

Do You Need Support For COVID-19?

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 – Friday, 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. If you leave the house 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 or chills, cough, shortness of breath or trouble breathing, muscle aches, runny nose or stuffy nose, sore throat, headache, nausea or vomiting, fatigue, recent loss of taste or smell, or diarrhea. Some people have only one or two symptoms that are very mild. You can get a test regardless of your immigration or health insurance 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. To find a testing site that is best for you, call **401-222-8022**, 2-1-1, or visit health.ri.gov/covid/testing or bit.ly/covidtesting-sp (Spanish).

If you need transportation to a testing location, call **401-222-8022** or visit health.ri.gov/covid/testing 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/>. 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.Ridelivers.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.

CRUSH COVID RI

The CRUSH COVID RI app provides access to many resources, including a location diary that helps you identify people and places you have been in contact with. Download the app or visit health.ri.gov/crushcovid to learn more.

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HOUSING

- If you cannot stay at home and you have COVID-19, call **401-462-4444** or **2-1-1** to ask for help.
- 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.
- If you have lost income due to COVID-19 and need help paying your rent, you may be able to get help from Housing Help RI. Call **2-1-1** or visit housinghelpri.com



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 **401-234-4280** or email dlt.covid19@dlt.ri.gov. You can see answers to frequently asked questions at www.dlt.ri.gov/faq.
- If you are trying to find a job, visit the EmployRI website at www.employri.org.
- 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 people 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>
- For questions about operating your business, call the Rhode Island Commerce Hotline: **401-521-HELP (4357)**.
- For information about benefits like SNAP food assistance, child care subsidies, job training, long term services and supports, and Medicaid, visit www.dhs.ri.gov.