

## ← COVID-19 - resources (PITTSBURGH, PA)

(last updated 03/22/2020, 12:16pm EST; updating often!)

# COVID-19 RESOURCES (PITTSBURGH, PA)

*There's help out here during the virus so you can stay afloat while you're staying safe!*

*A note on searching this document:*

*If using a PC, use CTRL+F to search on keywords*

*If using a MAC, use CMD(⌘)+F to search on keywords*

**\*\*\*THIS LIST IS VIEW-ONLY. IT WILL CONTINUE TO BE UPDATED AS RESOURCES ARE ADDED OR CHANGED. IF YOU HAVE RESOURCES TO BE ADDED OR CHANGED, PLEASE EMAIL [ehrinkeenan@gmail.com](mailto:ehrinkeenan@gmail.com) \*\*\***

### **ACCESS TO INFO & UPDATES:**

- In order to best serve residents with questions and concerns about COVID-19, Allegheny County Health Department (ACHD) has partnered with United Way 211 to offer a 24/7 hotline. Please call 888-856-2774 to speak with a representative.
- We are working hard to ensure that you have the best and most current information. Stay up to date by signing up for Allegheny Alerts ([www.alleghenycounty.us/alerts](http://www.alleghenycounty.us/alerts)) and subscribing to COVID-19, follow the Health Department on Facebook (@AlleghenyCountyHealth) and Twitter (@HealthAllegheny), and visit [www.alleghenycounty.us/coronavirus](http://www.alleghenycounty.us/coronavirus).
- FOR ANY GENERAL ASSISTANCE: United Way helpline (help connecting to all kinds of resources), call 2-1-1 or text your zip code to 898-211 or visit [PA211sw.org](http://PA211sw.org); sign up for text alerts at [pa211sw.org/text-alerts](http://pa211sw.org/text-alerts)
  - United Way is [hiring PT resource navigators](#) for their 2-1-1 helpline
- Carnegie Library of Pittsburgh - [updates on the COVID-19 situation, and how to use the CLP's online resources, get a library card, etc.](#)

### **YOUR RIGHTS:**

**REGISTER TO VOTE** (Deadline April 13, 2020 to register for the Primary)

- [Online registration application](#)
- [Register by mail](#)
- [Find out if you are registered to vote](#)
- [Find your polling place](#)
- [Voting by mail in Allegheny County \(new!\)](#)
- [Voting by Absentee Ballot](#)

### **HEALTHCARE AND COVID-19 TESTING:**

#### **03/17/20: DRIVE-THRU TESTING SITES:**

127 Anderson St., Pittsburgh, PA 15212

95 Leonard Ave., Washington, PA 15301

2360 Hospital Drive, Aliquippa, PA 15001

**\*\*\*\* Those wishing to be tested must have a photo identification, an insurance card & a prescription from a physician\*\*\*\***

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<https://www.post-gazette.com/business/healthcare-business/2020/03/05/COVID-19-testing-upmc-highmark-coronavirus-quest-diagnostics-labcorp-pittsburgh-insurance/stories/202003050185>

- Cigna is waiving all out of pocket expenses for coronavirus testing for its fully insured plan members. <https://www.post-gazette.com/business/healthcare-business/2020/03/05/COVID-19-testing-upmc-highmark-coronavirus-quest-diagnostics-labcorp-pittsburgh-insurance/stories/202003050185>
- UPMC offering testing by doctor referral starting Tuesday, March 17th: Beginning Tuesday,
- UPMC will direct patients with symptoms consistent with COVID-19 to a specimen collection site in Pittsburgh's South Side neighborhood. It will not be open to the public. Patients must be referred by a physician approved by UPMC's infection prevention team. They must also have an appointment. <https://www.wtae.com/article/upmc-addressing-coronavirus-testing-preparedness-efforts/31538782>
- UPMC will cover the full cost of diagnostic testing for coronavirus, will allow early refills, offers 24/7 Nurse Line (1-866-918-1591), [https://www.upmchealthplan.com/pdf/ReleasePdf/2020\\_03\\_13-telehealth-visits.html](https://www.upmchealthplan.com/pdf/ReleasePdf/2020_03_13-telehealth-visits.html)

### **PITTSBURGH MUTUAL AID & NEIGHBORHOOD-SPECIFIC INFO:**

- Pittsburgh Mutual Aid @ [pittsburghmutualaid.com](http://pittsburghmutualaid.com)
- Lawrenceville "Buddy System" sign up [here](#)
- [Sharpsburg - Resident Needs Assessment Form](#)
- [COVID Mutual Aid for Friendship/Bloomfield](#)
- [Bloomfield-Garfield Corporation](#) - buddy program, food/supply delivery, emergency fund, etc.
- Aspinwall Community Needs Survey [here](#)

### **INCOME ASSISTANCE, LOANS, GRANTS, ETC:**

#### **Loans:**

- Hebrew Free Loan is doing [Coronavirus Bridge Loans](#) asap to assist people who have lost income because of the pandemic.
- DVI Funding is doing [Coronavirus Bridge loans](#) asap. See site for more info and application.

#### **Grants & Funds:**

- ROC - Restaurant Workers! - [check here](#) for a live list with tons of support resources
- [Pittsburgh Virtual Tip Jar](#) - a new independent project hosted on Carnegie Mellon University's Center for Ethics and Policy website — is aiming to alleviate some of that financial stress on SERVICE INDUSTRY WORKERS that rely on tips. Get on the list and/or give someone a tip [here](#)
- Modest Needs is offering donations to HOURLY WORKERS who won't get paid during the COVID-19 outbreak. (<https://www.modestneeds.org>)
- Emergency Funds for people who work as BARTENDERS [here](#).
- [Greater PGH Restaurant Workers emergency fund](#)
- [ONE FAIR WAGE](#) - Emergency Coronavirus Fund for TIPPED EMPLOYEES & WAGE WORKERS
- Gig Workers Collective - National & State [resources here](#)
- [Pittsburgh Stage Employee Bailout Fund](#)
- [Mutual Aid Fund for LGBTQIA+ BIPOC](#) (no location restriction. Donate or apply for funds.)
- [Mutual Aid Fund for \[Pittsburgh\] LGBTQIA+](#) (from SisTersPGH) - donate and/or get info about applying for funds
- [Pittsburgh Artist Emergency Fund](#)
- [Pittsburgh Mutual Aid:](#)
  - Pittsburgh Mutual Aid is a collective of organizers and individuals who are coming together to assist the community during the COVID-19 crisis through providing economic relief. This fund

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○ Please donate and share our campaign so we can once again prove that Pittsburgh is a city of bridges which we cross to help and support each other.

- [Donate Here](#)

- We are doing our absolute best to prioritize people who may be more vulnerable than ever during this crisis, and people in communities who systematically have less access to social capital, family wealth, new job opportunities and other forms of support. This includes (but is not limited to) people over the age of 60, immunocompromised people, disabled people, BIPOC, and any people who are at risk of becoming unhoused or food insecure due to COVID-19.
- We want to help as many people as possible and will be distributing funds based on the emergency nature of the request. If we don't have cash funds available for your request, we will contact you and do our best to connect you with resources and services that can help.
- To apply for aid, please **fill out the form**.
- Please note that funds will not be shared until raised.

### Governmental Assistance:

- **TANF** (Temporary Assistance for Needy Families) [here](#)
- **Unemployment** - File an initial claim [here](#). UPDATE 03/07/20:
  - FYI: Please note that the UC waiting week has been suspended. Eligible claimants may receive benefits for the first week that they are unemployed.
  - The fast way to apply is online: <https://www.paclaims.pa.gov/UCEN/>
  - Please be patient -- due to high demand, our UC system may experience intermittent slowness. Our UC team is working hard to process your claims.
  - For more information, visit <http://uc.pa.gov/>
- **Disaster Unemployment Assistance**
  - To qualify for DUA you must meet both of the conditions below:
    - 1) Your job must have been lost or interrupted due to a presidentially declared disaster, and
    - 2) You must not be eligible for regular unemployment insurance benefits.
  - Please see [website](#) for additional information on eligibility & applying for assistance
- **Workers Comp** - If you're exposed to COVID-19 in the workplace, we have important guidance on filing PA Workers' Compensation claims. [Learn more here](#).

### PROTECTION FROM PRICE-GOUGING:

- On Thursday, the Justice Department announced it is activating a central fraud hotline (**1-866-720-5721 or [disaster@leo.gov](mailto:disaster@leo.gov)**) and has ordered U.S. attorneys across the nation to appoint special coronavirus fraud coordinators

### UTILITIES, RENT, ETC:

- low-to-moderate-income Pittsburghers experiencing economic hardship caused by the COVID-19 pandemic will be able to apply for utility and mortgage payment assistance.
- PSWA has suspended utility shut-offs
  - [Info about assistance & distribution of funds here](#)
- [Duquesne Light \(CLD\) has ceased shut-offs](#)
- FirstEnergy - Temporarily suspend shutoffs and offer payment options to help ease hardships
- Pennsylvania American Water - Placed a moratorium and discontinued service shutoffs to keep customers safe during the coronavirus pandemic. Additionally, the utility is beginning the restoration of service to previously shut-off customers
- UPDATE! All evictions have been suspended for Allegheny County. ~~there is an [open letter](#) to the City & County to put a moratorium on all evictions and all utility shut-offs during the pandemic. Consider asking your organization to sign on to the letter.~~
- Rental Assistance [info here](#)
- Heating Assistance [LIHEAP info here](#)

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- COMCAST HAS EXPANDED ITS INTERNET TO HOMES THAT CANNOT AFFORD IT
  - Go to: [www.internetessentials.com](http://www.internetessentials.com) Or call 1-855-846-8376
  - Offering new, low-income Internet Essentials customers two months of free internet and raising the speed of that program's service. Xfinity WiFi hotspots across the country will be available for free to all users and data plans will be paused for 60 days, giving customers unlimited data for no additional charge. Additionally, the company will not disconnect a customer's internet service during this period or assess late fees if they [contact](#) the company regarding their inability to pay

### **FOOD RESOURCES:**

- [FDA - Food Safety During COVID-19](#)
- [Serious Eats food safety during COVID-19](#)  
<https://www.serious eats.com/2020/03/food-safety-and-coronavirus-a-comprehensive-guide.html>
- Allegheny County - [map-based resource for people to discover free food distribution sites and give feedback of changes or additional sites](#)
- USDA Food Safety Guide - Before You Toss Food, Wait. Check it out!  
<https://www.usda.gov/media/blog/2013/06/27/you-toss-food-wait-check-it-out>
- Anyone who is currently out of work due to COVID-19 and currently has NO income is eligible for SFPP and TEFAP using this [self-declaration of need form](#). On the self-declaration of need form, they can simply circle \$0 as they have no income. However, they should be advised that if/when their income resumes, they would need to fill out new paperwork and declare that if they intend to continue to obtain food through these programs.
- Similarly, anyone who has lost hours, etc. because of COVID-19 and has a reduced income may be eligible for SFPP and TEFAP. On the self-declaration of need form, they should circle the income level that currently reflects their new (and potentially temporary) circumstances. As noted above, once their income picks back up, they would need to fill out new paperwork and declare that if they intend to continue to obtain food through these programs.
- [Greater Pittsburgh Community Food Bank](#) 412-460-FOOD (3663)
  - COVID-19 - EMERGENCY FOOD DISTRIBUTIONS - [flyer here with date/time/location info](#) **ANYONE/EVERYONE IS ELIGIBLE; NO ONE TURNED AWAY, NO INCOME RESTRICTIONS**
  - Greater Pittsburgh Community Food Bank - [find a pantry serving your neighborhood](#) (MANY OF THESE PANTRIES ARE CLOSED DESPITE BEING ON THE LOCATOR; CALL AHEAD TO ENSURE THEY ARE OPERATIONAL); Apply for Food Stamps (SNAP) call toll free 833-822-7627 text SNAPPA at 555-888 or fill out the referral form online: <https://www.pittsburghfoodbank.org/what-we-do/resources-to-people/snap/>
- Apply for Food Stamps (SNAP) & get answers about eligibility
  - with **Just Harvest** [How to Apply for Food Stamps](#)
  - Just Harvest is continuing to provide help with SNAP/food stamps, Medicaid, and TANF/cash assistance applications as well as case advocacy and eligibility screenings. Leave your name and contact info and the best time to reach you Monday through Friday from 9:00 am to 5:00 pm at [412\) 431-8960 x602](tel:4124318960) or by filling out the form [on this page](#).
- [Southwest PA Meals On Wheels](#) - home meal delivery for people aged 60+ or those of any age that are younger if recovering from injury, illness, or surgery
- [South Hills Interfaith Movement \(SHIM\)](#) - Pantry open regular hours; distributing pre-packed boxes of groceries. See site for program updates, or for emergency food, please contact Molly Penderville at (412) 854-9120 ext. 108 or [mpatterson@shimcares.org](mailto:mpatterson@shimcares.org)

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○ The JFCS Squirrel Hill Food Pantry's critical needs social workers are available to help residents in the Greater Pittsburgh area to resources and support. Contact 412-422-7200 to connect with a social worker

- Guide to Edible Wild Plants - [free download, streaming](#)
- Check in the “CHILDREN & FAMILIES” section for more info about food resources specifically for children while out of school

### FOOD: TAKE-OUT OPTIONS:

- Pittsburgh Magazine is updating [this list](#) daily
  - Many restaurants have closed their dining rooms, but are offering take-out meals

### PUBLIC TRANSIT INFO:

- [Port Authority COVID-19 info](#)
- UPDATE 03/19/20 - [Port Authority Implementing “Social Distancing” operations](#)

### SHOPPING INFO:

- UPDATE 03/19/20 - Gov Wolf orders [all non life-sustaining businesses to close](#) by 03/19/20 at 8pm (enforcement begins on Sat 03/21/20)
  - [Spreadsheet](#) shows which sectors/industries/businesses are open/closed
- [WHERE AND WHEN CAN YOU BUY GROCERIES?](#) (updated 03/19/20) - store locations, hours & contact info
- [Many stores dedicating the first hour daily be devoted to seniors, pregnant people, and immunocompromised people](#) (Target, Whole Foods, etc.)
- [East End Food Coop](#) - reduced hours (10am-7pm); first open hour for seniors & medically vulnerable people

### CHILDREN & FAMILIES:

- [Talking to children about COVID-19](#) (SAMHSA printable resource)
- [Info on childcare centers](#) (closed except for care to allow essential healthcare & first responders to report for work)
- Carnegie Library of Pittsburgh - [missing storytime while the libraries are closed?](#)
- Carnegie Science Center - Daily THREE THINGS - to READ, WATCH & DO!

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- [Free Audible Stories](#) for kids, teens, and families while schools are closed
- [Coronavirus PSA: How To Fight The New Bad Guy In Town](#) by Jason Reynolds
- [Storytime From Space](#)
- Local to Pittsburgh - pghlesbian - [New #ThingsToDo](#) – A Project for Kids to Help Each Other During the COVID-19 Pandemic
  - inviting kids and youth from Pre-K through High School to submit a list of 5-10 suggestions of how to avoid boredom. Adults can help, kids can work in teams. They can use bullet points or full paragraphs. They can keep it simple or use extra pages. They can include drawings or instructions or recipes. We'll publish their first name(s) and age(s) – no other identifying information, no photos.
  - For each list we receive and publish, we will generate a \$10 donation to the Northside Community Food Pantry up to \$1000 total. And everyone who submits will be entered in a drawing for some cool small prizes. (If you want to donate small cool prizes, let me know!)
- [List of Education Resources for children out of school](#) - free subscriptions during pandemic
- [Scholastic Daily Projects](#) to keep kids reading, thinking, and growing
- [Lunch Doodles with Mo Willems](#)
- [ABCmouse](#) - free with code SCHOOL7771
- Pittsburgh Public Schools: Closed until at least Friday, March 27th. Early Head Start, PreK, and Center programs are also closed. For students that depend on our school breakfast and lunch program
  - <https://www.pghschools.org/coronavirus>

### **FOR EDUCATORS TRANSITIONING TO ONLINE TEACHING:**

- [“Please Do a Bad Job of Putting Your Courses Online” by Rebecca Barrett-Fox](#)

### **FOOD RESOURCES FOR CHILDREN & FAMILIES:**

- [Pittsburgh Public Schools](#) (UPDATED 03/19/20) - grab & go lunches for students at these sites:
  - [UPDATED LIST OF PPS GRAB & GO LOCATIONS \(MORE LOCATIONS ADDED!\)](#)
- [Woodland Hills School District](#) - UPDATED 03/19/20
  - Students may receive GRAB and GO Breakfast and Lunch Monday through Friday from 11:00 AM to 1:00 PM at the following locations:
    - District Administration Building located at 531 Jones Ave North Braddock PA 15104; Meals will be distributed to students at the side entrance located next to the parking lot.
    - Rankin School located at 235 Fourth Ave Rankin PA 15104; Meals will be distributed at the front entrance of the building.
    - Woodland Hills Intermediate School located at 7600 Evans Ave Swissvale PA 15218; Meals will be distributed to students from door #2 located to the right of the entrance ramp to the school.
    - Turtle Creek El Steam Academy located at 126 Monroeville Ave Turtle Creek PA 15145; Meals will be distributed to students from door #2 located at the driveway to the right of the front entrance to the school where parents presently pick up and drop off their students.
    - Students may receive meals at the location that is most convenient to their home.
    - Students will receive one lunch and one breakfast at the same time.
    - Students will receive additional meals for the weekend on Fridays.
    - The meals are intended to be GRAB and GO. The facilities will not be open to use as a place to eat the meals.
    - As of 3/16/2020 the State of Pennsylvania stipulates that students need to be present to receive the meal(s). If this changes we will update ASAP

### **LOCAL RESTAURANTS SERVING CHILDREN & FAMILIES:**

- [Peoples Indian Restaurant](#): Peoples Indian Restaurant is humbly extending a helping hand to its neighbors who may be in need. If you aren't able to get a meal, or you have a child that you aren't able to get a meal for, please call us at 412-661-3160 and we will have a togo lunch box of chicken curry, chick peas, and rice available for you to pick up. Pick up available from 11:30am to

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school systems for lunch, a free kid's pasta with sauce, cheese and a fountain drink, Monday – Friday (March 16 – April 3), during lunch hours of 10:45am - 1:00pm to students affected

- Inferno Pizza, Pasta & Wings Restaurant, 13380 Route 30, North Huntingdon; Monday-Friday, 11 a.m.-2 p.m., pizza and drink for dine-in or take-out. Norwin students only
- Irwin Dairy Queen, 7578 Route 30, Hempfield; Monday-Friday, 11:30 a.m.-2:30 p.m. Any kid's meal with a drink. This location only for local students
- Hunker Fox's Pizza Den; 1669 New Stanton Ruffsdale Road; starting Monday, free pizza slices and water at the restaurant or \$4.99 delivery of "kids school lunch deal" that must be ordered a day in advance. The deal is available 11 a.m.-2 p.m. for a small cheese pizza and drink
- JTown Kitchen; 109 S. Second St., Jeannette; Monday-Friday 11 a.m.-1 p.m.
- Lelulo's Pizzeria; 311 Unity Trestle Road, Plum; Tuesday-Friday, pizza, salad, 6-inch sub chicken tenders and fries
- Loucks Park; North Chestnut Street, Scottdale; Monday, 11-noon, JJ's Pizza, hot dogs, snacks, drinks
- Mad Pies; 811 Water St., Scottdale; Tuesday-Friday starting at 11 a.m. Students must have an ID or be accompanied by a caregiver. Pizza, chicken tenders, peanut butter and jelly, macaroni and cheese
- Rocco's Pizzeria; 112 S. Third St., Youngwood; Monday-Friday, 11 a.m.-3 p.m. Slice of pizza, tossed salad, chicken tenders and fries
- Tapped Brick Oven & Pour House; 6044 Lincoln Highway, Hempfield; Monday-Friday, 11:30 a.m.-1:30 p.m. while school is shut down. Chicken tenders and fries, kid's pizza and kid's spaghetti
- United Presbyterian Church in New Kensington ; 601 Fifth Ave.; Starting Monday, 9-10 a.m. and noon-1 p.m. Grade school and college students can ring a doorbell at the entrance marked No. 3 to pick up a bag of food. No sign-ups required
- ARNOLD'S TEA - Chef Claudy Pierre; 502 E Ohio St., North Side; 412/322-2494; From 3 pm to 7 pm, Arnold's Tea will be offering free hot dinners, one per person, to Pittsburgh Families on the North Side as a pick-up location. He will continue to do this until he runs out of inventory. Check his social media page before going to ensure there is food:  
<https://www.instagram.com/arnoldsteapittsburgh/>

### MENTAL/BEHAVIORAL HEALTH & PEER SUPPORT:

- [RESOLVE](#) Mental Health Crisis Line: 1-888-796-8226
  - resolve is a 24-hour, 365-day crisis service. It's free to all residents of Allegheny County, regardless of your ability to pay
- During these uncertain times, we know individuals may be experiencing fear, anxiety or stress related to the COVID-19 pandemic. Allegheny County has services in place for individuals to speak with someone to assist in emotional support.
  - A Peer Support and Advocacy Network is available from 10:00 a.m. to 12:00 a.m. by calling 1-866-661-9726
  - Crisis Services available 24 hours/7 days a week by calling 1-888-796-8226
- Additional information and resources on mental health care can be found at the Substance Abuse and Mental Health Services Administration website. The agency's Disaster Distress Hotline is 1-800-985-5990 or text TalkWithUs to 66746. People with deafness or hearing loss can use their preferred relay service to call 1-800-985-5990.
- [Taking Care of Your Behavioral Health](#) (SAMHSA printable resource)
- [Coping with Stress During Infectious Disease Outbreaks](#) (SAMHSA printable resource)
- [Forward Wellness Counseling and Consulting Services, LLC](#)
  - We are offering telehealth services and accept all commercial insurance. Some commercial plans are also waiving copays. Sliding scale is also available (\$20-90). We also plan to do some online LIVES around anxiety and coping through COVID-19.

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- Inside Our Minds is a peer-controlled, radical mental health organization that works to elevate the voices of people with lived experience of mental illness, madness, and other conceptualizations of mental health. We define radical mental health as a dynamic and innovative term that describes how individuals and groups are finding new ways to understand and conceptualize mental health. Radical mental health supports more inclusive and social justice-driven perspectives on mental health, prioritizing the voices of people with lived experience as educators and experts. Inside Our Minds serves the Pittsburgh region through subsidized, community-based radical mental health programming at no cost to participants
- [Counseling Wellness Center](#) - Offering telehealth services and accepts all commercial insurance. Visit [site](#) or 412-322-2129
- [Step by Step Counseling](#) - open for mental health & substance abuse counseling; can offer telehealth services
- [Pittsburgh Pastoral Institute \(PPI\)](#) - offering telehealth services for spiritually integrated counseling
- [Associates in Behavioral Diagnostics and Treatment \(AIBDT\)](#) - offering telehealth services
- [National Center for School Mental Health](#) - list of resources covering several topics (mental health, students & families, etc)
- [JFCS Counseling Services](#): If you are in need of counseling services, you can call 412-904-5960 and leave a message. Our team will get back to you as soon as possible
- [Makin Wellness](#) - Highly rated providers specializing in mental health, addiction and relationships. In network with major commercial plans and offering easy & secure virtual visit . Appointments within 48 hours ! Call us at 412-532-1249 to get scheduled

### RECOVERY RESOURCES:

- [SAMHSA Virtual Recovery Resources](#)
- Friends in Recovery [Virtual Support Meetings, daily at 12pm & 7pm EST](#)
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### TRAVELERS AID OF PITTSBURGH:

- Offices are currently closed, but if client would like to enroll in the Medical Assistance Transportation Program, they can do so by calling the MATP county office at 1-888-547-6287. Please consider that the county office may only be providing transportation for life-sustaining medical situations.
- Clients can submit reimbursement requests in accordance with program acceptable documentation policies by faxing to (412)281-5049 or by mailing to: Travelers Aid PO Box 23534, Pittsburgh, PA 15222
- Our phone system automated message (412)281-5474 or, Greyhound location (412)281-0751
- Our website: [www.travelersaidpgh.org](http://www.travelersaidpgh.org)
- Our Facebook page: [www.facebook.com/TravelersAidPGH](https://www.facebook.com/TravelersAidPGH)
- No orders will be filled after close of business on Tuesday, March 24th until further notice. Travelers Aid will be closed on Monday, March 23rd

### DOMESTIC VIOLENCE & SEXUAL ASSAULT RESOURCES:

- You can still get an [Emergency Protection From Abuse](#) order (even when courts are closed) - INFO UPDATED 03/18/20



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- Women's Center & Shelter of Greater Pittsburgh; 24 Hour Hotline: (877) 338-8255; [www.wcpittsburgh.org](http://www.wcpittsburgh.org)
- Crisis Center North; 24 Hour CCN Hotline: (412) 364-5556 | 24 Hour Toll Free Hotline: (866) 782-0911; [www.crisiscenternorth.org](http://www.crisiscenternorth.org)
- Alle-Kiski Area Hope Center- Tarentum; 24 Hour Hotline: (724) 224-1266 | 24 Hour Toll Free Hotline: (888) 299-4673; [www.akhopecenter.org](http://www.akhopecenter.org)
- Center for Victims; 24 Hour Toll Free Hotline: (866) 644-2882; <https://www.centerforvictims.org/services/victim-services/>
- [All PA Domestic Violence Programs](#) - please call (if able) to see if services are altered during the pandemic
- HOPE Center: if social distancing has forced you into unsafe situation, call 724-224-1266 to speak with an advocate. Available to call 24/7. They will help provide domestic violence information, community resources, safety planning, support, and more!
- PAAR (Pittsburgh Action Against Rape)'s office is closed but you can still access resources for sexual assault and violence at the **Helpline: Running as usual 24/7 1-866-363-7273**. Text/Chat Line: Services available and accessed through our website, <https://paar.net/>

### LEGAL RESOURCES:

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

### SEXUAL & REPRODUCTIVE HEALTH:

- [PP Direct](#) - Most health providers are not writing new birth control prescriptions, but can extend current prescriptions. If you need a NEW prescription, use the PP Direct app. Download the app for NEW birth control & UTI Rx, shipped directly to your home. Co-pay has be waived!
- [Nurx app](#) - via the app get testing & Rx for: birth control, STI testing, genital herpes treatment, oral herpes treatment, emergency contraception, HIV PreP, HPV screening, COVID-19 testing & consultation
- Maternal/Natal care:
  - Contact: Sydney Olberg; I am a trained doula and I can support with postpartum as well as labor (although that is tricky these days as they are often only letting in one person during delivery) but also late trimester pregnancy and even just questions.  
Sydney@thegoodpeoplesgroup.com; (612) 886-5268 Availability: open (I have been exclusively working from home)

### VETERAN SERVICES:

- Allegheny County Veterans Services Office:

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COVID-19 issues, or other significant illnesses, loss of job or housing, may apply for the Veterans Temporary Assistance for potentially up to \$1600. Please let your colleagues and contacts know that this option is available to veterans at this time if needed.

### ○ VTA Eligibility Criteria:

- A person who served in the Armed Forces of the United States, including the reserve components and the National Guard, or woman's organization officially connected therewith, who was discharged Under Honorable Conditions from Active Military Service (other than active duty for training);
- OR was Killed In Action;
- OR suffered a service-connected disability.
- Must demonstrate an immediate need for financial assistance in order to provide himself/herself and his/her family with the necessities of living.
- Must be a current resident of Pennsylvania.
- Upon the death of a veteran, his or her unmarried surviving spouse is eligible, provided the Veteran would have qualified for assistance prior to her/his death
- For more information you can call 412-621-4357 or email [veterans@alleghenycounty.us](mailto:veterans@alleghenycounty.us)

## RESOURCES FOR OLDER ADULTS/SENIORS/ELDERLY:

- [Age Well Pittsburgh](#)
- [Area Agency on Aging](#)
- [Pittsburgh Cares Buddy System](#) - if you are an older neighbor or an individual with serious medical conditions, you can sign up get a buddy!) They are working with volunteers who can provide (volunteers can [sign up to volunteer to be a buddy here, too](#)):
  - Check-in phone calls to fellow neighbors
  - The sharing of any news and information
  - Run errands such as picking up groceries, medications, etc. (when possible/ if needed)
- **STARTING 03/20/2020:**
  - PITTSBURGH, PA (March 19, 2020) Senior Center alternative meals will be provided to those seniors who are currently registered for normal congregate meal service beginning tomorrow, Friday, March 20, 2020. A pre-packaged (likely frozen) meal will be available through the current food distribution providers that are used through the Allegheny County Area Agency on Aging program. Seniors who are registered for this program have previously identified as being in need and regularly receive these meals.
  - Pre-packaged meals will be available for take-out only and will be served between 11 AM – 1 PM on Monday, Wednesday and Friday at one of these City Healthy Active Living (Senior) Centers:
    - Glen Hazel – 945 Rosselle Court, 15207
    - Sheraden – 720 Sherwood Avenue, 15204
    - Southside – 12th St & 1 Beford Square, 15203
    - Lawrenceville – 4600 Butler Street, 15201
    - Homewood – 7321 Frankstown Avenue, 15208
    - Hazelwood – 5344 Second Avenue, 15207
      - **Seniors who are not registered for the program but are in need of food or other resources should contact the Allegheny County Area on Aging's [SeniorLine \(1-800-344-4319\)](#).**

## SAFER DRUG USE & SEX WORK:

- Minimize your need to share supplies—if you are sharing, wipe down mouthpieces with an alcohol swab; avoid sharing cigarettes, e-cigs, joints, pipes, works, etc; do not share needles. Contact

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- Minimize contact. If you are having sex or doing sex work, avoid coughing, kissing, and direct contact with bodily fluids & ensure condom & dental dam use
- Plan & prepare for an overdose—load up on Naloxone/NARCAN; experiment with lower doses; make an OD plan with others & stagger use if possible. Emergency services are stretched & may be slower to respond as a result of the pandemic
- Stock up on supplies. Prevention Point Pittsburgh can be reached at [www.lpppggh.org](http://www.lpppggh.org) or (412) 247-3404
- Prepare for a medicine & drug shortage. You might lose access to your drug of choice in an outbreak. Consider alternative drugs or medications that could help take the edge off. If facing potential opioid withdrawal, consider over-the-counter medications to make it less difficult (ibuprofen, pepto-bismol, Imodium). If you take methadone, ask your medical provider about making a plan to prevent disruptions to your dose
- You can find NARCAN at [these pharmacies](#) without a prescription

### HIV+ INFO:

- [Allies for Health + Wellness](#): currently open; if you are experiencing COVID-19 symptoms, do not come in. All current patients should call before coming in. Allies will deliver meds, bus tickets, etc. TOLL FREE: 1 888 204 8821; P: 412 345 7456
- [PACT](#): open, but no walk-ins. Must call for info and appointments. 412-647-PACT (7228) or 1-877-788-7228
- [Central Outreach](#) - limited COVID-19 tests available (100 total)
- [Shepherd Wellness](#) - currently CLOSED as of 3/16/20 (for two weeks)
- [Persad](#) (as of 3/17/20) - Clients can still come to shower, do laundry, and access food pantry. No "drop in" or congregating hours at this time.

### HOMELESS SERVICES:

- Drop-In Centers (most are closed, but may have limited services. Contact info is [here](#).)
- [412 Youth Zone](#) - closed (as of 3/17/20) for 2 weeks. Supportive staff (youth coaches, supervisors, therapists, education liaisons) will be available remotely (phone, text, Facebook, video chat). Youth can call main landline to be directed to support: 412-902-4068. Youth can also access Youth Zone Facebook page for updates and info.
- [Wellspring](#) - Drop-in center is closed; served outside. Clients can sign up to see case management, and will be seen inside 1 by 1. Clients can still pick up mail that will be brought outside to them.
- [Veteran's Place](#) (as of 3/17/20) - Drop in center and van services will still operate normal hours. Vet's Place will not accept outside providers into the space, only clients and internal staff.
- [Light of Life](#) (as of 3/17/20) - Clients getting temperature screened before entering. Elevated temps advised to go to hospital. Meals still happening, trying to implement to-go meals. Extended donation hours M-Th, 10am to 4pm. Only two people at a time allowed in donation center.
- [Pleasant Valley](#) (as of 3/17/20) - Overnight residents may stay in during the day and can receive lunch. Drop in center open to people taking showers and doing laundry only (M-F). Take out lunches will be offered MWF between 12pm - 1pm. Capacity will be limited to 20 persons per area. People may have to wait outside if capacity is exceeded.
- [Allegheny Link](#) (DHS) (as of 3/17/20) - Main hotline 866-730-2368; in-person & site visits are suspended, call to be helped remotely. Field Unit is functioning remotely.
- [Operation Safety Net](#) (as of 3/17/20) - Minimizing face to face contacts. Focusing on medically vulnerable, and virus-vulnerable individuals.
- [Bethlehem Haven](#) (as of 3/17/20) - currently remaining open; shelter residents are cleared during day for cleaning
- [Shepherd's Heart](#) (as of 3/17/20) - Normal operations. Clients will receive food in containers.
- [Jubilee Kitchen](#) (as of 3/17/20) - clients can come between 11am-12pm daily for take-out lunch. No indoor service.

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- [Project Silk](#) (as of 3/17/20) - Open Wednesdays from 1-3pm for services only. Clients can reach out to Silk to schedule 1 on 1 appointments, 412-532-2128.
- [McKeesport Downtown Housing Shelter](#) (as of 3/17/20) - not accepting new residents for next two weeks
- [Daily Bread](#) (as of 3/17/20) - Still giving out meals Tues. and Thurs. Meals will be handed out, to-go, in their parking lot. Inside is closed.
- [Youth Support Partners](#) (as of 3/17/20) - Have suspended face to face interactions and meetings. Will be working remotely until the end of March. They will be utilizing phone calls, texts, social media, video chat, etc in order to continue serving youth.

### IMMIGRANT & REFUGEE SERVICES:

- Immigrants and refugees can contact the [JFCS Refugee & Immigrant Services](#) and Immigrant Services & Connections (ISAC) for help understanding the situation, connect with services or providers. Contact ISAC at 412-742-4200 or email [isac@jfcspgh.org](mailto:isac@jfcspgh.org). If an immigrant or refugee is in crisis, call 412-422-7200 or emailed to [refugee@jfcspgh.org](mailto:refugee@jfcspgh.org)

### PET CARE:

- Many food pantries stock pet food. You can find a list [here](#). Please call before going to ensure that they are open & available
- [Ellie's Pet Pantry](#) at Humane Animal Rescue - pantry info; info & services with [adjusted schedule during COVID-19](#)
- FROM SENIOR PET & ANIMAL RESCUE: If you or someone you know is having difficulty paying for or receiving certain medical and everyday expenses for a senior pet during this unprecedented time of the coronavirus outbreak and quarantine, please reach out to us. [Ferd's Fund](#) is set up to help you.

### SUPPORT FOR SMALL BUSINESSES:

- [Kiva](#) - 0% loans for small businesses affected by COVID-19
- [INFO FOR FARMS, FARM MARKETS, ETC.](#)
- Governor Tom Wolf today announced the availability of low-interest loans for small businesses and eligible non-profits in all 67 counties in Pennsylvania through the U.S. Small Business Administration (SBA)
  - SBA's Economic Injury Disaster Loans offer up to \$2 million in assistance and can provide vital economic support to small businesses to help overcome the temporary loss of revenue they are experiencing. These loans may be used to pay fixed debts, payroll, accounts payable and other bills that can't be paid because of the disaster's impact.
  - The interest rate is 3.75% for small businesses without credit available elsewhere; businesses with credit available elsewhere are not eligible. The interest rate for non-profits is 2.75%.
  - The full release can be found here: <http://j.mp/2QweqZU>
- [Bridgeway Capital](#) - loans for small businesses & non-profits economically impacted by COVID-19
- URA is offering resources and assistance for businesses impacted by COVID-19. URA encouraged businesses to contact their URA loan officers to inquire about hardship assistance.
  - Phone: 412.255.6600
  - Email: [inforequest@ura.org](mailto:inforequest@ura.org)
  - <https://www.ura.org/news/ura-offering-resources-to-help-small-businesses-potentially-impacted-by-coronavirus>
- [Honeycomb Credit](#) is offering discounted community-sourced loans for businesses impacted by COVID-19. Qualifying businesses can borrow \$10,000 - \$50,000 with an introductory 6-month interest-free period and no prepayment penalty.

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several weeks, includes up to an additional \$15,000 at 0% interest, no fees, to be paid back on three-year terms, with no payments required for six months. For non-existing URA borrowers the URA is temporarily easing and streamlining its Micro-Enterprise Loan Program to support up to 30 existing small businesses (not startups) located in the City of Pittsburgh, loans up to \$15,000, 0% interest, no fees, to be paid back on three-year terms, with no payments required for six months. Loan proceeds may be used for rent, payroll, and other approved fixed monthly business expenses. More info: [HERE](#).

### **VOLUNTEERS NEEDED:**

- Greater Pittsburgh Community Food Bank - needs volunteers to help pack boxes of food to be dropped off to people in need - [info here](#)
- 412 Food Rescue needs volunteers to deliver food - [info here](#)
- [Pittsburgh Cares Buddy System](#) - sign up to be a “buddy” to an older neighbor or individuals with serious medical conditions (or sign up get a buddy!) We’re aiming to find community members who can provide:
  - Check-in phone calls to fellow neighbors
  - The sharing of any news and information
  - Run errands such as picking up groceries, medications, etc. (when possible/ if needed)
- Sewing volunteers needed! [A tutorial to make face masks at home for use by medical professionals \(mask supplies are running out; here's how to help\)](#)
- [Point of Light HUGE list of Virtual Volunteer Opportunities](#)

### **ACTIVISM & SOCIAL JUSTICE:**

- **Release People from ACJ to Protect Public Health** - [Facebook event page](#)
- Call for Governor Wolfe to release elderly/immune-compromised incarcerated people from PA prisons - [Coalition to Abolish Death By Incarceration](#)
  - [Call to action & report-backs](#)
- Pittsburgh United - Open Letter & Petition to Gov Wolf & State Legislature regarding making provisions for PA residents during COVID-19. Read the [full list of demands here](#). Sign the [petition here](#).
- Join unions, advocates, people of faith and community members from across the state, whose work serves millions of Pennsylvanians, to demand expanded healthcare access during this critical time. <http://bit.ly/amwfra> #AWFRA #supportamericanworkers
- Take action: Tell Congress to include libraries in COVID-19 relief [American Library Association](#)
- Proposals for COVID-19 Relief: Randolph-Sheppard Blind Vendors - [sign petition here](#)
- Good People’s Group - [free classes online](#)

### **EMPLOYMENT ANNOUNCEMENTS & CAREER SERVICES:**

- [Local company hiring for assembly of respiratory devices for COVID-19 response](#)
- United Way [hiring 2-1-1 resource navigators \(PT\)](#)

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professionals while also working to meet the workforce needs of the Pittsburgh community by offering resources to better understand unemployment compensation programs and support the many people who may struggle with reduced hours and lay-offs. If you are interested in accessing career services and support, please call 412-422-5627 or email us at [cdc@jfcspgh.org](mailto:cdc@jfcspgh.org)

### SELF-CARE & COOL STUFF FOR ANYONE:

- City of Asylum is [live-streaming their events](#)
- Pittsburgh Public Theater - [goes online to bring classic theater to homebound theater lovers](#)
- [10 University Art Classes You Can Take For Free Online](#)
- Neil Gaiman's website for [adults](#) and one for [kids](#) - stories, videos, essays & more

### SELF-CARE FOR HEALTHCARE WORKERS:

- [Headspace app free](#) for healthcare professionals; will be able to access a full library of guided meditations (with a new one arriving each day), along with sleep sounds and bedtime exercises, all of which could help them destress. To register, you'll need your National Provider Identifier (NPI) and an email address

### CONNECTING & COMMUNITY DURING SOCIAL DISTANCE:

- **Pittsburgh Community Action for COVID-19 Planning Series-Meeting 1 - [REGISTER](#)**

#### [HERE](#)

- STAY IN & READ WITH CARNEGIE LIBRARY - [details here](#)
- #BurghMeetsWorld - As most of our interactions are moved to a digital realm, there is opportunity to connect over a shared global reality. We believe in the power of collective experience

○ How are you finding ways to connect with the world in a time of social isolation?

○ How do you see inequities in your community being exacerbated by this global pandemic?

○ Follow these steps to share and hear others' stories about how social distancing and inequities brought to light by COVID-19 are affecting communities locally in Pittsburgh and around the globe:

■ **Tell your story** - submit a first-person post (or video) on Facebook, Twitter, or Instagram responding to one/both of the prompts.

■ **Tag** - include the hashtag **#BurghMeetsWorld** + copy and paste the prompts. Tag 5 friends to do the same (or reach out to community members who don't have social media and see if it's ok to share on their behalf!)

■ **Connect** - The Global Switchboard will compile and repost stories to our Facebook page to bring together voices from around the world and spark new

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despite isolation - this is an opportunity a stronger community.

- Join us next **Wed 3/25 at 4pm** for a virtual **BurghMeetsWorld event** to discuss the question: *How do we build community in a time of social distancing?*
  - *This is a free virtual event open to the public. Please **RSVP on Eventbrite** to receive the Zoom link via email*
- [Netflix Party!](#) Watch tv with friends while at home social distancing
- [Quarantine Chat](#) - free & worldwide; random chats with others stuck at home via phone
- Livestreams & Virtual Happy Hours [03/19/2020](#)

### CENSUS 2020:

- [Respond online](#), and make sure you are counted!