COVID-19 RESOURCES (PITTSBURGH, PA)

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

***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 THEM TO ehrinneenan@gmail.com ***

PITTSBURGH MUTUAL AID:

● a great resource if anyone needs help or can give help with housing, food, healthcare, child/pet care, transport, storage, emotional support, and more. SPREADSHEET

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) and subscribing to COVID-19, follow the Health Department on Facebook (@AlleghenyCountyHealth) and Twitter (@HealthAllegheny), and visit www.alleghenycounty.us/coronavirus.

INCOME ASSISTANCE, LOANS, ETC:

● Hebrew Free Loan is doing Coronavirus Bridge Loans asap to assist people who have lost income because of the pandemic.
● Emergency Funds for people who work as BARTENDERS here.
● Modest Needs is offering donations to hourly workers who won't get paid during the COVID-19 outbreak. (https://www.modestneeds.org)
● TANF (Temporary Assistance for Needy Families) here
● Gig Workers Collective - National & State resources here
● Pittsburgh Stage Employee Bailout Fund
● Unemployment - Certain workers may be eligible for unemployment compensation if their employer temporarily closes, you have been sent home to quarantine, etc. due to COVID-19. They are encouraging folks to gather documents and information needed to file in case they find themselves in this situation. File an initial claim here.

ASSISTANCE REFERRALS:
• For the 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

UTILITIES, RENT, ETC:
• PSWA has suspended utility shut-offs; Duquesne Light (CLD) has ceased shut-offs
• 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

FOOD ASSISTANCE:
• 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.
• apply for Food Stamps (SNAP) & get answers about eligibility
  o with Just Harvest https://www.justharvest.org/get-help/snap-food-stamps/
  o With Greater Pittsburgh Community Food Bank, 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/
• call Greater Pittsburgh Community Food Bank to ask what resources are available. Currently they are still operating food distributions, but may be changing the models for drive-through, delivery, etc. Call them at 412-460-FOOD (3663)

CHILDREN & FAMILIES:
• 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, Grab and Go meals will be available at all 54 school locations from 11:00 AM – 1:00 PM Monday through Friday. Students are instructed to go to the school location closest to their home.
  o https://www.pghschools.org/coronavirus
PET CARE:

- 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.
- Many food pantries stock pet food. You can find a list here. Please call before going to ensure that they are open & available

MENTAL HEALTH & PEER SUPPORT:

- 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.

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, needles, etc
- Put used smoking, snorting, and injecting equipment into a bio-bucket or sharps container so people know they’re used
- 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
- Stock up on supplies. Prevention Point Pittsburgh can be reached at wwwlpppgh.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
HEALTHCARE AND TESTING:

- Drive Thru Coronavirus Testing Centers open today, Monday, March 16th at 11:00am: Central Outreach Wellness Center is partnering with Quest Diagnostics to offer drive thru testing to public based on screening questions. Limited to 100 tests. Bring photo ID and insurance card. Allegheny County location is at 127 Anderson Street, Pittsburgh, PA 15212. Centers also located in Washington, PA and Aliquippa, PA. [https://www.wtae.com/article/drive-thru-coronavirus-testing-sites-pittsburgh/31661550](https://www.wtae.com/article/drive-thru-coronavirus-testing-sites-pittsburgh/31661550)
- 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](https://www.wtae.com/article/upmc-addressing-coronavirus-testing-preparedness-efforts/31538782)

SUPPORT FOR SMALL BUSINESSES:

- 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