departamento de Desempleo de Oregon - COVID-19 Respuesta	http://www.latnet.org/employment	
LatinoNetwork	Oregón	Salud	http://www.latnet.org/health	
LatinoNetwork	Oregón	Recursos Para Estudiantes	http://www.latnet.org/resources-for-students	
Centro de derecho de Oregón	Oregón	Información para las familias de Oregon para prepararse en tiempos de crisis (dificiles).	https://static1.squarespace.com/static/56f44378171107e4682eba7e/t/5d1a76fda0cd2a00115d990/1562015503194/oregon-law-center-doc-spanish2019_2.edif.pdf	
Multnomah County	Multnomah County	Recursos en español - Novel Coronavirus COVID-19.	https://multco.us/novel-coronavirus-covid-19/novel-coronavirus-covid-19-en-espa%C3%B1ol	
Multnomah County	Vídeo	Vídeo: Que es COVID-19?	https://multco.us/que-es-covid-19	
Multnomah County	Vídeo	Vídeo: Como evitar el contagio del COVID-19.	https://multco.us/como-evitar-el-contagio-del-covid-19	
Multnomah County	Vídeo	Vídeo: Preparación y apoyo durante el COVID-19.	https://multco.us/preparaci%C3%B3n-y-apoyo-durante-el-covid-19	
OHA División de Salud Pública	Oregón	Hoja de datos.	https://sharedsystems.dhsosha.state.or.us/DHSForms/Served/L_S2356.pdf	
Los Centros para el Control y la Prevención de Enfermedades (CDC)	A escala nacional	Enfermedad del Coronavirus 2019 (COVID-19).	https://www.cdc.gov/coronavirus/2019-ncov/index-sp.html	
Los Centros para el Control y la Prevención de Enfermedades (CDC)	A escala nacional	Síntomas de la enfermedad del coronavirus.	https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms-sp.pdf	
Los Centros para el Control y la Prevención de Enfermedades (CDC)	A escala nacional	Lo que necesita saber sobre la enfermedad del coronavirus (COVID-19).	https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet-sp.pdf	
Los Centros para el Control y la Prevención de Enfermedades (CDC)	A escala nacional	Detenga la propagación de los microbios. Ayude a prevenir la propagación de virus respiratorios como el nuevo coronavirus.	https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs-sp.pdf	
Multnomah County	Oregón	Recursos en español para la votación y elecciones.	https://multco.us/voter-education-and-outreach/spanish	Teléfono: 503-988-3720, elections.sos@state.or.us
Unidos US	A escala nacional	Reporte un Incidente de Odio.	https://communitiesagainststite.org/es/report?ref=unidosus.org	IMPORTANTE: Si usted o alguien que usted conoce ha sido víctima de este tipo de incidente, por favor repórtelo a las autoridades de la ley en su localidad. Llame al 1-844-9-NO-HATE
Common Sense Media	A escala nacional	Consejos sobre medios y tecnología para tu familia	https://www.common sense media.org/latino	

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Resources for College Students

Name	Area Served	Support Offered	Website	Notes/Additional Info
Hope Center Guide for Supporting College Students	Nationwide	Guide to help colleges and universities keep their students, faculty, and staff healthy, safe, and educated during the COVID-19 pandemic.	https://hope4college.com/supporting-students-during-covid19/	
SNAP for College Students	Nationwide	SNAP can be used to buy groceries at over 246,000, authorized retailers, grocery stores, and other places that sell food, including discount stores, bodegas, and farmers markets.	https://www.clasp.org/sites/default/files/publications/2017/10/SNAP%20for%20College%20Students-An%20Overview.pdf	
Edquity	Nationwide	Provides online emergency support for students during COVID-19 outbreak by providing online access to emergency funding and other resources.	https://edquity.co/COVID-19.pdf	david@edquity.co
U-Haul	Nationwide	30-days free storage for college students impacted by campus closure.	https://www.uhaul.com/Articles/About/20625/College-Students-U-Haul-Offers-30-Days-Free-Self-Storage-amid-Coronavirus-Outbreak/?utm_campaign=uhaulsm&utm_source=twitter&utm_medium=pr&utm_content=20200312-uhaulisoffering30	800-GO-UHAUL, uhaul.com
Lowering College Students' Bills with Energy Assistance Programs	Nationwide	Guide to help students navigate programs offered by utility companies to lower bills to help avoid financial distress.	https://hope4college.com/beyond-the-food-pantry-lowering-college-students-bills-with-energy-assistance-programs/	

COVID-19 Emergency Relief Resources for PDX (and beyond)

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Resources for Seniors

Name	Area Served	Support Offered	Website	Notes/Additional Info
Senior and Vulnerable Shoppers - Special Hours	Oregon/Nationwide	Many stores are opening early or offering special shopping times for seniors and vulnerable shoppers. See list to the right and be sure to check with individuals stores in your area to verify.		New Seasons - 8-9am every weekday (and extending senior discount to all open hours), Whole Foods - first hour of operation each day (for 60 and over), Fred Meyer and QFC - M-Th from 7-9am, Trader Joes - will create a second line outside the front door between 9-10 am, each day, Albertsons and Safeway - Tues and Th from 7-9am, Dollar General - first hour of operation each day, Target - first hour of operation each Wednesday, Walgreens - Tuesdays from 8-9am. Call individual stores to verify. (Updated 3/23/20)
Meals on Wheels	Multnomah, Washington, Clark County	Provides meals to vulnerable seniors.	https://www.mowp.org/2020/03/3/meals-on-wheels-people-modifies-service-model/	NOTE: They have suspended meal service at all of their dining centers in Clark, Multnomah and Washington counties. They will continue to deliver to homebound elderly people; however, their delivery model has changed. To limit contact between volunteers and homebound participants, meal delivery will be limited to three days per week rather than five. For up-to-date information on what is happening at Meals on Wheels People during this health emergency, call their COVID-19 Hotline at 503.953.8158. (verified/updated 3/20/20)
Store to Door	Portland	Store to Door supports independent living for seniors and adults with disabilities by providing an affordable, personal, volunteer-based grocery shopping and delivery service. 503-200-3333.	https://storetodooroforegon.org/	503-200-3333 (verified/updated 3/20/20)
Instacart	Nationwide	Save yourself that trip to the market — Instacart delivers groceries in as little as an hour (currently experiencing longer than normal waiting times). They connect you with Personal Shoppers in your area to shop and deliver groceries from your favorite stores.	https://www.instacart.com/help/article/36004127087#115005491906	Available 24/7 at 888-246-7822. No-contact delivery available.
DoorDash	Nationwide	Your favorite restaurants delivered to your door.	https://www.doordash.com/en-US	Experiencing longer than normal waiting times. No-contact delivery available.
Lines for Life Senior Loneliness Line	Oregon	Support for seniors in our community who are feeling lonely and having difficulty connecting.		Call 503-200-1633
Aging and Disability Resource Connection of Oregon (ADRC)	Oregon	When you are looking for information about services to address aging or disability needs, the ADRC of Oregon can help you learn about local public and privately paid options. The ADRC has trained professional staff who can help you and your family with immediate needs, or help you plan for the future.	https://www.adrcoforegon.org/consite/index.php	
Respecting Choices Free Tools and Resources for High Risk Individuals	Nationwide	Resources to help you have conversations about treatment preferences before a medical crisis, tools to support specific treatment decisions in high risk individuals, resources for high risk individuals and their agents/loved ones.	https://respectingchoices.org/covid-19-resources/	

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Crisis Hotlines

Name	Area Served	Support Offered	Website	Notes/Additional Info
Lines for Life Suicide Lifeline	Oregon	24/7 free, confidential, and anonymous help. Highly trained staff and volunteers provide immediate assistance, compassionate support, and resource referrals that can put you on a path to healing.		Call 800-273-8255 (24/7/365), Text 273TALK to 839863 (8am-11pm PST daily)
Lines for Life Alcohol & Drug Helpline	Oregon	For individuals and family members seeking crisis intervention, treatment referral, and chemical-dependency information.		Call 800-923-4357 (24/7/365), Text RecoveryNow to 839863 (8am-11pm PST daily)
Lines for Life Military Helpline	Oregon	Support for service members, veterans, and their families that is independent of any branch of the military or government.		Call 888-457-4838 (24/7/365), Text MIL1 to 839863 (8am-11pm PST daily)
Lines for Life Senior Loneliness Line	Oregon	Support for seniors in our community who are feeling lonely and having difficulty connecting.		Call 503-200-1633
Lines for Life Youthline	Oregon	A teen-to-teen crisis and help line. Contact us with anything that may be bothering you: no problem is too big or too small! Teens available to help daily from 4-10pm Pacific Time (off-hour calls answered by Lines for Life).		Call 877-968-8491, Text teen2teen to 839863, Chat at www.oregonyouthline.org
Lines for Life Ayuda En Español	Oregon	Lifeline ofrece 24/7, gratuito servicios en español, no es necesario hablar ingles si usted necesita ayuda.		888-628-9454
Multnomah County Crisis Line	Multnomah County	24/7 crisis and support line.		503-988-4888, Hearing-impaired dial: 711
Clackamas County Crisis Line	Clackamas County	24/7 crisis and support line.		503-655-8585
Washington County Crisis Line	Washington County	24/7 crisis and support line.		503-291-9111 (se habla español), TDD 1-800-735-2900
Coronavirus Anxiety Resources	Nationwide	The team at Shine, in partnership with Mental Health America, has vetted and compiled a wealth of research-backed and helpful tools for you—articles, meditations, access to mental health experts, anxiety screenings, and more. Think of Care For Your Coronavirus Anxiety as your mental health toolkit during this time.	https://www.virusanxiety.com/?fbclid=IwAR2FFnqYGpUB6al.dfy9-bxYUCBzxFIJMsSiqo65b1YP80qLBr3QRHHA	
National Domestic Violence Hotline	Nationwide	24/7 support for victims and survivors.		Call 800-799-7233, if you are unable to speak safely, log onto thehotline.org or text LOVEIS to 22522.
National Sexual Assault Hotline (R.A.I. N.N. Rape Abuse and Incest National Network)	Nationwide	24/7 help via phone and online chat for survivors and their loved ones. Free and confidential.	Live chat: https://hotline.rainn.org/online , rainn.org . En español: https://hotline.rainn.org/es	Call 800-656-HOPE (4673)
Self-Injury Hotline	Nationwide	S.A.F.E. ALTERNATIVES® is a nationally recognized treatment approach, professional network, and educational resource base, which is committed to helping you and others achieve an end to self-injurious behavior.		Call 800-DONT-CUT (366-8288)
The Trevor Project	Nationwide	The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.	https://www.thetrevorproject.org/get-help-now/	Call 866-488-7386, text START to 678678
Unity Center for Behavioral Health	Portland	Unity provides 24-hour mental and behavioral health emergency services for adults and longer term inpatient mental health care for both adults and adolescents.	https://www.unityhealthcenter.org/why-unity/	Legacy Holiday Park campus at 1225 NE 2nd Ave

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State/City/County Resources

Name	Area Served	Support Offered	Website	Notes/Additional Info
Oregon Health Authority's COVID-19 page	Oregon	COVID-19 updates and info from Oregon Health Authority.	https://govstatus.egov.com/OR-OHA-COVID-19	
Multnomah County's COVID-19 Page	Multnomah County	COVID-19 updates and info from Multnomah County.	https://multco.us/novel-coronavirus-covid-19	
Clackamas County's COVID-19 page	Clackamas County	COVID-19 updates and info from Clackamas County.	https://www.clackamas.us/alert	
Governor Brown's Resource Page	Oregon	Various COVID-19 resources from Kate Brown's office.	https://www.oregon.gov/gov/Pages/coronavirus2020.aspx	
Governor Brown - Executive Order	Oregon	Governor Brown's updated orders for individuals, businesses, public organizations, and outdoor spaces to prevent COVID-19 spread	https://govsite-assets.s3.amazonaws.com/U8FtSweRgapa4JgGXdg_Press-Release-36240.pdf	Effective immediately until further notice. This is a statewide order. Failure to comply with the order will be considered an immediate danger to public health. (verified/updated 3/23/20)
Oregon DMV	Oregon	To slow the spread of COVID-19 (coronavirus), the Center for Disease Control and Prevention has recommended social distancing. Effective immediately, DMV is limiting customer entrance in our offices and cancelling all behind-the-wheel drive tests scheduled from March 16, 2020 through April 7.	https://www.oregon.gov/odot/DMV/Pages/offices/index.aspx	Please go online at www.oregondmv.com/dmv2U if you need to do the following: Vehicle Registration Renewal, Change of Address, Report of Vehicle Sold, Purchase a Trip Permit. If your transaction requires a visit to DMV, please know our wait times may be longer than normal. If you are ill, please visit the office another day.
Elected Officials Contact Info	Oregon	Governor Kate Brown: 503-378-4582 (office)	Oregon State Senators: https://www.oregonlegislature.gov/senate/Pages/SenatorsAll.aspx	Oregon State Representatives: https://www.oregonlegislature.gov/house/Pages/RepresentativesAll.aspx
Oregon's Emergency Management COVID-19 Response	Oregon	Tools and resources for the general public.	https://oregon-coronavirus-geo.hub.arcgis.com/	
Oregon Department of Justice's Consumer Hotline	Oregon	Contact the Oregon Department of Justice's Consumer Hotline if you see merchants charging exorbitant prices for goods and supplies	www.oregonconsumer.gov	877-877-9392
The Oregon Recovery Network	Oregon	The Oregon Recovery Network is partnering with Recover Together With Google to provide Oregonians one centralized location with the latest state and local recovery resources and COVID-19 information.	https://oregonrecoverynetwork.org/	

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Volunteer/Donate

Name	Area Served	Support Offered	Website	Contact information
PPE (Personal Protective Equipment) needed ASAP	Portland	Nationwide, medical-grade PPEs (Personal Protective Equipment), which include things like latex free gloves, procedural masks, surgical masks, N95 respirators and N95 filters, other respirators (P100's, PAPR's, and PAPR supplies / parts), face shields, splash shields, gowns, hand sanitizer, disinfecting wipes, and other items, are running dangerously low. In an effort to preserve these items, Oregon Governor Kate Brown directed hospitals, outpatient clinics, dentists, veterinarians and other healthcare providers to cease all non-emergency procedures and donate these items. They can be dropped off at locations listed in the far right column.	https://www.pdxmonthly.com/health-and-wellness/2020/03/three-donation-sites-for-medical-gear-are-up-and-running-in-oregon	Multnomah County has several drop-off locations - Portland Fire & Rescue logistics warehouse - 1300 SE Gideon St. (noon-4pm M-F), Multnomah County Health Department - 619 NW 6th Ave, Multnomah County Headquarters - 501 SE Hawthorne (noon-4pm M-F), Yeon Building (outside) - 1620 S.E. 190th Ave. (8am-5pm, M-F). (verified/updated 3/23/20)
Oregon Office of Emergency Management - Good and Services Form	Oregon	OEM is collecting information about available offers of goods and services for donation or purchase, such as: masks, gowns, gloves, hand sanitizer, and boot/shoe covers. Fill out form to the right.	https://survey.123.arcgis.com/share/3e02947d6e4a46559977eeac473ba6	(verified/updated 3/23/20)
Oregon Office of Emergency Management - Volunteer Offer Form	Oregon	If you would like to volunteer to help with the COVID-19 response, fill out the form to the right.	https://survey.123.arcgis.com/share/6055fa94044115800611e7f7544ded	(verified/updated 3/23/20)
The Workers Fund	Nationwide	Gig and low-earning contract workers are seeing their livelihoods destroyed as the COVID-19 virus rapidly shuts down our economy. Workers without access to employer-based benefits are especially vulnerable. They're in dire need of immediate cash for basic necessities: shelter, food, medicine, transportation, etc. The Workers Fund is ready to accept donations and distribute aid immediately. 100% of your donation will go to workers who have lost their income because they don't qualify for employer-based benefits.	https://www.theworkerslab.com/the-workers-fund?utm_content=123054645&utm_medium=social&utm_source=facebook&hss_channel=fbp-662531087178100	(verified/updated 3/24/20)
APANO Covid-19 Volunteer Sign-Up	Jade District, Portland	APANO is compiling a volunteer list to share with groups and community based organizations that are doing mutual aid work around COVID-19 for their neighbors within and adjacent to the Jade District. The Jade District is a neighborhood in SE Portland at the intersection of SE 82nd Ave. and SE Division St.	https://docs.google.com/forms/d/e/1FAIpQLScIcNvzrb_hv1QleozysF3aY_M2k18VSecZL1eD9SbA9rgvievform?emci=8fc56e9e-2c66-ea11-a94c-00155d03b5dd&emdi=ea000000-0000-0000-0000-000000000001&ceid=(ContactsEmailID)	
APANO Jade District Covid Relief Fund	Jade District, Portland	This fund will help impacted workers at Jade District small businesses who have been experiencing reduced hours and layoffs for many weeks.	https://secure.everaction.com/BJaX07bOU5Ht66rEsw2?emci=8fc56e9e-2c66-ea11-a94c-00155d03b5dd&emdi=ea000000-0000-0000-0000-000000000001&ceid=(ContactsEmailID)	
Meals on Wheels	Multnomah, Washington, Clark County	Provides meals to vulnerable seniors.	https://www.mowp.org/	
Oregon Food Bank	Oregon	They need all hands on deck as they adjust our food distribution efforts to meet complex and evolving public health needs. They have retooled our operation to account for social distancing to the extent possible, so if you don't face higher risks for coronavirus, please sign up for an individual volunteer shift.	https://www.oregonfoodbank.org/get-involved/resources-information/action-to-emergestronger-in-the-wake-of-covid-19/	(verified/updated 3/23/20)
Portland-area COVID-19 "Offer Support" Volunteer Form	Portland metro area	Sign up to offer support, donate money, or request support. They are prioritizing assistance to folks who are sick, unhoused, disabled, quarantined without pay, elderly, undocumented, refugees and immigrants, Black, Indigenous, People of Color, trans, and/or queer, including those displaced from Portland to the nearby areas.	https://linktr.ee/pdxmutualaid?fbclid=IwAR3DgYtqRMmt3VPTwCc-SOR89O_3nz6ikgh6cAykGxvY7UnQ385XkG4	
Blanchet House	Portland	Some of our more vulnerable volunteers may need to cancel their shifts, so we are recruiting volunteers for our "on-call" list. If you want to be included, contact us at info@blanchethouse.org . Let us know which days and meals work best for you. 503-241-4340. Brown Bag Items Drive: We are stocking up on brown bags, bread, peanut butter, fruit with a long shelf life and single-serving wrapped foods that are easy to open and consume. You can mail the following items or drop them off at 310 NW Gilson, Portland, OR, 97209. Granola or protein bars, Single serving wrapped foods like chips, crackers, snack mix, fruit snacks or raisins, Hand wipes (60% alcohol if possible), Apples or oranges, Juice boxes. And/or: Donate to Offset the Cost of Emergency Items - Preparations for coronavirus are an unexpected addition to our annual budget. \$20 will pay for approximately four sack lunches.	https://blanchethouse.org/covid-19-update/	(verified/updated 3/20/20)
Portland Rescue Mission	Portland metro area	They receive no government funding, so they are asking for support to provide care 24/7 for vulnerable neighbors who are most at risk during this crisis.	https://giving.portlandrescuemission.org/fovid19?sc=D03205	
Portland Homeless Family Solutions	SE Portland	Monetary donations will help us quickly find housing for families and help families whose jobs are affected by this virus stay in their homes. We are also collecting food and supplies for families living in shelter.	http://www.pdxhfs.org/covid-19	(verified/updated 3/24/20)
Red Cross	Nationwide	Severe shortage, donors urgently needed. Right now, eligible and healthy donors are strongly urged to make an appointment to provide lifesaving blood products to patients.	https://www.redcrossblood.org/local-homepage/location/am-red-cross-livesite-portland-1.html?utm_source=CM9isiting&utm_medium=organic	
Musicians Emergency Healthcare Fund	Oregon and Clark County, WA	Musicians (50% of their income comes from working within the music community) can apply for relief funds.	https://charity.gofundme.com/olen/campaign/covid-19-oregon-musicians-relief-fund1	
Hands On Greater Portland	Portland metro area	Detailed calendar of volunteer opportunities around the Portland area.	https://www.handsongreaterportland.org/	
Community Organized Food Donation	Portland	Contact them via Instagram if you have food to donate to Oregon Food Bank - they will pick it up from your porch.	https://www.instagram.com/p/B9xBcKrHud/	
Free Geek	Portland metro area	They are accepting computer donations, especially laptop computers. They low-cost/affordable tech to organizations and individuals who need it and they are working with community orgs to develop partnerships to provide free devices to community members.	www.freegeek.org	Email: customerservice@freegeek.org , Main Line: (503) 232-9350 Customer Support phone: (503) 974-3414. (verified/updated 3/21/20)
The Jeremy Wilson Foundation's COVID-19 Oregon Musicians' Relief Fund	Oregon	COVID-19 Oregon Musicians' Relief Fund	https://charity.gofundme.com/olen/campaign/covid-19-oregon-musicians-relief-fund1	(verified/updated 3/23/20)
Voz Workers' Rights Education Project	Portland	Emergency Solidarity Fund for Day Laborer Workers	https://www.gofundme.com/TIsupport-for-worker-during-covid19	(verified/updated 3/23/20)

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Health/Wellness/Fitness

Name	Area Served	Support Offered	Website	Notes/Additional Info
Oregon Health Authority's COVID-19 page	Oregon	COVID-19 updates and info from Oregon Health Authority.	https://govstatus.egov.com/OR-OHA-COVID-19	
Multnomah County's COVID-19 Page	Multnomah County	COVID-19 updates and info from Multnomah County.	https://multco.us/novel-coronavirus-covid-19	
Clackamas County's COVID-19 page	Clackamas County	COVID-19 updates and info from Clackamas County.	https://www.clackamas.us/alert	
CDC's COVID-19 page	Nationwide	COVID-19 updates and info from the Center for Disease Control	https://www.cdc.gov/coronavirus/2019-ncov/index.html	
WHO's COVID-19 page	Worldwide	COVID-19 updates and info from the World Health Organization	https://www.who.int/emergencies/diseases/novel-coronavirus-2019	
Center to Advance Palliative Care (CAPC)	Nationwide	COVID-19 toolkit including crisis communication and symptom management protocols for all clinicians, guidance on using Medicare COVID-19 emergency waivers, and tools to help palliative care teams address high levels of volume and stress during a crisis.	https://www.capc.org/toolkits/covid-19-response-resources/	
OHSU presentation: "Caring for Yourself and Caring for Others During a Disaster/Epidemic"	Online video	The Center for Ethics would like to share a short presentation titled, "Caring for Yourself and Caring for Others During a Disaster/Epidemic", led by Susan Hedlund, LCSW, OSW-C, director of Patient/Family Support Services at the OHSU Knight Cancer Institute.	https://vimeo.com/398097042	
Portland Emergency Hygiene Stations	Portland	Handwashing stations.	https://pdx.maps.arcgis.com/apps/webappviewer/index.html?id=3abca53221c64d6a9e35c5c8572a9696	
White Bird Clinic / HOOTS	Eugene	Mental health support by phone, for students, families, and staff of Eugene-area schools. In light of school closures due to COVID-19 HOOTS (Helping Out Our Teens in Schools) will be offering mental health support by phone for students, families, and staff of high schools in the 4J, Springfield, Bethel and Oakridge school districts.	https://whitebirdclinic.org/hoots-offering-mental-health-support-by-phone/	
Portland Street Medicine	Portland	Distributing info/supplies to houseless community.	https://www.portlandstreetmedicine.org/covid19	(verified/updated 3/20/20)
Headspace	Online Resource	Free online guided meditations.	https://www.headspace.com/covid-19	
Common Sense Media	Online Resource - apps	Apps to help with mental health	https://www.common SenseMedia.org/lists/apps-to-help-with-mental-health	
AFSP	Online Resource	Resources for mental health during this time.	https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/	
NASP	Online Resource	Free tips and resources for how to talk to your kids about Coronavirus	https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource	
CDC	Online Resource	Free tips and resources for how to talk to your kids about Coronavirus	https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html	
Fitness:				
Planet Fitness	Online Resource	Planet Fitness, one of the country's largest chain gyms, is offering free online classes for the next two weeks starting March 16. The daily workout will be 20 minutes and will not require any equipment.	https://www.youtube.com/user/planetfitnessnh/videos	
Yoga With Adriene	Online Resource	Free yoga classes	https://www.youtube.com/user/yogawithadriene	
CorePower Yoga	Online Resource	This popular yoga studio is offering free access to a selection of their online classes while they are closed to help stop the spread of COVID-19. Starting on Thursday, March 19, they will also be hosting live online classes that will be available to members. The series of yoga and meditation classes will be taught by CorePower trainers.	https://www.corepoweryogaondemand.com/keep-up-your-practice	
Grokker	Online Resource	Free access to online fitness / wellbeing classes through April 30.	https://grokker.com/individuals	
CLI Studios	Online Resource - Instagram	Free dance classes.	https://www.instagram.com/clistudios/	
Francisco Gella Dance Works	Online Resource - Instagram	Free dance classes - See Instagram post for schedule of live classes.	https://www.instagram.com/p/B9z7HcMhJDH/	
Stretch and Grow of the Rockies	Online Resource	Stretch and Grow of the Rockies is a kids health and wellness enrichment company that teaches children age-appropriate fitness and yoga routines. Jillian Sterner is the CEO and has started uploading daily "Brain Breaks" on YouTube that include a 10-minute video of yoga poses, breathing techniques, and exercises.	https://www.youtube.com/channel/UCNi_Xu7vxDVz0X5Veh6aPdA	
Cosmic Kids	Online Resource	Cosmic Kids offers yoga lessons working on balance and strength on YouTube. Episodes range between 2 minutes and 1 hour.	https://www.youtube.com/user/CosmicKidsYoga	
Fitness Blender	Online Resource	Fitness Blender offers hundreds of free workout videos ranging in difficulty, length, and body focus.	https://www.fitnessblender.com/videos	
Down Dog	Online Resource	Down Dog maintains five fitness and yoga apps that offer yoga practices or at-home workouts: Down Dog, Yoga for Beginners, HIIT, Barre and 7 Minute Workout. Down Dog is making the apps free until April 1. Students and K-12 teachers have free access until July 1.	https://www.downdogapp.com/	
YMCA 360	Online Resource	YMCA 360 is an "on-demand" healthy living network. The YouTube channel offers several 15-minute workout routines.	https://www.youtube.com/channel/UCQGLpceP_xQhCMCrut_A/videos	

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Education

Name	Area Served	Description	Website	Notes/Additional Info
A Kids Book About COVID-19	Free ebook	In response to the extraordinary spread of COVID-19, Malia Jones, a social epidemiologist based at the University of Wisconsin, created a completely FREE resource to help kids and grownups everywhere learn more about COVID-19.	https://akidsbookabout.com/	
PPS Computer/Tablet Loans	Portland Public Schools	Portland Public Schools students who need to borrow a computer or tablet can fill out this form to get one.	https://docs.google.com/forms/d/e/1FAIpQLSfR9vU1RGTJgB0lpYQw4DHLNzV07PdAs3c13VeaMxQvewdform	
ZOOM	Online resource	Zoom is giving K-12 students and teachers its videoconferencing tools for free. Students or teachers who fill out an online form using their school email addresses and are then verified by Zoom will have any accounts associated with that school's domain also gain unlimited temporary meeting minutes.	https://zoom.us/docs/en/school-verification.html?zoid=12318_ga=2_228851412_995105639_1583699918-735451631_15466545079	
Duolingo	Online resource	Learn a foreign language for free.	https://www.duolingo.com/	
Amazing Educational Resources	Online resource	Master list of education companies offering free subscriptions due to school closures.	http://www.amazingeducationalresources.com/	
Scholastic Learn at Home	Online resource	20 days free access to Scholastic Learn at Home (up to 3 hours per day). Full online lesson plans for each grade level.	https://classroommagazines.scholastic.com/support/learnathome.html?fbclid=IwAR11YNA7J5g8qca_8ww5toYILQ_h_ZzE4f4laBa5Qp6PDC1w1d4nNQZ4	
Common Sense Education	Online resource	Resources for educators during the Coronavirus pandemic.	https://www.commonsense.org/education/coronavirus-resources	
Common Sense Media	Online resource	Online learning resources supplement homeschooling.	https://www.commonsensemedia.org/learning-with-technology/what-online-learning-resources-are-available-to-supplement-my-homeschooling	
Common Sense	Online resource	Resources for families during the Coronavirus pandemic. Navigate social distancing and school closures with quality media and at-home learning opportunities for your kids.	https://www.commonsensemedia.org/resources-for-families-during-the-coronavirus-pandemic	
Storyline Online	Online resource	Storyline Online is a program of the SAG-AFTRA Foundation. Readers include Betty White, Chris Pine, Kristen Bell, Tia & Tamara Mowry, Rami Malek, Allison Janney, Oprah, and more. Each video alternates from the storyteller reading out loud in a cozy environment to close-up, modestly animated pages of the book.	https://www.youtube.com/channel/UCnBdzRy-Ky2Vh54XJfE1Q	
Khan Academy	Online resource	Daily schedules for students ages 4-18 to keep them learning. Teacher resources as well.	https://www.khanacademy.org/	
Mystery Science	Online resource	Free science lessons from Mystery Science (K-5th).	https://mysteryscience.com/school-closure-planning	
Virtual Field Trips	Online resource	Free Virtual Field Trip Google doc.	https://docs.google.com/document/d/1svldgTy9dK06SlyvPDsoGktaE3Efm3q2KRRku_w/mobilebasic?fbclid=IwAR245m5mYXpkbWNGUJ9eF0JVF5XTCVIMQzpp7GaGxkhMqwnHJHn8	
Homeschool Resources	Online resource	Homeschool Resources.	https://docs.google.com/document/d/1rBq7UJ7U_8Nz0mlqbRd3T5SazoJ1qawefZPCNNmAYedit?fbclid=IwAR3Fvswq60QA9YJ_Cq_u_j0B8rDm7zuj_rC8YjAh3wzFqay1q7h0Sk	
Principal's List of Things To Do During COVID Closures	Online resource	Kim Jones McClelland, a school principal, shared these brilliant ideas for things to do during COVID closures. These low-tech kid activities are great for elementary kids.	https://www.wareteachers.com/things-to-do-during-covid-7?utm_content=1584460940&utm_medium=social&utm_source=facebook	
Multnomah County Library	Multnomah County	The Multnomah Library system has many wonderful offerings and programs.	https://multcolib.org/	
cinet Article	Online resource	Article: How to get free e-books, magazines, movies, and TV shows from your local library.	https://www.cnet.com/news/how-to-get-free-e-books-magazines-movies-and-tv-shows-from-your-local-library/	
Newsela	Online resource	Current events at a variety of reading levels.	https://newsela.com/	
Time for Kids	Online resource	Authentic journalism to motivate curious minds.	https://www.timeforkids.com/?fbclid=IwAR3RIVqJyKfNkP3k3y2aUQvX_5ndy7oB8iwhkaaAToQmaDWhJqbt7_o	
BrainPop Educators	Online resource	Lesson planning, professional development.	https://educators.brainpop.com/?fbclid=IwAR20benUqGq1dihXhSE1J_zceqS0eV_wW15G0vT_nz8jZHK4Zgz0Dc	
CNN10	Online resource	10 minute news video every weekday appropriate for 4th through 8th grade.	https://www.cnn.com/cnn10	
Seesaw	Online resource	Online portfolio (and great way for students to share with each other and with teachers).	https://app.seesaw.me/#/login?fbclid=IwAR0w8H1u7w6bNHNdIKmZel_C6Pz0SM2de8jv4vlpH81NvYy0cSIFM	
Flipgrid	Online resource	Teachers and students can share short videos.	https://info.flipgrid.com/?fbclid=IwAR1mq_8DVEZOrbeTY54D0bnPqMMyU1nH1DreSeTnOpZC_0kLaBErX8	
Environmental Games from the EPA	Online resource	Games, quizzes, and videos about the environment.	https://www.epa.gov/students/games-quizzes-and-videos-about-environment?fbclid=IwAR04rhdXdcry_QzB7LQHdteat4VX11-DTzNxxYtGvP9lUN9my-DUA	
Online Music Lessons	Online resource	Paid voice and instrument lessons (to support musicians!).	https://docs.google.com/spreadsheets/d/1k_UVqnaaRfDjxNKRqQv11GhBe03UJUMGfoZ1Ox0/edit?fbclid=IwAR39D3caKpQ4x0z8XRFv7Pp9Pm9FvB_HyuaxWmD_8UJjdd_v1hkDJ#gid=558953854	
Zero to 3	Online resource	Free tips and resources for how to talk to your kids about Coronavirus.	https://www.zerotothree.org/resources/3210-tips-for-families-talking-about-the-coronavirus	
NASP	Online resource	Free tips and resources for how to talk to your kids about Coronavirus.	https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource	
CDC	Online resource	Free tips and resources for how to talk to your kids about Coronavirus.	https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html	
ReadWorks	Online resource	FREE content, curriculum, and tools to power teaching and learning from Kindergarten to 12th Grade.	https://www.readworks.org/	
CommonLit	Online resource	A reading program that reaches all students.	https://www.commonlit.org/?fbclid=IwAR09dfdaPF4hSDM:1oqiaAYCZDQH8Lq8GFVB9b-bcASUpxcY2zPpG	
Moby Max	Online resource	Everything you need to find and fix learning gaps. (K-8)	https://www.mobymax.com/?fbclid=IwAR3R4okGQy4m4vQLo1ndKqanOatllaw32f3WC8cOxQcQDB0nqQ0R3W8	
Macaroni Kid	Online resource	36 Free Educational Resources Kids Can Use At Home.	https://chicago.fox.com/articles/5e6bf4601a3d607e0a5ba0ba/school-canceled-36-free-educational-resources-kids-can-use-at-home?fbclid=IwAR2AE_TCFMznYUATm9rYv_KQyapPz58RFPWnClGHrchnMDV6eRuAAw1nk4	
Penpal Exchange	Online resource	They will be making connections on a rolling basis based on age and location and they are hoping to get participants from all over the world. It can be a great way to learn about other people's lives and get creative with socializing. Maybe you'll play FaceTime hide and seek! Maybe you'll exchange art projects and favorite recipes! Your imagination is the limit.	https://docs.google.com/forms/d/e/1FAIpQLSdCPHFqT_Pp8RNBncSAMqgmz7Co7a8s1G84-vBfRW31aHJQvewfom?fbclid=IwAR2u8nSchf8nEjsIM8S9QyKATK_zKSDpqr7-hmIPZsAKz625t9Kug0	
Life Skills for Kids	Online resource	100 Life Skills You Can Teach Your Kids in 5 Minutes or Less.	https://drive.google.com/file/d/1LWbDX8tbkCFSh-LhN5t2130u5H1K/view?fbclid=IwAR2CH307nJTMQZV79_DNBAlkxhth5Sw1wBatFeg2SqsTWuHkW0	
Live Streaming Shows & Music Classes for Kids: Online Listings (created by Amelia of Mi's Trills)	Online resource	Streaming kids concerts + lessons.	https://docs.google.com/spreadsheets/d/1cUldDMYyHMy_gBDCmUWzxl2Tykp3YrE5SKPps/edit?fbclid=IwAR1m9Jk4d6W6CNMgchmOIPaUvVhfD_0zB2r-TN-DcoDDNK21SJS9ajd0	
What Moms Love	Online resource	87 energy busting activities for kids.	https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/	
Adventure Journal	Online resource	A list of animal cams.	https://www.adventure-journal.com/2020/03/17/youre-stuck-inside-might-as-well-enjoy-this-list-of-animal-cams/?fbclid=IwAR1w0JKS9-R7556rL_zFALH4B_w7JCKSKGpNp4EUqENXzmPcMmxcDpC	
Skype a Scientist Live	Online resource	Skype a Scientist matches scientists with classrooms around the world to give students the opportunity to get to know a "real scientist". Thousands of scientists are ready to chat. Teachers can choose the type of scientist that will fit their classroom.	https://www.skypeascientist.com/skype-a-scientist-live.html?fbclid=IwAR0JzGz8MBTymYf2w0qQmBWR0pUTsTgJ8ghZ0eZJ-nJvY8I0dQLR0	
Travel and Leisure	Online resource	12 famous museums with virtual tours - watch from home.	https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours	
Google Arts & Culture - Museum Collections	Online resource	Free virtual museum tours.	https://artsandculture.google.com/partner?hl=en	
The Hidden Worlds of the National Parks	Online resource	Free virtual National Parks tours.	https://artsandculture.withgoogle.com/en-us/national-parks-service/	
Lynda.com	Online resource	Online learning platform with courses in business, software, technology, and creative skills. Use it to achieve personal and professional goals. Free with library card.	https://www.lynda.com/portal/patron?org=multicolib.org	
Home Depot DIY Projects and Ideas	Online resource	DIY ideas and digital workshops.	https://www.homedepot.com/c/diy_projects_and_ideas?sfesales=VA_Hero&utm_content=HDI_CV19_P2_20200320_orangeinsider_20200320_FW07_Digital_Workshop_Rush_3584017_-VA_Hero&utm_content=79235963	
Yale Course: The Science of Well-Being	Online resource	Yale is offering its most popular course for free. In this course you will engage in a series of challenges designed to increase your own happiness and build more productive habits. As preparation for these tasks, Professor Laurie Santos reveals misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and the research that can help us change. You will ultimately be prepared to successfully incorporate a specific wellness activity into your life.	https://www.coursera.org/learn/the-science-of-well-being?ranMID=403228&ranEAID=EHFXW6y8u8k&ranSiteID=EHFXW6y8u8k-r2337DQJ7G_gQDHCvqgd&utm_content=EHFXW6y8u8k-r2337DQJ7G_gQDHCvqgd&utm_content=10&utm_medium=partners&utm_source=linkshare&utm_campaign=EHFXW6y8u8k	
Ebooks	Online resource	Free Ebooks	https://earlybirdbooks.com/	
Ebooks	Online resource	Free Ebooks	https://www.bookbub.com/welcome	
Ebooks	Online resource	Free Ebooks	https://www.freebooksy.com/	
Ebooks	Online resource	Free Ebooks	https://www.free-ebooks.net/	

COVID-19 Emergency Relief Resources for PDX (and beyond)

-This list of resources was compiled and is being updated by Congressman Earl Blumenauer and his team in Portland, Oregon. Please share with your networks: www.earlblumenauer.com/coronavirus

-If you have additional resources for consideration, please email us at team@earlblumenauer.com.

-We have done our best to verify information, but things are changing at a rapid pace, so be sure to contact businesses for updates and verification before visiting.

-In Oregon, call 211 from a cell phone, 503-222-5555 from a landline, text your zip code to 898211, or email help@211info.org to find services and answer your questions about COVID-19.

Entertainment

Name	Area Served	Description	Website	Notes/Additional Info
Pluto TV	Online resource	Free streaming - TV shows for kids.	https://pluto.tv/welcome	
Kanopy	Online resource	Free streaming - TV shows and movies (library card required).	https://www.kanopy.com/	
Kanopy for Kids (library card required)	Online resource	Free streaming - TV shows for kids (library card required).	https://www.kanopy.com/kids	
Metropolitan Opera	Online resource	Free nightly streaming during COVID-19 closures.	https://www.metopera.org/about/press-releases/met-to-launch-nightly-met-opera-streams-a-free-series-of-encore-live-in-hd-presentations-streamed-on-the-company-website-during-the-coronavirus-closure?fbclid=IwAR14mDjOvqBCN9zU1o-SqCta0uf-SJORR1OWxEtbk98N3WPuG09B1tI6k0	
Detroit Symphony Opera	Online resource	The Detroit Symphony Orchestra has opened its "Live From Orchestra Hall" webcast archives, DSO Replay, free to the public.	https://livefromorchestrahall.vhx.tv/browse	
Travel and Leisure	Online resource	12 famous museums with virtual tours - watch from home.	https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours	
Rijksmuseum (Netherlands National Museum)	Online resource	A representative overview of Dutch art and history from the Middle Ages onwards, and of major aspects of European and Asian art.	https://www.rijksmuseum.nl/en/rijksstudio	
Opera de Paris (National Opera of Paris and the Paris Opera Orchestra)	Online resource	They have opened their archives and several performances are available to stream including symphonies, ballets, and opera.	https://www.operadeparis.fr/en/magazine/replay	
Google Arts & Culture - Museum Collections	Online resource	Free virtual museum tours.	https://artsandculture.google.com/partner?hl=en	
The Hidden Worlds of the National Parks	Online resource	Free virtual National Parks tours.	https://artsandculture.withgoogle.com/en-us/national-parks-service/	
NPR's List of Virtual Concerts	Online resource	A list of live virtual concerts to watch during the coronavirus shutdown.	https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown	Archives can be found at the bottom of the list.
NW Artists' Virtual Concerts	Online resource	A curated calendar of virtual concerts from NW Artists.	https://www.vrtxmag.com/calendar/shows/	Local artists can submit gigs here: http://vrtxmag.com/SUBMIT
Adventure Journal	Online resource	A list of animal cams.	https://www.adventure-journal.com/2020/03/if-youre-stuck-inside-might-as-well-enjoy-this-list-of-animal-cams/?fbclid=IwAR1woJKSe9-R175C6rL_zFALH4B-w7JCKSkGgPNp4EUqENXzmPcMmxdPc	
Color Our Collections	Online resource	Free coloring sheets from libraries, archives, and other cultural institutions around the world.	http://library.nyam.org/colorourcollections/	
Aaron Nigel Smith's The Big Up Show	Online resource	Portland musician Aaron Nigel Smith is offering Music & Movement Time for Kids. FRIDAYS@10:30am-LIVE on YouTube! Subscribe at link to the right.	https://www.youtube.com/channel/UCaxyl10xdR4YGSBmBJSSAVQ	Fridays at 10:30 am
iHeartRADIO	Online resource	24/7 Comedy	https://www.iheart.com/live/247-comedy-4902/	
"Baseball," A miniseries by Ken Burns	Online resource	PBS is streaming Ken Burns' 1994 documentary miniseries Baseball for free. It's 18.5 hours.	https://www.pbs.org/show/baseball/	
NFL Game Pass	Online resource	Replay NFL games from 2009-2019 and NFL Original Shows.	https://gamepass.nfl.com/packages?redirected=true	The NFL Game Pass will be offered free of charge through May 31 for fans within the U.S.
Neil Diamond on YouTube	Online resource	Watching Neil Diamond singing Sweet Caroline with some word adjustments... "Hands, washing hands, not touching you, not touching me" is not to be missed.	https://www.youtube.com/watch?v=sPLqsV_Ms3Q&feature=youtu.be&app=desktop	