

Since COVID-19 started, a lot of things have changed.

This flyer has information about different places that are ready to help Rhode Islanders. If you have questions about COVID-19, call the COVID-19 Hotline at **401-222-8022**, Monday – Saturday, 8:30 a.m. – 4:30 p.m. Call 2-1-1 when the COVID-19 Hotline is closed. Staff speak many languages and can also connect you to an interpreter who speaks your language while you are on the phone.

We all want to stay safe and healthy during this time. The best way to do this is to stay home as much as possible. You should only go out to buy groceries, get medicine, or get emergency medical care. If you must leave the house for work or important errands, you should wear a cloth face covering and stay six feet away from other people.



FREE COVID-19 TESTING

If you have symptoms of COVID-19, you should get a COVID-19 test. Symptoms of COVID-19 can include fever, cough, shortness of breath or trouble breathing, muscle aches, chills, runny nose or stuffy nose, sore throat, headache, or diarrhea. Some people have only one or two symptoms that are very mild. You can get a test regardless of your immigration status.

There are different places in Rhode Island that you can get a COVID-19 test. Some of the test sites will let you walk through – you do not need a car. You will need to have proof of identity. If you do not have a photo ID, you can show a utility bill, cell phone bill, or bank statement. New testing sites will open soon. To find a testing site that is best for you, call **401-222-8022**, 2-1-1, or visit <https://health.ri.gov/covid/testing/> or <https://health.ri.gov/otherlanguages/spanish/diseases/ncov/testing/>

If you need transportation to a testing location, call **401-222-8022** or visit www.health.ri.gov/covid/testing/#trans for information about available programs.

If you are unsure if you need to get a COVID-19 test, use RIDOH's online COVID-19 Self-Checker at <https://covidselfcheck.ri.gov/welcome>. It is available in English, Spanish, and Portuguese. You answer questions and it will help you decide if you need to call your doctor or get a COVID-19 test.



FOOD DELIVERY AND FOOD ASSISTANCE

• If you were told you need to stay at home because of COVID-19, you can call **401-462-4444** or 2-1-1 if you need help getting groceries. These community organizations can also help you:

- o Blackstone Valley Community Action Program: **401-723-4520**
- o Community Action Partnership of Providence: **401-273-2000**
- o Community Care Alliance: **401-235-7000**
- o Comprehensive Community Action: **401-467-9610**
- o East Bay Community Action – Lower Bay: **401-847-7821**
- o East Bay Community Action – Upper Bay: **401-437-1000**
- o Tri-County Community Action Agency – Northern: **401-351-2750**
- o Tri-County Community Action Agency – Southern: **401-789-3016**
- o Westbay Community Action Partnership: **401-732-4660**

• Rhode Island Community Food Bank has a listing of food pantries that are open to everyone. Call **401-942-6325** or visit <https://rifoodbank.org/find-food/> or <https://rifoodbank.org/find-food/obtener-asistencia-alimenticia/>. Information is available in Spanish and English.

• Visit www.Rldelivers.com for a list of grocery stores, stores, and restaurants who will deliver food, supplies, and medications. Some businesses may charge for delivery. There is also information about food-assistance programs like SNAP and Meals on Wheels. Scroll to the bottom of the page to get information in other languages.

• People age 60 or older can call the Senior Center in their city or town for help with meals. To find the phone number for your senior center, visit www.oha.ri.gov/resources or call **401-462-4444**. Information is in English first, then Spanish.



HOUSING

- If you cannot stay at home and you have COVID-19, call **401-462-4444** or 2-1-1 to ask for help.
- Healthcare and frontline workers who do not have any COVID-19 symptoms can ask their employer about free housing at local colleges. This free housing is only available to healthcare workers, first responders, public safety workers, home care workers, and people who work in group homes or congregate care settings. If you are not sure if you can use this housing, ask your employer.
- Some hotels have lowered room rates for frontline workers and other people. A list of hotels and their nightly rate is listed at www.RIhavens.com. Scroll to the bottom of the page to get information in other languages.
- Courts in Rhode Island are not hearing eviction cases until after May 17, 2020.
- If you live in Section 8 or public housing and your landlord is trying to evict you, call Rhode Island Legal Services at **401-274-2652**.
- If you live in private housing (not Section 8 or public housing) and your landlord is trying to evict you, call the Center for Justice at **401-491-1101**.



PRESCRIPTION AND MEDICINE DELIVERY

- If you were told you need to stay at home because you have COVID-19 or had contact with someone else who had COVID-19, you can call **401-462-4444** or 2-1-1 if you need help getting prescriptions.
- Call the pharmacy where you get your prescriptions filled and ask if they will deliver prescriptions. Many large pharmacies can deliver for free.



JOBS AND UNEMPLOYMENT BENEFITS

- If you have been laid off or have lost your job because of COVID-19, call the Rhode Island Department of Labor and Training to get unemployment benefits. Call **401-462-2020** or email dlt.covid19@dlt.ri.gov. Scroll to the bottom of the page to get information in other languages.
- If you are trying to find a job, visit the EmployRI website at www.employri.com.
- If you lost your health insurance because of COVID-19, you can call HealthSourceRI and ask about how you can get health insurance. Call **855-840-4774** or visit www.HealthSourceRI.com or <https://healthsourceri.com/es/>.



LEGAL HELP

- For free or low-cost legal help, call Rhode Island Legal Services at **401-274-2652** or visit www.helpri.org. Scroll to the bottom of the page to get information in other languages.



MENTAL HEALTHCARE

- If you or children in your house feel anxious, sad, overwhelmed, or angry, call BH Link at **401-414-5465** for mental health help. You can also visit www.bhlink.org. For children, call Kids Link at **855-543-5465**.



OTHER PLACES TO FIND HELP

- Veterans, service members, and military families can call RI Serves at **401-921-2119** or visit www.riserves.org. (English only)
- Rhode Island Victims of Crime help line: **800-494-8100**
- Report child abuse: **800-742-4453**
- Report abuse of someone age 60 or older: **401-462-0555**
- Older adults who would like to get a friendly phone call each week from a volunteer at the Office on Healthy Aging, call **401-462-4444**. Ask to sign up for the Hello Project.
- The Rhode Island State Police have a Safe at Home website that tells you about confidential resources for anyone who has affected by a crime of violence. Information is available in English and Spanish at <https://risp.ri.gov/safety/preventingviolence/safeathome.php>