

IF YOU NEED HELP:

Covid19 Los Angeles Community Resources

This document is a public source with tons of resources for people who need HELP. It's AMAZING. It is a community effort started by an anonymous individual, and since it's community-sourced it gets updated constantly!

Share with anyone you think might need it.

Please share to your Facebook (publicly) -- because you never know who might see it.

Share, share, share!

WAYS TO HELP OTHERS DURING CORONAVIRUS:

It can be hard to know where to start. Just pick one thing on the list, and do it today. As we like to remind ourselves, just *TAKE ACTION!*

HELP YOUR FRIENDS CELEBRATE THEIR BIRTHDAYS

A huge list of ideas how to make your friends and family members quarantine birthday their best birthday yet!

MAKE A MINI PANTRY

<http://www.littlefreepantry.org>

Make a sign to thank essential workers! Create your own poster and post it on your door, window, or social media [Use this printable from Doing Good Together](#) if you need a template.

Mail a handwritten letter to a senior!

Write legibly and with large print. Add drawings to make your letter more original. Don't put the date. Put the letter in an envelope if possible.

Send your letters to Love for the Elderly at this address:

Love For The Elderly P. O. Box 24248 Cleveland, OH 44124

Make kits for people experiencing homelessness and newly-housed individuals!

Choose to whether make Care Kits or Welcome Home Kits. Click this link

(betterimpact.com) to see what materials specific bundles need. Ship or drop off the

care packages for PATH Los Angeles at 340 N. Madison Ave, Los Angeles 90004. You can also just purchase items for the kits via their wishlist ([smile.amazon.com](https://www.amazon.com/s?ref=astore_navbar)).

Do Neighbor Check In's - Remember, limiting in person contact is important, so call or text if you can. If you want to check on a neighbor and don't have their number, you can talk through the door. Drop off a treat, a book or just a nice note! Reach out to older adults who live alone – Call, text, video chat! This is a good time to bring back letter writing! If you're an older adult, reach out to your friends and family. Ask how you can help and don't hesitate to ask for help – Older adults are being asked to stay home and may have trouble getting groceries, medication, and other necessities. Ask how you can help and don't hesitate to ask for help yourself.

MEALS ON WHEELS

Vulnerable older adults are at greatest risk amid COVID-19. Let's help keep them safe and cared for by delivering meals to their donors. [Contact your local Meals on Wheels organization to volunteer.](#)

If your local program is not taking volunteers consider donating non-perishable items or money to their organization. Reach out to your local Meals on Wheels provider to find out specific needs. Each individual Meals on Wheels provider is unique in the support they may need at this time. Now is the time to call, text or email your older neighbors and loved ones to see what they might need. Let them know you're thinking about them and that you're available to help, should they need it.

Support the Meals on Wheels COVID-19 response fund.

Volunteer at a [Food Bank](#)

[VOLUNTEER WITH OR DONATE TO SHOWER OF HOPE](#)

Shower of Hope Foundation works to provide resources to the homeless in Los Angeles. Right now, they are working on 3 initiatives: Destination Hope (bringing safe parking spaces to those sleeping in their cars), Hope Navigation Center (an online guide to resources for the homeless in LA), and Hope Housing for Students. Donate through their site to support their campaign to end homelessness.

[VOLUNTEER WITH OR DONATE TO REFRESH SPOT](#)

The ReFresh Spot is a community-driven initiative that aims to provide essential resources, such as restrooms, showers, and laundry facilities, to the homeless community of Skid Row. The initiative is sponsored by charitable organizations like Homeless Healthcare Los Angeles, Goodwill LA,

and more. Visit their site for information about how to spot and help someone who is overdosing, watch inspiring videos about their work with the homeless community, or donate.

[START A DONATION DRIVE for LA FAMILY HOUSING](#) - You can help our homeless neighbors remain safe, healthy, and on track to achieving housing stability by organizing a donation drive of needed hygiene supplies.

[DONATE GOODS TO LA FAMILY HOUSING](#)

Here are their areas of greatest need: **Hygiene items, BABY WIPES and Gift cards** to grocery stores and gas stations.. Email donategoods@lafh.org to get started. Or please consider purchasing an item from their [Amazon wishlist](#).

[VOLUNTEER WITH OR DONATE TO HOPE OF THE VALLEY](#)

Hope of the Valley is an organization committed to providing short and long-term solutions for poverty and homelessness in LA through hope, hot meals, housing, health services, and healing initiatives. Volunteer by conducting a food or clothing drive, give old clothing to thrift stores through their website or donate to support their work.

[ORDER CLOTHING FROM BOMBAS](#)

Bombas is a clothing brand committed to helping the homeless. Socks are the #1 item of clothing requested by homeless shelters, so with every pair of socks you order, Bombas committed to donating a pair to those in need. In light of the Coronavirus outbreak, this deal has extended to their other clothing as well, so you can donate to a worthy cause while you stock up on cozy quarantine clothing.

<https://nextmealonus.com>

A random generator lets you buy a meal for a perfect stranger, and hear a little bit about their story and what they're going through.

[LA FAMILY HOUSING](#):- donate to help raise funds to help our homeless neighbors during this uncertain time.

[VOLUNTEER FOR LAHSA](#)

The Los Angeles Homeless Services Authority has been working with the City of Los Angeles and several health administrations to promote hygiene and prevent the spread of Coronavirus among the city's homeless community. Support the cause by [visiting the](#)

[Los Angeles Homeless Outreach Portal](#), where you can make outreach requests on the behalf of your homeless neighbors.

[DONATE TO THE UNITED WAY PANDEMIC RELIEF FUND](#)

The United Way of Greater Los Angeles has created a Pandemic Relief Fund to help stifle the spread of COVID among homeless encampments and prevent evictions of those whose jobs have been affected by the virus.

[START A VIRTUAL FOOD DRIVE](#)

The LA Food Bank is working hard to feed those in need during this pandemic. Help out from the comfort of your home by participating in a virtual food drive through their site, or start your own food drive!

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[VOLUNTEER WITH MEALS ON WHEELS](#)

Meals on Wheels is an organization dedicated to providing senior citizens trapped in their homes with food. During the Coronavirus pandemic, their work is especially important, as seniors are the group most vulnerable to infection. Visit their website to donate, sign on as a volunteer, or find out how to become an advocate by contacting Congress.

[ZOOMERS TO BOOMERS](#)

After seeing others struggle during the pandemic, local high schooler Daniel Goldberg and Mira Kwon launched a website called Zoomers to Boomers. Their site allows high

schoolers to assist seniors who need their groceries delivered to their homes. They are currently accepting volunteers, [apply here](#).

[Nursing Home Lets You 'Adopt' A Lonely Grandparent In Isolation](#)

CHD Living, which owns 13 nursing homes around London, are inviting English-speaking people from around the world to apply online and become a virtual volunteer who will engage with their assigned "grandparents" through video calls. The company hopes to keep their residents mentally stimulated during this hard time.

ALL TOGETHER LA

After a conversation with her 83-year old neighbor about the difficulty of grocery shopping for seniors, Santa Monica resident Lorena Camarena founded a grassroots grocery delivery service in her community. Helpers volunteers buy and deliver groceries for their elderly neighbors. To get involved, [visit their site here](#).

[UMBRELLA](#)

is an organization that pairs elderly individuals with handy people who can help them with groceries and other various errands, is currently seeking volunteers across the country.

The Women's Center in Downtown LA is in need of donations. Here is their amazon wish list. <https://www.downtownwomenscenter.org/donate-goods/>

SEW IT ONLINE LAUNCHES THE #MILLIONMASKCHALLENGE Sew It Online, a family-owned and operated sewing & craft shop, created a medically approved mask, then began creating masks and shared this video on how to make your own. The video gained so much popularity that they created the #MillionMaskChallenge, a global sew-a-thon aimed at supporting healthcare workers and others in need.

To join the challenge:

Step 1): Watch the instructional video [here](#).

Step 2) Download the pattern [here](#).

Step 3) Sew your project.

Step 4) Donate the masks and post photo on social media using #millionmaskchallenge

Buy gift cards to local restaurants and establishments you love. They need the business. Plus, you can have something to look forward to when this is all over! Or, you can give them away as gifts to others.

If you have a special skill, consider providing group lessons free of charge, especially to kids. Guided meditation, yoga classes, gymnastic clinics, voice lessons, piano lessons, and, please, carpentry classes would be good right about now. It's amazing how easy it is to teach someone a skill over Facetime!

Offer childcare help to friends working in health care and other high-risk jobs. (Understand that doing so poses a potential risk to you and your family so consider the potential consequences of this action.)

Tip all take out and delivery people *handsomely*.

Offer to walk dogs for people in the community at higher risk.

Send a daily text to check in on friends. A call or Facetime is even better. Or mail a letter!

Wave at people and say hello to strangers. Many people are alone or lonely right now. They deserve to be acknowledged. A shouted "Good Morning" can provide some relief for those without strong social connections.

If you have extra supplies that you picked up but are now realizing you don't need, put them outside with a note so passersby know they can grab them. Similarly, do the same with all your extra fruit from all the citrus trees blooming in LA right now!

Clean out your closet of things you don't wear, and then donate them through organizations like [WEAR PACT](#) that are specifically collecting used clothing during COVID.

Hop on Nextdoor or another neighborhood-specific community tool to see if there are any incapacitated or elderly people or people under quarantine who need help. If you

live in an apartment building, you can post a sign-up sheet in the lobby. Or flyer the neighborhood like so:



BEAUTIFY. Grab some sidewalk chalk and gussy up your neighborhood. Write riddles, make hopscotch, try to create fun games for other kids in the neighborhood to do when they discover your handiwork....



Thank anyone working in a grocery store. They are putting themselves at risk to help. Similarly, express your gratitude to anyone working in healthcare right now. They are on the frontlines of this battle and need all the support they can get.

If you know any nursing staff or physicians, [send them THIS LINK!](#)

Look through your bookshelf and find a book you love, and mail the book to a friend or give it to a neighbor. Write a note inside about why you think they'll like it.

Give old DVDs/Blu-rays to a loved one or neighbor. This does sound a bit wild, but lots of older people still have DVD players and/or don't have streaming services.

Food on Foot is an incredible organization in Hollywood that helps homeless people get apartments and jobs. They badly need financial support during this time to keep their graduates from becoming homeless again.

New York is getting hit hard. If you'd like to send help, here is a **[list of resources and information](#)**.

Check this **[list of charities](#)** that are battling the outbreak around the world. **Feed America** harnesses support from local communities and the federal government to keep low-income families supplied with food. Right now, their biggest concern is children whose schools have closed, cutting off a source of healthy, free meals. Check their **[list of food banks across the country](#)** to donate close to home. Here is a list of **[FOOD PANTRIES](#)** that you can donate to. Here is a food bank in LA.
<https://www.lafoodbank.org>

Save the Children and **No Kid Hungry** are teaming up to **[feed kids who depend on school for healthy meals](#)**. They're also providing resources for **[helping kids cope with extended school closures](#)** and advocating for Congress to **[pass emergency food funding for low-income families](#)**.

Homeless shelters are already-stressed and will need more assistance than ever. Click their map to find a shelter in your community. Donate money or something from their Amazon Wish List.

[GIVE BLOOD](#): A spokesperson for the Red Cross said that as the number of coronavirus cases increases, the number of those eligible to give blood decreases, so there is a **[demand for donations](#)** right now. Hundreds of blood drives have already been

canceled. “Every two seconds, someone needs a blood transfusion — that someone may be a cancer patient, a car accident victim or a mother who has given birth.” The [Red Cross](#) says there is no evidence that the coronavirus can be transmitted by a blood transfusion.

<http://www.aabb.org/tm/donation/Pages/Blood-Bank-Locator.aspx>

If you can, financially support those in your community who are losing wages. Fewer people are leaving their houses, which means lost wages for restaurant workers, hairdressers, exercise instructors, baby-sitters, dog walkers, cleaners, and many others. Consider pooling together funds for those people whose services you normally can't live without. On a smaller scale, check in with your friends — particularly those who are freelancers, contract, or service-workers — who might be affected and see if there's anything you can do to help them.

TAKE A VIRTUAL CLASS: Check to see if local fitness studios are streaming sessions with instructors. Since many small language schools in the U.S. and abroad have been forced to shut down in-person sessions, look into how you can support them by signing up for virtual language classes. Learning something new and thinking critically are great ways to stave off cabin fever.

CALL CONGRESS. Here's [how to call your senator](#).

FOSTER AN ANIMAL. This is a perfect time to [adopt or foster an animal](#) in need — and for them to love you back. What's ahead: cuddles on the couch, walks outside, so many too-cute photos. [Best Friends](#) will be updating their COVID-19 landing page with nationwide info. Click this link (laanimalservices.com) for the steps to foster or adopt a pet from the Los Angeles Animal Services.

DONATE TO ANIMALS: Click this link (laanimalservices.com/donate/wish-list/) to see what kinds of their animals need

PROJECT ANGEL FOOD - Volunteer to deliver food to people who need it.

<https://www.angelfood.org>

Blessings in a Backpack is an organization that works to feed low-income students when schools are closed.

Baby2Baby is collecting monetary donations to purchase, transport, and distribute **basic necessities for low-income families**, including diapers, wipes, blankets, hygiene products, clothing, and school supplies. Baby2Baby is Los Angeles-based, but it maintains a large **national network of family foundations and diaper banks**.

GLOBAL HEALTH SYSTEMS

The **United Nations Foundation** and the **Swiss Philanthropy Foundation** have organized a **COVID-19 Solidarity Response Fund** benefiting the World Health Organization's effort to prevent and mitigate the effects of COVID-19. The fund supports the delivery of protective equipment to health care workers and also supports laboratory testing, education efforts, and accelerating research into diagnostics, treatments, and vaccine development.

Doctors Without Borders provides medical care where it's most needed, including fragile medical systems in vulnerable communities. During the COVID-19 pandemic, Doctors Without Borders is facing supply shortages, in particular protective equipment for health care workers. It is also acting in support of people experiencing

homelessness, living in refugee camps, or living in countries affected by major conflicts. It is [accepting donations and channeling resources to where they are most needed](#).

International Medical Corps is working to provide equipment, training, and triage and treatment services in communities where COVID-19 has spread and health systems are vulnerable. Its work builds upon existing response capabilities in the regions it operates in, both globally and in the United States. International Medical Corps is [accepting monetary donations to support its work worldwide](#).

Direct Relief is coordinating with public health organizations and nonprofits to provide essential protective gear and medical equipment to health care workers worldwide. It most urgently [needs funds to replenish its available supplies](#).

The **International Rescue Committee** delivers aid to vulnerable people worldwide, especially refugees and people in crisis zones. It [urgently needs additional funding](#) to support local health systems and reduce the impact of coronavirus.

The Salvation Army is working to provide emergency support—including rent, utility, and food assistance—for people facing low wages and unemployment due to COVID-19. Donations help the Salvation Army [meet increasing needs in the communities hit hardest by the pandemic](#).

One Fair Wage, an organization [committed to full, fair minimum wages](#) for all working people, is [organizing an emergency fund for service workers facing job loss](#) due to COVID-19. It needs donations in order to continue providing cash assistance to those who need the money they aren't getting during the pandemic.