Emergency Resources Edition 2

Update MARCH 25

A guide to assist the Allegheny County community during the COVID-19 pandemic
Education

Here is a list of free educational resources for you to explore and use with your family:

- **Breakout EDU** Digital Learning Games
- **Busy Teacher** Printable Worksheets and Lesson Plans
- **CK-12** The Smarter Way to Learn
- **Common Core Sheets** Worksheets for All Subjects and Ages
- **CommonLit** Reading Passages and Literacy Resources
- **E Reading Worksheets** Reading Worksheets
- **Easy Teacher Worksheets** Printables for All Subjects and Ages
- **Education.com** Worksheets and Printables
- **Epic!** Digital Library for Kids 12 and Under
- **Good2Learn** Online Math and English Lessons
- **Great Schools** Worksheets for Preschool through 5th Grade
- **Helping with Math** Printable Math Resources for K-8
- **Home Spelling Words** Spelling Worksheets
- **Homeschool Math** Math Worksheets
- **IXL** Personalized Learning with Comprehensive Pre-K-12 Curriculum and More
- **JumpStart** Printable Worksheets for All Subjects and Ages
- **K5 Learning** Reading and Math for K-5
- **K12 Reader** Reading Instruction Resources, Printables, and Articles
- **Kidzone** Worksheets for Children
- **Khan Academy** Online Courses, Lessons, and Practice
- **Math-Aids** Dynamically Created Math Worksheets
- **Math-drills.com** Math Worksheets
- **Math is Fun** Math Worksheets
- **Mystery Science** Open-and-Go Lessons that Inspire Kids to Love Science
- **Prodigy** Math Learning Platform
- **School Express** Worksheet Generator and Teacher Created Materials for All Ages
- **Science4Us** Worksheets, Printables, and Hands-On Science Activities for K-2
- **ScienceWerkz® Download** Middle School Interactive Science Content
- **SoftSchools** Printable Math and Phonics Worksheets, Math Games, and Grammar Quizzes
- **Spelling Words** Printable Spelling Worksheets
- **Super Teacher Worksheets** Worksheets for All Subjects
- **TeAchnology** Printable Worksheets for K-12
- **TLS Books** Educational Worksheets for Preschool through 6th Grade
- **Twinkl!** Interactive Activities and More
- **VidCode** Hour of Code
- **Vooks** A World of Animated Storybooks
- **Scholastic Learn at home**
  https://classroommagazines.scholastic.com/support/learnathome.html?fbclid=IwAR2wdQoUMjJNe6adSb6vB49rVy88ysZHYEbBRxyTLCgrf48A5oOCWAqdKs
Financial Assistance

Loans:

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

Grants & Funds:

- **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 [http://centerforethicsandpolicy.com/PGHTipJar.html](http://centerforethicsandpolicy.com/PGHTipJar.html)
- Modest Needs is offering donations to HOURLY WORKERS who won’t get paid during the COVID-19 outbreak. ([https://www.modestneeds.org](https://www.modestneeds.org))
- Emergency Funds for people who work as BARTENDERS [https://www.usbgfoundation.org](https://www.usbgfoundation.org)
- **ONE FAIR WAGE** - Emergency Coronavirus Fund for TIPPED EMPLOYEES & WAGE WORKERS [https://ofwemergencyfund.org/](https://ofwemergencyfund.org/)
- 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

Governmental Assistance:

- **TANF** (Temporary Assistance for Needy Families) [here](http://www.dhs.pa.gov/PATANF)
- **Unemployment** - 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/](https://www.paclaims.pa.gov/UCEN/)
  - For more information, visit [http://uc.pa.gov/](http://uc.pa.gov/)
- **Disaster Unemployment Assistance** [https://www.disasterassistance.gov/get-assistance/forms-of-assistance/4466](https://www.disasterassistance.gov/get-assistance/forms-of-assistance/4466)
  - 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.](http://www.dhs.pa.gov/PATANF)

Modest Needs:

- Offering donations to hourly workers who won’t get paid during the COVID-19 outbreak. ([https://www.modestneeds.org](https://www.modestneeds.org))
<table>
<thead>
<tr>
<th>Location</th>
<th>Who is Eligible?</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pittsburgh Public Schools</td>
<td>All Pittsburgh Public School Students</td>
<td>M-F 11-2</td>
</tr>
<tr>
<td>Mt. Carmel Baptist Church</td>
<td>East Allegheny District Students</td>
<td>M-F 11:30-1</td>
</tr>
<tr>
<td>St. John’s Lutheran Church</td>
<td>East Allegheny District Students</td>
<td>M-F 11:30-1</td>
</tr>
<tr>
<td>All Souls’ Episcopal Church</td>
<td>East Allegheny District Students</td>
<td>M-F 11:30-1</td>
</tr>
<tr>
<td>West Wilmerding VFD Station 211</td>
<td>East Allegheny District Students</td>
<td>M-F 11:30-1</td>
</tr>
<tr>
<td>Ma’s Pantry</td>
<td>East Allegheny District Students</td>
<td>M-F 11:30-1</td>
</tr>
<tr>
<td>Wilmerding Borough Building 301 Station Street</td>
<td>East Allegheny District Students</td>
<td>M-F 11:30-1</td>
</tr>
<tr>
<td>Gateway School Buildings</td>
<td>Gateway School Students</td>
<td>M-F 11-1</td>
</tr>
<tr>
<td>Pitcairn Borough Building</td>
<td>Gateway School Students</td>
<td>M-F 11-1</td>
</tr>
<tr>
<td>Library Fire Hall</td>
<td>Any Families in Need Caseworkers can pick up for families</td>
<td>Call for times</td>
</tr>
<tr>
<td>Broughton Fire Hall</td>
<td>Any Families in Need Caseworkers can pick up for families</td>
<td>Call for times</td>
</tr>
<tr>
<td>South Park Italian Village Pizza</td>
<td>Children</td>
<td>Breakfast until 9am Lunch 11-12:30 Will provide lunch at Breakfast</td>
</tr>
</tbody>
</table>
# Food

<table>
<thead>
<tr>
<th>School District</th>
<th>Location</th>
<th>Students</th>
<th>Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mulligan’s Sports Bar and Grill</strong></td>
<td>1013 Lebanon Road, West Mifflin 15122</td>
<td>Children up to age 14</td>
<td>M-F 11:30-1:30</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pizza Slice and Apple Sauce OR Chicken Tenders and Fries</td>
<td></td>
</tr>
<tr>
<td><strong>Clairton School District</strong></td>
<td>Elementary Building Lobby</td>
<td>Clairton Students</td>
<td>M-F 11-12</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Steel Valley School District</strong></td>
<td>High School Lobby, Barrett Elementary</td>
<td>Steel Valley Students</td>
<td>M-F 10-12</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Bags will include Lunch, snack and Breakfast for the next day</td>
</tr>
<tr>
<td><strong>McKeesport School District</strong></td>
<td>Twin Rivers Elementary, Founders Hall</td>
<td>McKeesport Students</td>
<td>M-F 9-11</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Breakfast and Lunch</td>
</tr>
<tr>
<td><strong>South Allegheny School District</strong></td>
<td>Middle/High School, SAE, EC-Door by Baseball Fields</td>
<td>SA Students</td>
<td>M-F 9-12</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Breakfast and Lunch</td>
</tr>
<tr>
<td><strong>Glassport Youth Center</strong></td>
<td></td>
<td>South Allegheny Students</td>
<td>M-F 9-12</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Breakfast and Lunch</td>
</tr>
<tr>
<td><strong>Club 22</strong></td>
<td>526 Monongahela Ave, Glassport 15045</td>
<td>South Allegheny Students</td>
<td>M-F 9-12</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Breakfast and Lunch</td>
</tr>
<tr>
<td><strong>Lincoln Borough Fire Dept</strong></td>
<td>4312 Liberty way, Elizabeth 15037</td>
<td>South Allegheny Students</td>
<td>M-F 9-12</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Breakfast and Lunch</td>
</tr>
<tr>
<td><strong>Port Vue Fire Dept</strong></td>
<td>1800 Romine Ave, McKeesport 15133</td>
<td>South Allegheny Students</td>
<td>M-F 9-12</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Breakfast and Lunch</td>
</tr>
<tr>
<td><strong>Northview Heights Gym</strong></td>
<td>425 Mt. Pleasant Road 15214</td>
<td></td>
<td>M-F 11-1</td>
</tr>
<tr>
<td><strong>Allegheny Dwellings Community Room</strong></td>
<td>1710 Belleau Road (Rear) 15212</td>
<td></td>
<td>M-F 11-1</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Glen Hazel Recreation Center</strong></td>
<td>895 Johnstown Ave 15207</td>
<td></td>
<td>M-F 11-1</td>
</tr>
<tr>
<td><strong>East Hills Community Center</strong></td>
<td>2291 Wilner Drive 15221</td>
<td></td>
<td>M-F 11-1</td>
</tr>
<tr>
<td><strong>Woodland Hills School District</strong></td>
<td>WH Intermediate, TC STEAM Academy, WH Admin Building (N. Braddock)</td>
<td>Woodland Hills Students</td>
<td>Beginning 3/19</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>M-F 11-1</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Breakfast and Lunch Pick up</td>
</tr>
<tr>
<td>Location</td>
<td>Eligible Students</td>
<td>Hours</td>
<td></td>
</tr>
<tr>
<td>-----------------------------------------</td>
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</tr>
<tr>
<td><strong>Food</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sto Rox High School</strong></td>
<td>Sto Rox Students</td>
<td>M-F 11:30-1:30</td>
<td></td>
</tr>
<tr>
<td><strong>Pleasant Ridge</strong></td>
<td>Sto Rox Students</td>
<td>M-F 11:30-12</td>
<td></td>
</tr>
<tr>
<td><strong>Myers Ridge</strong></td>
<td>Sto Rox Students</td>
<td>M-F 12-12:30</td>
<td></td>
</tr>
<tr>
<td><strong>Helene &amp; Catherine Streets</strong></td>
<td>Sto Rox Students</td>
<td>M-F 12:30-1</td>
<td></td>
</tr>
<tr>
<td><strong>Hays Manor Community Center</strong></td>
<td>Sto Rox Students</td>
<td>M-F 1-1:30</td>
<td></td>
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<tr>
<td><strong>Penn Hills School District</strong></td>
<td>Penn Hills Students</td>
<td>M-F 12-2</td>
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<tr>
<td><strong>West Mifflin School District</strong></td>
<td>West Mifflin Students</td>
<td>M-F 11-1</td>
<td></td>
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<tr>
<td><strong>Keystone Oaks SD</strong></td>
<td>KO Students</td>
<td>M-F 11:30-12:30</td>
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<tr>
<td><strong>Myrtle Ave Elementary</strong></td>
<td>KO Students</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Dormont Elementary</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>High School</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Castle Shannon Borough Building</strong></td>
<td>KO Students</td>
<td>M-F 12:45-1:30</td>
<td></td>
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<tr>
<td><strong>Saint John ELCA</strong></td>
<td>KO Students</td>
<td>M-F 12-1</td>
<td></td>
</tr>
<tr>
<td><strong>Alvern Gardens</strong></td>
<td>KO Students</td>
<td>M-F 11:30-12:30</td>
<td></td>
</tr>
<tr>
<td><strong>Green Tree Wilson Park (in front of Fire Station)</strong></td>
<td>KO Students</td>
<td>M-F 11:30-12:30</td>
<td></td>
</tr>
</tbody>
</table>
Pittsburgh Public Schools Grab and Go Food Distribution

Meals will no longer be handed out at the following locations

- Pittsburgh Arsenal K-5
- Pittsburgh Arsenal 6-8
- Pittsburgh Classical Academy
- Pittsburgh Carmalt PreK-8
- Pittsburgh Fulton
- Pittsburgh Grandview PreK-5
- Pittsburgh Linden
- Pittsburgh Schiller
- Pittsburgh Langley

Grab and Go locations in addition to remaining schools

- Paulson Rec Center - 1201 Paulson Ave.
- Warrington Rec Center - 329 E. Warrington Ave.
- Salvation Army Homewood location - 8020 Frankstown Ave.
- Salvation Army Westside location - 1821 Broadhead Fording Road.
- Emanuel United Methodist Church at 825 Lorenz Ave.
## Food- Grocery Store Changes

**Dollar General**
- The first hour of operation is reserved for the elderly and those at high risk
- The stores will close one hour early for restocking and sanitizing

**Fresh Thyme**
- Reserved 6 am to 8 am on Mondays, Wednesdays and Fridays for people over 60 and those who may have a compromised immune system.
- They reserved 6 am to 8 am on Tuesday and Thursday for key healthcare personnel and first responders.

**Giant Eagle**
- Doors will open at 6 a.m. on Mondays, Tuesdays, and Wednesdays to accommodate those individuals. Staff members will be on site to offer additional assistance.
- The general public is welcome to shop starting at 7 a.m. Doors close at 10 p.m. each day. Curbside pickup and delivery will be available from 10 a.m. to 7 p.m. Pharmacy hours will remain the same.

**Target**
- First hour reserved for the elderly and those with underlying health concerns
- Closing at 9pm for restocking and cleaning

**Walmart**
- Store hours changing- 7am to 8:30pm
- Tuesdays- Those 60+ can shop from 6am to 7am and will include pharmacy and vision

**Whole Foods**
- Whole Foods Market stores in the US will open to customers aged 60 and over one hour before opening to the general public.
- Will close 2 hours early to restock shelves and sanitize the store
Food - more Emergency Resources

- Greater Pittsburgh Food Bank
  - Please contact your local food pantries for changes in times and procedures due to the crisis. Locations can be found here.
  - [https://www.pittsburghfoodbank.org/](https://www.pittsburghfoodbank.org/)
  - Contact them for possible Emergency Infant Formula
  - 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](https://www.centralpafoodbank.org/wp-content/uploads/2019/06/SELFDECLARATIONOFNEED.pdf) 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 Valley Community Services, Inc
  - 300 Holland Avenue Braddock, PA 15104
  - They are putting together an emergency pantry of shelf stable foods outside of their building.

- Meals on Wheels McKnight
  - Serving North Hills, Shaler, Hampton, and West Deer
  - Qualification: Anyone that is hungry
  - Call 412-487-4088 for cost details

- 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
  - 412-279-5670
## Emergency Baby Care Supplies

- Western Pa Diaper Bank Partner agencies
  Please contact the agency to ensure they are operating at this time.

<table>
<thead>
<tr>
<th>Partner Agency</th>
<th>Address</th>
<th>City</th>
<th>Zip</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1U Highlands Family Center</td>
<td>415 E. 4th Ave</td>
<td>Tarentum</td>
<td>15084</td>
<td>724-224-9006</td>
</tr>
<tr>
<td>Children’s Family Care Connection</td>
<td>849 Braddock Ave.</td>
<td>Braddock</td>
<td>15104</td>
<td>412-473-4610</td>
</tr>
<tr>
<td>Children’s Family Care Connection</td>
<td>Penn Plaza</td>
<td>Turtle Creek</td>
<td>15145</td>
<td>412-823-2060</td>
</tr>
<tr>
<td>Children’s Family Care Connection</td>
<td>5235 Butler St.</td>
<td>Pittsburgh</td>
<td>15201</td>
<td>412-784-8683</td>
</tr>
<tr>
<td>Clairton Family Center</td>
<td>734 Miller Avenue</td>
<td>Clairton</td>
<td>15025</td>
<td>412-233-3813</td>
</tr>
<tr>
<td>Clover Leaf Ecumenical Assistance Program</td>
<td>One Grove Place</td>
<td>Pittsburgh</td>
<td>15236</td>
<td>412-207-1657</td>
</tr>
<tr>
<td>Community Empowerment Association, Inc.</td>
<td>7120 Kelly St.</td>
<td>Pittsburgh</td>
<td>15208</td>
<td>412-371-3689</td>
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<tr>
<td>East End United Community Center</td>
<td>150 Coolspring St.</td>
<td>Uniontown</td>
<td>15401</td>
<td>724-437-1660</td>
</tr>
<tr>
<td>Genesis of Pittsburgh</td>
<td>141 N. Fremont Ave.</td>
<td>Pittsburgh</td>
<td>15202</td>
<td>412-766-5212</td>
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<tr>
<td>Greater Hazelwood Family Center</td>
<td>5006 Second Ave.</td>
<td>Pittsburgh</td>
<td>15207</td>
<td>412-904-2005</td>
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<tr>
<td>Growing in God Ministry</td>
<td>601 James St.</td>
<td>Turtle Creek</td>
<td>15145</td>
<td>412-241-0811</td>
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<tr>
<td>Healthy Start</td>
<td>400 Lexington Ave.</td>
<td>Pittsburgh</td>
<td>15208</td>
<td>412-271-1000</td>
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<tr>
<td>Latino Community Center</td>
<td>212 9th St, 5th Floor</td>
<td>Pittsburgh</td>
<td>15222</td>
<td>412-325-8111</td>
</tr>
<tr>
<td>Life’s Work</td>
<td>1323 Forbes Ave.</td>
<td>Pittsburgh</td>
<td>15219</td>
<td>412-471-2600</td>
</tr>
<tr>
<td>Matilda Theiss Child Development Center</td>
<td>373 Burrows St</td>
<td>Pittsburgh</td>
<td>15213</td>
<td>412-383-1575</td>
</tr>
<tr>
<td>Maya Organization</td>
<td>7451 Washington Ave.</td>
<td>Swissvale</td>
<td>15218</td>
<td>412-501-3191</td>
</tr>
<tr>
<td>New Light Temple Baptist Church</td>
<td>2546 Centre Ave.</td>
<td>Pittsburgh</td>
<td>15219</td>
<td>412-621-7788</td>
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<tr>
<td>North Side Common Ministries</td>
<td>1601 Brighton Rd.</td>
<td>Pittsburgh</td>
<td>15212</td>
<td>412-323-1163</td>
</tr>
<tr>
<td>South Hills Interfaith Movement</td>
<td>5301 Park Ave.</td>
<td>Bethel Park</td>
<td>15102</td>
<td>412-854-9120</td>
</tr>
<tr>
<td>Squirrel Hill Health Center</td>
<td>4516 Browns Hill Road</td>
<td>Pittsburgh</td>
<td>15217</td>
<td>412-422-7442</td>
</tr>
<tr>
<td>Trinity Evangelical Lutheran Church</td>
<td>601 Brownsville Rd.</td>
<td>Pittsburgh</td>
<td>15210</td>
<td>412-381-9215</td>
</tr>
<tr>
<td>Zellous Hope Project</td>
<td>611 Chartiers Ave.</td>
<td>McKees Rocks</td>
<td>15136</td>
<td><strong>412-771-1008</strong></td>
</tr>
</tbody>
</table>
Housing

The Allegheny Link - completing normal operations remotely. Beginning tomorrow they will have one service coordinator at the Human Services Building to assist clients that come in.

Homeless Shelters - operating normally. (Winter Shelter downtown is now closed.)

Allegheny County Housing Authority - working with its residents who may have their working hours reduced due to the COVID-19 crisis. They will perform timely interim adjustments upon receipt of information.

The Housing Authority of the City of Pittsburgh - will suspend evictions through May 1st except for those with “serious public safety implications.”

U-Haul - offering 30 days’ free storage for students and/or special rates on moving trucks for those who have to move out of dorms or due to school closures. Visit www.uhaul.com/storage.

Pennsylvania Rental Assistance

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 Children’s Court room 3030
- 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/

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 (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.
Comcast has increased the speed of its Internet Essentials plan aimed at low-income customers. This involves offering 60 days of free service, after which people will be charged $9.95 per month, and increasing speeds on this plan from 15/2Mbps to 25/3Mbps.

AT&T is waiving fees for going over data caps; we'll continue to offer internet data to qualifying limited income households for $10 a month," AT&T added all home internet users have access to unlimited data; it will offer Cisco.

Verizon said it will waive late fees for the next 60 days

Verizon CEO said as part of a new FCC pledge by carriers March 13 that involves not terminating residential or small business services due to their inability to pay bills during the coronavirus pandemic; waiving late fees; and opening their Wi-Fi hotspots to all Americans for the next 60 days.

T-Mobile announced Friday that it would be providing unlimited data on all mobile plans for the next 60 days. This includes T-Mobile and Metro customers. It will also be providing an additional 20GB of its mobile hotspot service for the next 60 days and is offering free international calls to any Level 3-impacted nations worldwide.

The carrier is increasing its data allowance for free to schools and students who use its Empower ED digital learning programs, providing 20GB of data per month for the next 60 days.

Sprint announced Friday that it’ll offer unlimited data for 60 days starting next week. The arrangement will kick in by March 19 and Sprint will also provide customers with an extra 20GB of mobile hotspot data per month for the same time period.

The carrier is also waiving late fees from Friday, and won’t terminate services if customers are unable to pay their bill due to the impacts of the coronavirus. By Tuesday, it’ll introduce free international calling for CDC Level 3 nations for customers with long-distance calling plans.

Customers who don't pay for mobile hotspot services will get 20GB per month for the next 60 days "soon," Sprint added.
Medical

UPMC Health Plan (including UPMC for You aka Medicaid)

- waived all copays AND deductibles for the next 90 days (3/11/20-6/11/20) for UPMC Anywhere Care — virtual urgent care visits. Wait times are a bit long, but it’s lot easier and safer waiting from home than in an urgent care.

- [https://myupmc.upmc.com/anywhere-care/](https://myupmc.upmc.com/anywhere-care/) there is also an app on smartphones called UPMC Anywhere Care clients who have access to smartphones can download.

Cigna:


Highmark:


The Central Outreach Wellness Center began offering a limited number of covid-19 tests in a drive-by setting

127 Anderson Street - Suite 101
Timber Court Building
Pittsburgh, PA 15212
Phone: (412) 322-4151

CVS offering free delivery on prescriptions and essential items

- [https://www.cvs.com/content/delivery](https://www.cvs.com/content/delivery)

Please follow medical guidelines set forth by your doctor and Emergency Rooms when seeking medical attention at this time.
Mental Health

From the World Health Organization (WHO)

Mental Health Considerations during COVID-19 Outbreak (excerpts)

In January 2020 the World Health Organization (WHO) declared the outbreak of a new coronavirus disease in Hubei Province, China to be a Public Health Emergency of International Concern. WHO stated there is a high risk of the 2019 coronavirus disease (COVID-19) spreading to other countries around the world. WHO and public health authorities around the world are taking action to contain the COVID-19 outbreak. However, this time of crisis is generating stress in the population. These mental health considerations were developed by the Mental Health Department as support for mental and psychological well-being during COVID-19 outbreak.

General population

1. COVID-19 has and is likely to affect people from many countries, in many geographical locations. Don’t attach it to any ethnicity or nationality. Be empathetic to those who got affected, in and from any country, those with the disease have not done anything wrong.
2. Don’t - refer to people with the disease as “COVID-19 cases”, “victims” “COVID-19 families” or the “diseased”. They are “people who have COVID-19”, “people who are being treated for COVID-19”, “people who are recovering from COVID-19” and after recovering from COVID-19 their life will go on with their jobs, families and loved ones.
3. Avoid watching, reading or listening to news that cause you to feel anxious or distressed; seek information mainly to take practical steps to prepare your plans and protect yourself and loved ones. Seek information updates at specific times during the day once or twice. The sudden and near-constant stream of news reports about an outbreak can cause anyone to feel worried. Get the facts. Gather information at regular intervals, from WHO website and local health authorities’ platforms, in order to help you distinguish facts from rumors.
4. Protect yourself and be supportive to others. Assisting others in their time of need can benefit the person receiving support as well as the helper.
5. Find opportunities to amplify the voices, positive stories and positive images of local people who have experienced the new coronavirus (COVID-19) and have recovered or who have supported a loved one through recovery and are willing to share their experience.
6. Honor caretakers and healthcare workers supporting people affected with COVID-19 in your community. Acknowledge the role they play to save lives and keep your loved ones safe.

For caretakers of children

1. Help children find positive ways to express disturbing feelings such as fear and sadness. Every child has his/her own way to express emotions. Sometimes engaging in a creative activity, such as playing, and drawing can facilitate this process. Children feel relieved if they can express and communicate their disturbing feelings in a safe and supportive environment.
2. Keep children close to their parents and family, if considered safe for the child, and avoid separating children and their caregivers as much as possible. If a child needs to be separated from his/her primary caregiver, ensure that appropriate alternative care is and that a social worker, or equivalent, will regularly follow up on the child. Further, ensure that during periods of separation, regular contact with parents and caregivers is maintained, such as twice-daily scheduled phone or video calls or other age-appropriate communication (e.g., social media depending on the age of the child).
3. Maintain familiar routines in daily life as much as possible, especially if children are confined to home. Provide engaging age appropriate activities for children. As much as possible, encourage children to continue to play and socialize with others, even if only within the family when advised to restrict social contact.
4. During times of stress and crisis, it is common for children to seek more attachment and be more demanding on parents. Discuss the COVID-19 with your Children in honest and age-appropriate information. If your children have concerns, addressing those together may ease their anxiety. Children will observe adults’ behaviors and emotions for cues on how to manage their own emotions during difficult times.

People in isolation

1. Stay connected and maintain your social networks. Even in situations of isolations, try as much as possible to keep your personal daily routines. If health authorities have recommended limiting your physical social contact to contain the outbreak, you can stay connected via e-mail, social media, video conference and telephone.
2. During times of stress, pay attention to your own needs and feelings. Engage in healthy activities that you enjoy and find relaxing. Exercise regularly, keep regular sleep routines and eat healthy food. Keep things in perspective. Public health agencies and experts in all countries are working on the outbreak to ensure the availability of the best care to those affected.
3. A near-constant stream of news reports about an outbreak can cause anyone to feel anxious or distressed. Seek information updates and practical guidance at specific times during the day from health professionals and WHO website and avoid listening to or following rumors that make you feel uncomfortable.

Stay informed:
Find the latest information from WHO on where COVID-19 is spreading:
https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports/
Helping children cope with stress during the 2019-nCoV outbreak

Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child’s reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults’ love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.

Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.

Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).
Mental Health/ Crisis Assistance

- **TXT 4 HELP** is a nationwide, 24-hour text-for-support service for teens in crisis. TXT 4 HELP works anywhere in the U.S. and extends access to safety for teens. TXT 4 HELP can be used for the same reasons a young person may go to a Safe Place site - abuse, bullying, family problems, depression, suicidal thoughts, and others. TXT 4 HELP counselors can provide support via text and can offer additional suggestions for immediate help regardless of where youth are.

  Here’s how it works:
  - Text the word “SAFE” to 4HELP (44357)
  - Within seconds, you will receive a message with the closest Safe Place site and phone number for the local youth agency.
  - For immediate help, reply with “2CHAT” to text interactively with a trained counselor.
  - *Messaging and data rates apply*

- **National Runaway Safeline**: The National Runaway Safeline (NRS) provides crisis intervention, support and connections for youth ages 12-21 and their families to resources such as food banks, shelters, counseling, etc. through their 1-800-RUNAWAY (786-2929) hotline and through their live chat, emails and forums at [1800RUNAWAY.org](http://1800RUNAWAY.org). All services are provided 24 hours a day, 7 days a week, 365 days a year.
Transportation

- **Home Free Program** –
  - a national partnership between NRS and Greyhound providing free transportation for youth in crisis between 12-21 seeking to return home to a parent, guardian or alternative safe living arrangement. With some of the current challenges facing homeless and at-risk youth, as well as young people finding themselves without housing and/or access to transportation from a college or university, this program may be particularly helpful. Please reach out to NRS at 1-800-786-2929 or through their live chat at 1800RUNAWAY.org for additional information about Home Free as well as all related crisis services. Their crisis services team will make every effort to accommodate Home Free requests while ensuring the safety of the youth.
Utilities

Public Utility Commission issues moratorium on utility termination and reinstatement of disconnected services. [http://www.puc.pa.gov/]

**PWSA** – no shut offs until May 31, 2020 waiving income qualifications criteria.
PWSA is beginning to restore service to previous shut off customers. Customers that have their water shut off should request an account review and potential service restoration Call 412-255-2423

**Duquesne Light** Suspending shut offs until May 1, restoring services

**First Energy** – suspending shut offs and offer payment options to ease hardships.

**City of Pittsburgh information**- Negotiated by May Peduto
-Gas, electric or water (Pittsburgh Water and Sewer Authority, Columbia Gas, People’s Gas, and Duquesne Light) will suspend shut offs for residents through May 1st