

COVID-19 Houston Resource Pack

Created by the
Community Design Resource Center
at the University of Houston

**Updated
April 2, 2020**

A Brief Introduction

We understand that many people in the greater Houston Area have recently had their lives upturned due to the news caused by the spread of the Covid-19 virus. Issues such as food stability, health, income and education which are already a challenge in our city have only grown worse in the last few days. We at the CDRC would like to do our part in helping those in need by compiling a list of resources for anyone who might be facing issues in the coming days and weeks, and we ask that whether or not you might need this help, that you share it anyone who you know might need it. We plan to continually update it with any additional resources we find and you can always find the most recently updated version at our website.

cdrchouston.org

Table of Contents

[Stay Home - Work Safe order](#)

[COVID-19 Testing](#)

[Resource Databases](#)

[Coronavirus Information](#)

[General Health Resources](#)

[Resources for Essential Personnel](#)

[Sign Petitions](#)

[Donate](#)

[Volunteer Needs](#)

[Food Assistance](#)

[School Food Distribution](#)

[Neighbors Helping Neighbors](#)

[Stores/Store Openings](#)

[Housing Resources](#)

[Support for Undocumented Immigrants](#)

[Support for Prisoners](#)

[Mental Health Resources](#)

[Financial Help](#)

[Financial Help for Small Business](#)

[Financial Help for Renters](#)

[Legal Aid](#)

[Remote Job Listings](#)

[Bank Help](#)

[Internet/Wi-fi Services](#)

[Online Education Resources](#)

[Community Resources](#)

[Pet Resources](#)

[Self-Care](#)

[Resources for Artist and Musicians](#)

Stay Home - Work Safe order issued for Houston, Harris County

****Please read the following information carefully, the City of Houston is constantly changing and adapting the strategies and methods to slow the spread of the coronavirus, this will be updated once new information is available****

A [Stay Home - Work Safe Order](#) has been issued for Houston and Harris County residents to help fight the spread of COVID-19.

The order will go into effect at 11:59 p.m March 24th and will last until April 3. It applies throughout Harris County, including unincorporated areas and all cities within the county.

Mayor Turner has asked that people stay at home and only leave if they have essential needs, such as purchasing groceries or receiving medical care.

According to the federal government's Cybersecurity and Infrastructure Security Agency guidelines, there are 16 sectors considered essential:

- Communications
- Chemical
- Critical Manufacturing
- Commercial Facilities
- Dams
- Defense Industrial Base
- Emergency Services
- Energy
- Financial
- Food & Agriculture
- Government Facilities
- Healthcare & Public Health
- Information Technology
- Nuclear Reactors, Materials and Waste
- Transportation Systems
- Water

As of now grocery stores do plan to stay open and restaurants can continue to serve carry out food. Daycares who provide care to employees of any essential sectors may also remain open. Parks will remain open, but no playgrounds, benches, exercise equipment or basketball courts may be used. People who enjoy the outdoor spaces must maintain social distancing by staying at least 6' apart.

Any one who does not comply can be fined or put in jail for upwards of 180 days.

Free Coronavirus Testing (as of 03/24/2020)

Harris County Public Health

*Please read the following information carefully, the City of Houston is constantly changing and adapting the strategies and methods used for Coronavirus testing, this will be updated as new information is available**

People of any age who are experiencing common COVID-19 symptoms, such as cough, difficulty breathing and fever, will need to call the Houston Health Department's COVID-19 call center at **832-393-4220 between 9 a.m. and 3 p.m. to receive a unique identification code and instructions on where to go for testing.**

Both Harris County and the city of Houston have created online or phone-based screening methods that people must use before heading to a testing site. Harris County residents can go to [ReadyHarris.org](https://www.readyharris.org) or call 832-927-7575. Houston residents can also call 832-393-4220.

The site will only accept people with a unique identification code obtained through the screening process. People who show up without an identification code will not get tested.

Examples of chronic illnesses include heart disease, asthma, chronic lung disease, cancer, and HIV/AIDS. Transplant recipients, people with weakened immune systems and pregnant women are also eligible for COVID-19 testing.

People who are sent to a testing site are encouraged to leave their windows **rolled up** until they are told by workers at the site to roll them down.

“If you are a healthy person with mild symptoms and not seriously ill, please self-quarantine at home,” Dr. David Persse, local health authority for the Houston Health Department, said. “Most people infected with COVID-19 recover. It's important we first focus our limited testing resources on the most vulnerable.”

Three more testing sites are expected to open in the coming days. The locations of the testing sites are **not** being released to prevent people from showing up and being turned away because they did not complete the screening process.

Insurance information will be collected at the sites, but payment will not be accepted. Information will not be used against immigrants in their public charge evaluation.

Legacy Community Health

COVID-19 Testing Now Available at ALL Legacy Community Health Clinics
Patient screeners have been placed at the entrance of all Legacy clinics. Click [here](#) to find your nearest Legacy clinic. Please call (832) 548-5226 first with any questions before arriving.

Fort Bend Coronavirus Testing (3/26/20)

OakBend Medical Center

Effective Thursday, March 26, 2020, OakBend Medical Group will conduct COVID-19 Testing if, and only if, the patient meets the following criteria:

Initial criteria for the COVID-19 Testing will require a Telehealth visit:

- A telehealth visit will be instituted by calling 281-238-7870
- Our Medical staff will schedule a visit via tele health
- The patient will be screened during the Telehealth visit for criteria that suggests a possible positive COVID-1

Criteria for COVID-19 Testing:

Patients must have symptoms (fever, cough, shortness of breath) AND/OR have one of the following risk factors:

- Older than 65 years old
- People who have serious underlying health conditions (heart disease, diabetes, lung disease/asthma, HIV, immunocompromised)
- Healthcare workers with suspected exposure

- COVID-19 testing is 8am – 1pm with the numbers of tests limited
- All tests must have an order from the telehealth visit
- Test Results take 24-48 hours
- COVID-19 testing will be charged to patient insurance for patients that have Medicare, Medicaid or Commercial insurance. For self-pay patients the cost of the test is \$100 at the time of service. Patients must pay by credit/ debit card prior to arriving for the COVID-19 testing.
- The patient will be given instructions by the provider's office to come to the testing

If you are not sick, you do not need to be tested. You should practice everyday preventive methods:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your coughs and sneezes. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands. Remember to wash your hands after coughing or sneezing.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe

Resource Databases

Houston Immigration Legal Services Collaborative

General resources as well as resources explaining the impact of the virus on immigration and the US Census. [Link](#)

Betancourt Macias Family Scholarship Foundation

Google sheet with national resources and state by state resources intended to be useful for undocumented communities. [Link](#)

Avenue

Resource database with weekly updates from Avenue CDC. [Link](#)

Houston Hispanic Chamber of Commerce

This page provides the latest updates on COVID-19 along with resources and information to businesses and individuals in the Greater Houston area. Check back in periodically as we will be updating this page with new information as it becomes available. [Link](#)

Greater Houston Partnerships

This page is designed to provide resources and information around the virus to businesses and individuals in our region. We will continue to update this page as new information becomes available. [Link](#)

Impact Hub Houston

Here is a comprehensive list of local and national resources, financial assistance, and opportunities to keep you informed, connected, engaged and empowered to survive and thrive past this pandemic. [Link](#)

COVID-19 Food Resources from Urban Harvest

Urban Harvest is a 501(c)3 nonprofit organization that enriches the Houston community by providing community garden programming, farmers markets, gardening classes, and youth education. They have created a list of all the community gardens, farms, and small businesses still selling produce to help support the small businesses in the area. [Link](#)

Coronavirus Information

Coronavirus Fact Sheet (Available in multiple languages)

Frequently Asked Questions (FAQs) about the Coronavirus in

[English](#) | [Vietnamese](#) | [Tagalog](#) | [Japanese](#) | [Traditional Chinese](#) | [Simplified Chinese](#) | [Spanish](#) | [Arabic](#)

What to do if you believe you have COVID-19

[Self-care Tips if you become sick with COVID-19 from an activist nurse](#)

A health care professional runs through what you can do to manage your illness at home, and when you should go into the ER

Harm Reduction Coalition

[COVID19 safer drug use](#)

A factsheet teaching safer drug use during the COVID-19 outbreak

Coronavirus Dashboard

[Coronavirus Dashboard](#)

Tracks the statistics on the virus

General Health Resources

Covid-19 Related Questions

Houston Health Department

Call: 832-393-4220

Web: houstontx.gov/health

Harris County Public Health

Call: 832-927-7575

Web: readyharris.org

Fort Bend County Health & Human Services

Call: 281-633-7795

Web: fbchealth.org/ncov/

Texas Health and Human Services

Call: 211 option 6

Web: dshs.texas.gov/coronavirus

Resources for Uninsured Residents (Bilingual)

Ask my Nurse Helpline:

Call: 713-634-1110

Memorial Herman Nurse Health Line

Call: 713-338-7979 / 1-855-577-7979

Free Clinic Directory-- Harris County

Link goes to the Harris County list, but this database can be used to find free clinics anywhere in the US. [Free, Affordable Medical And Dental Clinics In Harris TX County](#)

Resources for Essential Personnel

YMCA Childcare for essential personnel

YMCA houston is offering various locations as daycare centers for essential personnel. Essential personnel are defined as city/county staff responding to the crisis, first responders (police, fire, EMS), medical personnel, food provision/distribution personnel (food bank and grocery stores) and other organizations/businesses providing critical services to the community during the crisis. Children would be fed 3 meals a day and will participate in a wide-array of fun enrichment activities such as arts, crafts, games, literacy, STEAM and more. Meals and snacks will be provided by the houston food bank and proof of employment is needed at check in. Please look online to see which centers are offering this service and to sign up.

Link to sign up : <https://www.ymcahouston.org/essential-personnel-kids-camp>

Texas Restaurant Association

[Coronavirus guidance resources for food service employees](#)

[Como proteger a los trabajadores del coronavirus](#)

[Preguntas frecuentes sobre el coronavirus para empleadores](#)

Feed the front line

“Our clinician meal program provides much-needed support to help our local Texas restaurants stay afloat, while feeding healthcare workers fighting on the front line, working tirelessly to help our community.” For more information visit: <https://www.ftfl.org/>

Emotional Support sessions for hospitality workers

Complementary therapy support group for hospitality workers amid the COVID-19 pandemic.

We understand the challenges that members of the hospitality industry are facing amid the COVID-19 pandemic, which may include anxiety, stress, depression and/or substance use. The Lovett Center, a hub for mental health in Houston, wishes to offer a safe, non-judgemental environment to help participants navigate those challenges.

<https://thelovettcenter.com/eventold/online-support-group-for-hospitality-industry-2/>

Guidance for Businesses and Employers

[CDC's Guidance for Businesses and Employers](#)

Sign Petitions

Suspend Rent, Mortgage & Utility Payments During Coronavirus Crisis

<http://chnng.it/TcNZKWztkd> or click this [link](#)

Suspending Eviction Dockets in Harris Co During COVID

shorturl.at/dioAF or click this [link](#)

Tell ICE: Release All Immigrants at Risk of Coronavirus

<https://www.raicestexas.org/2020/03/14> or click this [link](#)

Cancel Student Debt to Stimulate the Economy

<https://sign.moveon.org/petitions/congress-cancel-student-debt-to-stimulate-the-economy> or click this [link](#)

Donate

Queer Writers of Color Relief Fund

<https://www.gofundme.com/f/queer-writers-of-color-relief-fund> or click this [link](#)

Feeding Texas COVID-19 Emergency Response Fund

Donate today to help Feeding Texas and the food bank network respond to the increased needs across Texas during this health and financial crisis. Link: <https://donatenow.networkforgood.org/FT-COVID19>

Casa de Esperanza de los Ninos

Casa de Esperanza de los Ninos strives to break the cycle of child abuse and neglect for at-risk infants, children and their families by providing comprehensive residential and family support programs that transform people and communities. In response to requests on how to help, the best way to support Casa de Esperanza during this time is with a financial contribution. These funds will allow us to continue to provide for our children and families and ensure their individual needs are intentionally met. Link www.casahope.org/donate

Kids Meals

Their mission is to end childhood hunger by delivering free healthy meals to the doorsteps of Houston's hungriest preschool-aged children and through collaboration provide their families with resources to help end the cycle of poverty. Kids' Meals is accepting donations (\$2 makes and delivers one healthy meal), weekday kitchen volunteers and lunch bags filled with a small water bottle, shelf-stable milk box or 100 percent juice, fruit cup or squeeze fruit, protein and snack. Link: <https://www.giveeffect.com/checkout/4136>

Star of Hope Homeless Shelter

Star of Hope is a Christ-centered community dedicated to meeting the needs of homeless men, women and their children. Star of Hope in Houston needs the items on the list below. Online delivery or dropoff at: 2575 Reed Road Houston, TX 77051 or 2320 Lamar Street Houston, TX 77003.

Items needed:

Regular or Large Lotion

Regular Toothpaste

Hairbrushes

New underwear for Women, Men, Boys, and Girls

Hand Sanitizer

Donate

CONSTELLATION FIELD TO SERVE AS PERSONAL PROTECTIVE EQUIPMENT DONATION SITE

The Sugar Land Skeeters today announced that Constellation Field will serve as a drop-off site for personal protective equipment to be donated to Memorial Hermann. Beginning Wednesday, April 1, people can donate PPE at Constellation Field by visiting the ticket office at the front of the stadium where they'll receive further instruction on how to donate the equipment. People can donate PPE at Constellation Field from 10 a.m. – 4 p.m. from Monday-Friday, starting on April 1. To learn more click this [link](#)

Donate to the Cougar Emergency Fund

Because of the COVID-19 pandemic, every dollar donated to the Cougar Emergency Fund will be doubled through the “Here, We Go” Matching Fund, sponsored by the UH Foundation and the James Wade Rockwell Fund. This transformative matching contribution will be made up to \$500,000. [Donate Here!](#)

Volunteer Needs

Houston Food Bank

Looking to assemble quarantine food kits
Also looking for monetary and food donations [Link](#)

Gallery Furniture

Mattress Mack is asking Houstonians to donate non-perishable items, cleaning supplies and toiletries that will be dropped off to Houston-area seniors. They also plan to cook BBQ at their stores everyday so that school children who need food can come by and grab a paper sack full of food. If you would like to volunteer deliver food to elderly or help raise money for food visit the online gofundme. [Link](#)

Interfaith Ministries

Interfaith Ministries delivers emergency shelf stable meals to more than 4,300 meals on wheels seniors each year. They plan to make deliveries in March due to COVID - 19. They are looking for donations to help in this increased cost and each dollar donated will be matched up to \$10,000. Donations can be made online. [Link](#)

Donate Blood

The American Red Cross now faces a severe blood shortage due to an unprecedented number of blood drive cancellations during this coronavirus outbreak. Healthy individuals are needed to donate now to help patients counting on lifesaving blood. Visit <https://www.redcross.org/give-blood.html> or click this [link](#)

Help TXRX Labs Make Medical Supplies For Local Hospitals

On March 19, TXRX launched the manufacturing of face shields, washable procedure masks with disposable inner filter, replacement n95 respirator, replacement Powered Air Purifying Respirators (PAPR), and substitute Tyvek suits. This equipment is in critically short supply and Houston will need literally thousands and thousands of these items to protect our front line medical works.

Donations: Go Fund Me page to help raise funds. <https://www.gofundme.com/f/txrx-manufactures-protective-medical-equipment>

Supply Chain and Purchasing: Some of the materials are in short supply, and TXRX needs a dedicated volunteer who can work around the clock sourcing materials. Email info@txrxlabs.org

Volunteer Needs

Volunteer Houston

More than 325 nonprofits serving the Greater Houston area post their volunteer needs year round on the Volunteer Houston website. Create an account or log in and find one that speaks to you or respond to an urgent need posted on the database. [Link](#)

How to make cotton masks for hospital workers

<https://www.harrishealth.org/SiteCollectionDocuments/diy-fabric-surgical-mask-guidelines-and-instructions.pdf>

Fort bend meals of wheels volunteer form

<https://fortbendseniors.org/volunteer/>

Houston Shift Meal

They are mainly a resource database for restaurants to provide meals for those needy as well for people to apply to get meals they are also looking for volunteers

<https://www.houstonshiftmeal.com/>

Food Assistance

United Way

United Way supports 211, a free and confidential service that helps people across North America find the local resources they need 24 hours a day, 7 days a week. 211 can be accessed by phone or computer. A toll-free call to 211 connects you to a community resource specialist in your area who can put you in touch with local organizations that provide critical services that can improve and save lives. They have also set up a COVID-19 Relief Fund to help with bills, rent, and food.

Houston Food Bank Helpline

To receive food help from the Houston Food Bank please call 832-369-9390

Collaboratory for Aging Resources and Education (CARE)

To receive senior aid or for any senior caretakers please call 346-704-4233

Texas Health and Human Services

To apply for state wide given food aid (SNAP) due to loss of income click [here](#).

National Food Assistance

To find out how to get food in case of an emergency, apply for food stamps and what free or low-cost food programs are available for infants, children and seniors click [here](#).

MyPlate

provides recipes and resources to support building healthy and budget-friendly meals. [Link](#)

Houston Parks and Recreation Department Curbside Meals

(snack and lunch) for youth ages 1 to 18 will be provided at 47 Houston Parks Community Centers beginning March 23rd, Monday through Friday between 1 and 3 pm. Monday March 23rd 50 meals will be at each site, with the potential to expand to 200 at a later date. For a list of sites follow this link: <https://www.houstontx.gov/parks/pdfs/HPARDCurbsideMealProgramSite.pdf>

Food Assistance

Restaurant Workers Relief Program

Starting on March 28, they will turn Riel Houston into a relief center for any restaurant worker who has been laid off or has had a significant reduction in hours and/or pay. We are offering help for those in dire need of food and supplies. Each night, they will pack hundreds of to go dinners that people can come to pick up and take home. Dinners are offered on a first-come, first-served basis. Limit 1 per person unless there is an emergency situation. They will also have essential supplies on hand. They will limit how much any one person can take of these supplies, but they will be handed out free to those in need.

FREE FOOD DISTRIBUTION FOR CHILDREN

Parks and Recreations team will be offering free lunches for children at 5 of our parks. There will only be 50 meals available per day at each location. The team will be doing distributions Wednesday-Friday of this week from 11 AM - 2 PM or until supplies last! Parents, you must bring your kiddos to get lunches. HPARD Curbside Meals Program Site List <http://www.houstontx.gov/parks/pdfs/HPARDCurbsideMealProgramSite.pdf>

Wesley Community Center Food Pantry

The Wesley Community Center Food Pantry is open Wednesday and Friday, 9 am to noon. They have altered their distribution to a drive-up service, to keep physical distancing recommended by the Center for Disease Control. Families will receive a pre-packaged bag of food.

Heights Interfaith Ministries Food Pantry

The HIM Food Pantry will remain open regular hours:
Thursdays from 5 PM to 7 PM; Saturdays from 10 AM to Noon
They have altered their distribution to a drive-up service, to keep physical distancing recommended by the Center for Disease Control. Families will receive a pre-packaged bag of food.

School Food Distribution

Katy ISD

Curbside lunch pick up from 9:30AM-11:30AM. Go to this [link](#) for more updates.

Bear Creek Elementary
Sundown Elementary
Hutsell Elementary
Mayde Creek Elementary
West Memorial Elementary
Memorial Parkway Elementary
Betheke Elementary (service at this site ends Monday, March 23)
Golbow Elementary
Williams Elementary
Tompkins High School
Paetow High School (as of Monday, March 23)

Fort Bend ISD

Breakfast will be served from 7:30AM – 9AM

Lunch will be served from 11:30AM – 1PM

Go to this [link](#) for more updates

Travis High School
Hodges Bend Middle School
Kempner High School
Sartartia Middle School
First Colony Middle School
Dulles High School
Missouri City Middle School
Elkins High School
Ridge Point High School
McAuliffe Middle School
Hightower High School

Aldine ISD

Breakfast will be served from 7:30AM - 9AM

Lunch will be served from 11:30 AM to 1:30 PM

Meals will be located at the front of each school. Go to this [link](#) for more updates.

Aldine High School	Aldine Middle School	Anderson Academy
Blanson CTE High School	Garcia Middle School	Carroll Elementary
Carver High School	Jones Middle School	Ernel Elementary
Davis Senior High School	Mead Middle School	Escamilla Elementary
Eisenhower Senior High School	Shotwell Middle School	Francis Elementary
MacArthur Senior High School	Teague Middle School	Greenspoint Elementary
Nimitz Senior High School		Harris Elementary
		Jones Elementary
		Kujawa Elementary

School Food Distribution

Pasadena ISD

Go to this [link](#) for more updates

9:00 a.m. – 10:30 a.m.

Beverly Hills Intermediate (11111 Beamer Rd., Houston, TX 77089)

Queens Intermediate (14521 Queens Rd., Houston, TX 77017)

South Houston Intermediate (900 College Ave., South Houston, TX 77587)

Kendrick Middle School (3001 Watters Rd., Pasadena, TX 77504)

Shaw Middle School (1200 East Houston, Pasadena, TX 77502)

11:30 a.m. – 1:00 p.m.

Dobie High School (10220 Blackhawk Blvd., Houston, TX 77089)

Sam Rayburn High School (2121 Cherrybrook Ln., Pasadena, TX 77502)

Pasadena High School (206 South Shaver St., Pasadena, TX 77506)

South Houston High School (3820 Shaver St., South Houston, TX 77587)

Pasadena Memorial High School (4410 Crenshaw Rd., Pasadena, TX 77504)

Cypress-Fairbanks ISD

breakfast and lunch may be picked up between 10:00 a.m. and 1:00 p.m.

Go to this [link](#) for more updates.

Arnold Middle School

Bane Elementary School

Cy Creek High School

Cy Lakes High School

Cy Park High School

Cy Ridge High School

Cy Springs High School

Danish Elementary School

Francone Elementary School

Frazier Elementary School

Holbrook Elementary School

Horne Elementary School

Kirk Elementary School

Langham Creek High School

Thornton Middle School

Goodson Middle School

Houston ISD

Houston ISD confirmed that food distribution has been **indefinitely suspended** because “we have been made aware that an individual present at one of HISD’s Wednesday food distribution sites is now under self-quarantine as a precaution due to potential COVID-19 exposure,” Carpenter reported.

Neighbors Helping Neighbors

For Neighbors | Para Vecinos Form

google doc that can be downloaded, filled out with the name and address of the user, printed, and dropped off at neighbors houses to connect while social distancing in the interest of mutual aid and survival. [For Neighbors | Para Vecinos.docx](#)

Crowdsource Rescue

CrowdSource Rescue is a Houston-based disaster response non-profit. They are co-opting our rescue platform to use for the COVID-19 pandemic. They are currently organizing volunteers to help to do no-contact food deliveries to high-risk Houston residents. https://crowdsourcerescue.com/campaigns/view/190?scope_campaigns=190

Stores/Store Openings

HEB

All H-E-B, Joe V's Smart Shop, Mi Tienda and Central Market stores in the Houston area have shifted to modified hours. The new hours for Houston stores are 8 a.m. to 8 p.m. . The Senior Support Line will be staffed with volunteers to accept and process orders over the phone from 11 a.m. to 3 p.m., seven days a week. To access the Senior Support Line, call 1-833-397-0080.

Randalls

Randalls announced that starting Sunday, March 15, they're going to modify store hours of 7 a.m. to 9 p.m. every day until further notice.

Walmart

Their new hours will be 6 a.m. to 11 p.m. until further notice. Stores currently operating under more reduced hours will keep their current hours of operation. From March 24 through April 28, Walmart stores will host an hour-long senior shopping event every Tuesday for customers 60 and older, which will start one hour before stores open. Checking IDs is at the store's discretion, Walmart told USA TODAY.

Kroger

All Houston division Kroger stores will open at 7 a.m. and close at 10 p.m. until further notice.

CVS

CVS plans to waive fees for home delivery on any prescription.

U-HAUL

U-Haul will extend 30 days of free self-storage at U-Haul-owned and -operated facilities to help college students impacted by unforeseen schedule changes at their universities. The free month applies to new customers with college IDs and is a limited-time offer subject to availability.

FOOD TOWN

Food Town stores are now open from 7 - 8 am for those over 65 years only.

Target

Target will be closing stores early at 9 pm daily, and they plan to reserve the 1st hour of each shopping day for elderly or immunocompromised.

Stores/Store Openings

Whole Foods

Starting Wednesday, all Whole Foods Market stores in the U.S. and Canada will let customers who are 60 and older shop one hour before opening to the public.

Dollar General

Dollar General designated the first hour at its more than 16,000 stores in 44 states as open daily to senior shoppers.

Trader Joe's

Trader Joe's also started offering senior hours this week, reserving the first hour of daily shopping to seniors, from 9 a.m. to 10 a.m.

Costco

Beginning March 24 on Tuesdays and Thursdays, from 8 a.m. to 9 a.m., Costco will temporarily implement special operating hours for members who are 60 and older. The pharmacy will also be open during this hour

Walgreens

Walgreens is making every Tuesday Seniors Day. Seniors 55+ can enjoy 30% off in store or online. In addition they are making their stores available for only seniors from 8AM-9AM every Tuesday.

Gallery Furniture

Gallery Furniture has free food for seniors and children at Gallery Furniture North Freeway, 7 am - 8 pm daily. Grab and go meals: breakfast with a juice, lunch with a milk, must be a child or senior in car, one meal per person in car.

Location: 6006 North Frwy, Houston, TX, 77076

Housing Resources

Evictions:

The Eviction Lab at Princeton University has built the first nationwide database of evictions. This new table details where municipalities, states, and the federal government have taken action. They will be continually updating the table as we build a larger map to house this information, and welcome tips regarding what your community is putting into place. Link <https://evictionlab.org/covid-eviction-policies/>

Just Shelter

Just Shelter was founded to raise awareness of the human cost of the lack of affordable housing in America and to amplify the work of community organizations working to preserve affordable housing, prevent eviction, and reduce family homelessness. They offer all the available organizations in your area to should you face eviction <https://justshelter.org/community-resources/>

FEMA extends flood insurance renewal policies for those affected by COVID-19

FEMA has extended its flood insurance program by giving individuals a 120-day grace period to renew their policies instead of 30 days. For more information [click here](#).

Support for Undocumented Immigrants

Immigrants Rising

[\[Immigrants Rising\] Tangible Support for Immigrant Communities During COVID-19](#)

Tangible Support for Undocumented Communities during COVID-19. WELL ORGANIZED AND TONS OF RESOURCES

Legal Aid at Work

[Undocumented Workers' Employment Rights](#)

Undocumented Workers' Employment Rights Fact Sheet

Public Charge Protection

[U.S. Citizenship and Immigration Services](#) will NOT consider #COVID-19 (#Coronavirus) testing, screening, treatment, or vaccination in a public charge evaluation (if a vaccination becomes available). Questions? Call the Immigrant Rights Hotline at 1-833-468-4664 or go to <https://www.uscis.gov/greencard/public-charge> for more information.

Healthcare access for Undocumented Folks in the Time of COVID19

For a list of all the community clinics and information on how to get medical care in light of undocumented status please go to the united we dream website. [Link](#)

Support for Prisoners

Beyond Prisons:

Short Guide for How to Support Prisoners During the Covid-19 Crisis (geared primarily towards those with a loved one in prison). Click this [link](#)

Mental Health Resources

The Harris Center

The Harris Center offers a 24/7 crisis hotline at 713-970-7000 option 1.

SAMHSA National Disaster Distress Hotline

The SAMHSA National Disaster Distress Hotline has a 24/7 multi language hotline at 1-800-985-5990 or [online](#).

National Suicide Prevention Lifeline

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones at 1-800-273-8255 or [online](#).

Crisis Text Line

Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to text with a trained Crisis Counselor

The Trevor Project

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. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the TrevorLifeline now at 1-866-488-7386, text START to 678678, or visit [online](#).

Veterans Crisis Line

Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves. Call 1-800-273-8255, text 838255, or visit [online](#). Support for the deaf or hard of hearing call 1-800-799-4889.

COVID19 Emotional Support Hotline (Non-Emergency)

People who are feeling worry/anxiety/stress and just need a warm voice to talk to. Please Call 833-251-7544

Mental Health Resources

Manage your COVID anxiety

Visit <https://www.virusanxiety.com/> or click this link

COVID-19 & Your Mental Health: A Comprehensive Resource Guide

Visit this [link](#)

Online AA meetings

Visit this [link](#) to learn more

Financial Help

Texas Attorney General

Texans who believe they have encountered price gouging should call (800) 621-0508 or file a complaint [online](#).

Unemployment Benefits

Persons who have lost their jobs or self-employment or who are no longer working as a direct result of a major disaster for which a disaster assistance period is declared, and who applied but are not eligible for regular unemployment benefits should look to see if their are eligible at this [link](#).

Bartender Emergency Assistance Fund

The purpose of the Bartender Emergency Assistance Program (BEAP) is to assist qualified bartenders, bar backs, and bar servers who are in need of financial assistance as a result of a catastrophic event or an emergency hardship. [Link](#)

Book Industry Charitable Foundation

Binc is the only nonprofit in the country dedicated to assisting booksellers in need. Assistance may be available for the medical expenses of booksellers and to help booksellers in specific cases where store closure and/or loss of scheduled pay leads to the inability to pay essential household bills for an individual or family. [Link](#)

Rauschemberg Emergency Grants

The program will provide one-time grants of up to \$5,000 for unexpected medical emergencies. The grants are available to visual and media artists and choreographers who are U.S. citizens or permanent residents in the United States, District of Columbia, or U.S. Territories. [Link](#)

Queer Writers of Color Relief Fund

This fund is for queer writers of color only, not organizations or nonprofits, who are in need of financial assistance right now.

Financial Help

Houston Public Works

Mayor Turner has announced that water will not be cut off for non-payment until April 30, please call to set up a payment plan if needed. [Link](#)

Cypress Area Assistance Ministries

CAAM helps those in zipcodes 77065, 77095, 77429 and 77433 with Financial Assistance, Food, Special Delivery. Operation Jobs/GED and ESL Classes are not bound by zipcode. Volunteers always needed! [Link](#)

Houston Virtual Tip Jar

When restaurants and bars close, the service industry is living paycheck to paycheck. Please contribute to this virtual tip jar, or submit the form on top if you are in the industry and need assistance. [Link](#)

National Endowment for the Arts

The National Endowment for the Arts has compiled a list of resources for artists and arts organizations. [Link](#)

Southern Smoke Foundation

Southern Smoke Foundation provides funding to individuals in the food and beverage industry who are in crisis. [Link](#)

TexVet Emergency Funding Resources

This site provides a list of organizations where veterans and their dependents can seek financial assistance for a variety of needs. [Link](#)

Financial Help

COVID-19 Free Lance Artist Resources

This list is specifically designed to serve freelance artists, and those interested in supporting the independent artist community. This includes, but is not limited to, actors, designers, producers, technicians, stage managers, musicians, composers, choreographers, visual artists, filmmakers, craft artists, teaching artists, dancers, writers & playwrights, photographers, etc. [COVID-19 & Freelance Artists](#)

USBG National Charity Foundation (Bartender Relief)

USBG offers grants to eligible bartenders. COVID-19 response page at <https://www.usbgfoundation.org/covid-19-response>

Help paying for Prescriptions

Programs called Patient Assistance Programs (PAPs), which are created by pharmaceutical companies, provide free or discounted medicine to people who are unable to afford them. Each program has its own qualifying criteria. To find more information and see if you qualify please check online. Link: <https://www.needymeds.org/newuser>

TDECU

TDECU is currently offering the following products and services to Members and non-members in light of the Covid-19 crisis:

- TDECU Assistance Loan – small dollar (\$500-\$4,000) short term loan designed to help members get the cash they need to make it through the coming weeks
- 0% balance transfers on credit cards.
- No fee ATM's
- Special incentives on refinancing your auto

ISGH COVID RELIEF FUND

Join ISGH and other local humanitarian organizations to provide support, supplies, and financial assistance to those affected by the Coronavirus outbreak. To apply for funds or donate visit the link: <https://isgh.org/covid19relief/>

Financial Help for Small Business

Verizon Small Business Recovery Fund:

<https://www.lisc.org/covid-19/verizon-small-business-recovery-fund/>

LISC will use the funds to provide grants of up to \$10,000 to businesses facing immediate financial pressure because of COVID-19, especially entrepreneurs of color, women-owned businesses and other enterprises that don't have access to flexible, affordable capital in historically underserved communities. LISC will launch an online process for small businesses to submit applications for grants ([sign up here to stay updated on the process](#)). Applications will be reviewed and then entered into a lottery. The grants are designed to help business owners fill urgent financial gaps - from paying rent to meeting payroll - until they can resume normal operations or other financing becomes available.

'Paycheck Protection Program' - any small company can apply

Any business with fewer than 500 employees can apply. There's a formula that dictates how much they would get. If the business spent that money on employees, a mortgage, rent or utilities, the principal of the loan would be forgiven. For more information visit this [link](#).

Economic Injury Disaster Loans and Loan Advance

In response to the Coronavirus (COVID-19) pandemic, small business owners in all U.S. states, Washington D.C., and territories are eligible to apply for an Economic Injury Disaster Loan advance of up to \$10,000. To apply for a COVID-19 Economic Injury Disaster Loan, [click here](#).

SBA Debt Relief

The SBA Debt Relief program will provide a reprieve to small businesses as they overcome the challenges created by this health crisis. [Click Here](#)

SBA Express Bridge Loans

[Express Bridge Loan Pilot Program](#) allows small businesses who currently have a business relationship with an SBA Express Lender to access up to \$25,000 with less paperwork.

Small Business Administration

Small businesses, small agricultural cooperatives and some private nonprofit organizations that have suffered substantial economic injury due to COVID-19 may be eligible for an EIDL of up to \$2 million, which will provide the necessary working capital to help businesses survive until normal operations resume after a disaster. [Link](#)

Financial Help for Renters

Alliance of Community Assistance Ministries

713-640-5192 or visit <https://acamweb.org/contact-us/> or click this [link](#)

The Archdiocese of Galveston-Houston

719-659-5461 or visit <https://www.archgh.org/resources/need-help/> or click this [link](#)

Catholic Charities

713-874-6776 or visit <https://catholiccharities.org/> or click this [link](#)

Coalition for the Homeless

713-739-7514 or visit <https://www.homelesshouston.org/> or click this [Link](#)

Disaster Housing Assistance Program

866-497-6036 or visit <https://www.galaxy.construction/> or click this [Link](#)

East Fort Bend Human Needs Ministry

281-261-1006 or visit <https://www.humanneeds.org/> or click this [Link](#)

Epiphany Community Health Outreach Services

713-270-0369 or visit <http://echos-houston.org/> or click this [Link](#)

Emergency Aid Coalition

713-522-5903 or visit <https://eachouston.org/> or click this [Link](#)

Humble Area Assistance Ministries

281-446-3663 or visit <https://haaministries.org/> or click this [Link](#)

Financial Help for Renters

Interfaith Caring Ministries

281-332-3881 or visit <http://www.icmtx.org/> or click this [link](#)

Jewish Federation of Greater Houston

713-667-9336 or visit <https://www.houstonjewish.org/> or click this [link](#)

Katy Christian Ministries

281-3915261 or visit <https://kctcm.org/> or click this [link](#)

Memorial Area Assistance Ministries

713-468-4516 or visit <https://www.mamhouston.org/> or click this [Link](#)

My Brother's Keeper

281-498-9933 or visit <http://www.mybkoutreach.org/> or click this [Link](#)

Red Cross

713-526-8300 or visit <https://www.houstonredcross.org/> or click this [Link](#)

St. Vincent's House

409-763-8521 or visit <https://www.stvhope.org/> or click this [Link](#)

Wesley Community Center

713-223-8131 or visit <https://wesleyhousehouston.org/> or click this [Link](#)

Texas Health and Human Service Commission

2-1-1 or visit <https://hhs.texas.gov/> or click this [Link](#)

United Way

713-957-4357 or visit <https://www.unitedwayhouston.org/> or click this [Link](#)

Financial Help for Renters

US Department of Housing and Urban Development (HUD)

713-718-3199 or visit <https://www.hud.gov/> or click this [link](#)

West Houston Assistance Ministries

713-977-9942 or visit <https://www.whamministries.org/> or click this [link](#)

Legal Aid

Lonestar Legal Aid

Toll Free - (800) 733-8394
8 a.m. - 5 p.m.

Houston Volunteer Lawyers

Visit <https://www.makejusticehappen.org/node/24/how-get-help> and fill out their online application, or click this [link](#)

Beacon Law

Visit <https://www.beaconhomeless.org/beaconlaw> and fill out their online application, or click this [link](#)

Remote Job Listings

Daily Remote

<https://dailyremote.com/> or click this [Link](#)

Remote.co

<https://remote.co/remote-jobs/> or click this [Link](#)

BloggingPro

<https://www.bloggingpro.com/jobs/#s=1> or click this [Link](#)

Working Nomads

<https://www.workingnomads.co/jobs> or click this [Link](#)

Remote OK

<https://remoteok.io/> or click this [Link](#)

We Work Remotely

<https://weworkremotely.com/> or click this [Link](#)

Remotive

<https://remotive.io/> or click this [Link](#)

Pangian

<https://pangian.com/> or click [Link](#)

Bank Help

BBVA

BBVA is offering special assistance to consumer and small business customers with ATM fee refunds, penalty-free withdrawals from applicable CDs, and payment deferrals, extensions, and waves on existing lines of credit and loans. They also have a deal for free checking for new customers right now that includes a lot of features and can save them up to \$144 a year.

Bank of America

Bank of America is offering “assistance to qualifying consumer and small business clients facing hardships, including forbearance with certain fees.” Call your local bank for more information

Capital One

Capital One says that “all customers will be eligible for assistance, of which will vary on the type of product they have and their individual needs” and has set up a coronavirus information page for customers.

Chase

Chase is keeping its branches open and is addressing customers who need help on a case-by-case basis.

Citibank

For the next 30 days, Citibank is offering fee waivers, waived penalties, credit line increases, and more. Check out Citibank’s [COVID-19 page](#) for the full details and updates.

PNC Bank

PNC pledges to help its customers “navigate potential financial hardships” caused by the coronavirus outbreak. If you are a PNC customer, stay up to date with the bank’s coronavirus [info page](#).

Truist (formerly BB&T and SunTrust)

Truist has set up a help page where customers can find out how the bank is “to reduce financial stress during this challenging and uncertain time.”

Bank Help

U.S. Bank

U.S. Bank encourages customers experiencing hardship to call 888-287-7817 or visit the bank's coronavirus [help page](#).

Wells Fargo

Wells Fargo is offering assistance to customers on a case-by-case basis. Call 1-800-219-9739 or visit Wells Fargo's COVID-19 site for more information.

Internet/Wi-fi Services

Free Internet with Spectrum

Beginning March 16 and free for 60 days for households with K-12 or College students. They also plan to open their Wi-fi hotspots for public use. To enroll in service call **1-844-488-8395**. Installation fees will be waived.

Free Internet with Comcast

Effective Monday, March 16, 2020, new Internet Essentials customers will receive two free months of Internet service. We are also increasing the speed of the program to 25 Mbps downloads, and 3 Mbps uploads for all new and existing customers. To apply for the internet essentials program, click [here](#).

Free Video Conferencing through Zoom

Zoom the video conferencing app is lifting the free account 40 minute limit of video calls in select countries as well as offering free online weekly webinars on how to use the app for distance learning. To sign up, click [here](#).

Free Adobe Products for Select Students

To be eligible for this access, your school or college must be a current customer with an active Device, Shared Device License, or Serial Number plan. To access this service your school administrator must request access. For more information, click [here](#).

Houston Public Library Online

The Houston Public Library offers free online books and audiobooks for anyone with a library card. You can access all services offered [here](#).

Fort Bend Public Library Online

The Fort Bend Public Library offers free online books and audiobooks for anyone with a library card. You can access all services offered [here](#).

COMPUDOPT

Compudopt's mission is to provide technology to students who need it most. They are offering rentable computers to families with out a device free of charge. For more information click [here](#).

Online Education Resources

Khan Academy

Khan Academy is a nonprofit with the mission to provide a free, world-class education for anyone, anywhere. They are also providing daily schedules for students 4-18 to aid with school closures. [Link](#)

Scholastic Virtual Learning Resource Center

Day-by-day projects to keep kids reading, thinking, and growing. Every day includes four separate learning experiences, each built around a thrilling, meaningful story or video. Kids can do them on their own, with their families, or with their teachers. [Link](#)

Kanopy

Stream thousands of films and documentaries for free, thanks to the generous support of your public library or university. [Link](#)

Ted Ed

TED-Ed is TED's youth and education initiative. TED-Ed's mission is to spark and celebrate the ideas of teachers and students around the world. [Link](#)

Academic Earth

Academic Earth was launched on the premise that everyone deserves access to a world-class education. They also make sure there is something for everyone: whether you want to explore a new topic or advance in your current field, we bring the amazing world of academia to you for free. [Link](#)

Lynda

Learn software, creative, and business skills to achieve your personal and professional goals. [Link](#)

Online Education Resources

Commonlit

CommonLit is a nonprofit education technology organization dedicated to ensuring that all students, especially students in Title I schools, graduate with the reading, writing, communication, and problem-solving skills they need to be successful in college and beyond. [Link](#)

Illustrative Mathematics

Illustrative Mathematics is a non-profit organization committed to creating a world where learners know, use, and enjoy mathematics. Highly respected authors craft and deliver high-quality, problem-based core curricula and professional learning resources that help teachers and students excel in teaching and learning mathematics. [Link](#)

Zearn

Their entire K-5 curriculum – including 400 hours of digital lessons with on-screen teachers and supportive remediation – is available for free during this time. Kids, teachers, parents, and caregivers can directly access all our top-rated content 24/7, outside of school, including paper-based materials that can be used without a device. [Link](#)

Houston Public Media

Houston Public media is offering at home learning from 6 AM to 6 PM to help parents provide educational resources for their children at home. The elementary student broadcast schedules will include trusted and educational programs, such as Peg + Cat, Martha Speaks and Sesame Street. Middle and high school programming will include content like NOVA, American Masters and Shakespeare Uncovered. Additional PBS programs are also available to stream on the free PBS Video and PBS KIDS Apps. In addition to the broadcast schedules, students and educators can access an online library of free educational resources from PBS LearningMedia including videos, associated lesson plans, hosted training sessions and self-guided how-to resources for teachers, that accompany PBS's trusted programs and align with current classroom standards. The broadcast and digital materials provided by Houston Public Media are one component of the at-home learning experience.

To access resources, click this [link](#)

To view a full list and schedule of programming, click this [link](#)

Community Resources

Care Pantry (Mobile app)

Care Pantry connects people to helpful resources available in North Houston. Helps find free and reduced cost social services. Download the mobile app on your smartphone.

CORONAVIRUS (COVID-19) COMMUNITY IMPACT SURVEY

for Greater Houston, Galveston, and surrounding counties.
Help non-profit, philanthropic, and educational organizations better understand the economic and social impacts of the virus in our community. [Take the Survey](#)

GO Neighborhoods Northside

will be sending an updated newsletter each week to provide the most current and relevant information and resources to the community. For a shareable link or PDF of this newsletter, contact lailak@avenuecdc.org.

Pet Resources

Houston Humane Society

The Pet Food Pantry at the Houston Humane Society will be open 5 days this week, Monday 23rd- Friday 27th from 2pm-4pm. Given the large demand and limited food, only the first 100 cars will be served. [Link](#)

UPDATE: TEMPORARILY CLOSED. CHECK WEBSITE FOR UPDATES.

Friends for Life

Friends For Life in the Heights has a community pet food bank for individuals who need help feeding their pets. Individuals only need a valid ID. Right now it is by appointment. Meals on wheels also has their aniMEALS program for seniors. The Friends for Life website also has a list of low cost vet clinics. [Link](#)

UPDATE: TEMPORARILY CLOSED. CHECK WEBSITE FOR UPDATES.

Self Care

Netflix Party

<https://www.netflixparty.com/> or visit this [link](#)

Books

Bookstores are shipping and offering curbside-pick-up service: ww.bluewillowbookshop.com ([link](#)) and www.Brazosbookstore.com ([link](#))

Support Bookstores by buying audiobooks through www.libro.fm click this [link](#)

Buy books by women & nonbinary authors click this [link](#)

Social Distancing Festival

submit and stream short plays or click this [link](#)

Art

University Art classes for free click this [link](#)

A guide to enjoying art at home click this [link](#)

Art courses with the MoMA or click this [Link](#)

Resources for Artist and Musicians

EMERGENCY GRANTS FOR ARTISTS

[Arts and Culture Leaders of Color Emergency Fund](#)

This fund is for those who self-identify as BIPOC (Black, Indigenous, People of Color).

[Authors League Fund](#)

Help professional writers continue their careers with dignity by providing no-strings-attached “loans” to pay for pressing expenses. Repayment of this emergency support is not required.

[CERF+ Emergency Assistance for Craft Artists](#)

Financial support for COVID-19 related emergencies happening to craft artists.

[Dramatists Guild Foundation Provides Emergency Grants for Writers](#)

Financial assistance to individual playwrights, composers, lyricists, and book writers in dire need of funds due to severe hardship or unexpected illness.

[Foundation for Contemporary Arts Emergency Grants](#)

Urgent funding for visual and performing artists who have sudden, unanticipated opportunities to present their work to the public when there is insufficient time to seek other sources of funding and those that incur unexpected or unbudgeted expenses for projects close to completion with committed exhibition or performance dates.

[PEN American Writer’s Emergency Fund](#)

Small grants program for professional—published or produced—writers in acute or unexpected financial crises. Depending on the situation and level of need, grants are in the range of \$2,000.

[Rauschenberg Foundation Medical Grants for Artists](#)

One-time grants of up to \$5,000 for medical or dental emergencies available to visual and media artists and choreographers living anywhere in the United States or U.S. Territories.

[Relief Funds for Blues Artists](#)

For Blues musicians and their families in financial need due to a broad range of health concerns. The Fund provides for acute, chronic and preventive medical and dental care as well as funeral and burial expenses.

A State-by-State Resource Guide for Music Professionals Who Need Help During Coronavirus Crisis (Updating)

Billboard has compiled a list of resources at both the national and state levels, including more than four dozen relief funds. For more information visit this [link](#).

Resources for Artist and Musicians

COVID-19 Resources for Artists and Arts Organizations

<https://www.arts.gov/covid-19-resources-for-artists-and-arts-organizations>

MusiCares COVID-19 Relief Fund

<https://www.grammy.com/musicares/get-help/musicares-coronavirus-relief-fund>

Music Covid Relief

a resource brought to you by the U.S. Music Community to help music professionals access information and applications to receive benefits made available by the CARES Act (Phase III of the Coronavirus Stimulus bill signed into law March 27, 2020).

<https://musiccovidrelief.com/>

COVID-19 & Freelance Artists

<https://covid19freelanceartistresource.wordpress.com/emergency-funding/>