

# Sacramento County PROBATION



## COVID-19 Resources

### Baseline COVID-19 Testing Program

If you or a family member are experiencing symptoms and want to help protect yourself and others, get test information for COVID-19, visit: <https://www.projectbaseline.com/study/covid-19/>

### CalFresh (formerly Food Stamps)

To request a CalFresh application or get more information, call 916) 874-3100 or (209) 744-0499.

[Apply for CalFresh online](#). For more information about how to apply and use CalFresh, visit [Human Assistance CalFresh](#).

### Childcare for Essential Workers

Sacramento County offers a free Essential Worker Childcare Program for healthcare workers, City of Sacramento workers, and first responders. For more information about the program,

visit: <https://sacramentocityexpress.com/2020/03/20/city-leaders-announce-free-childcare-plan-to-help-those-on-the-front-lines-of-the-covid-19-response/>

### Delay of Rent Payment

If a Sacramento County resident is experiencing loss of income related to COVID – 19, helpful information can be used to submit to a landlord.

<http://www.cityofsacramento.org/-/media/Corporate/Files/CDD/Code-Compliance/Programs/TPP-RESIDENTIAL-Delay-of-Rent-Payment-Form-MAR-25-2020.pdf?la=en>

### Donations and Volunteering

For links please visit:

<https://saco.es.saccounty.net/EmergencyResponseRecovery/Pages/Donations-Volunteering.aspx>

### Employment Resources

If you or someone you know were terminated from your employment due to COVID – 19, here is information and resources that may help: <https://onwardca.org/>

### Financial Resources

If you or someone you know were affected financially due to COVID – 19, here is information and resources that may help: <https://covid19.ca.gov/get-financial-help/#top>

### Remote Education Resources

Sacramento County Office of Education provides information and resources to assist students, families and school districts to adjust to Remote Learning during COVID – 19.

Visit: <https://scoe.net/divisions/administration/communications/coronavirus/resources/>



### **School Lunch**

Despite the school district closures related to COVID-19, many districts across the region have continued to offer free meals for eligible students. The Sacramento County Office of Emergency Services has published an [interactive map of local meal distribution sites](#) reported by local school districts. The California Department of Education (CDE) has also [released a mobile app listing distribution sites](#) reported across the state. Families should check with their district or school for the latest information about meal availability,

visit: <https://scoe.net/divisions/administration/communications/coronavirus/resources/meals/>

## **HEALTH AND WELL-BEING**

### **Outdoor Activities**

For approved outdoor activities, please visit:

<https://regionalparks.saccounty.net/Pages/SocialDistancingandOutdoorActivity.aspx>

### **Hiking Trails**

For lists and maps of approved hiking trails, please visit:

<https://regionalparks.saccounty.net/Pages/Park-Status-Update.aspx>

### **Stress during COVID-19**

CDC offers many helpful tips on how you can manage and combat stress during these hectic times. For support, useful recommendations and a list of services, visit: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

**Pet Owner Resources:** The Humane Society has a [helpful FAQ page available](#)

### **County Resources:**

You can find helpful links here:

<https://sacoes.saccounty.net/EmergencyResponseRecovery/Pages/default.aspx>

### **City Resources:**

You can find helpful links here:

<https://www.cityofsacramento.org/Emergency-Management/COVID19>

**2-1-1:** Dial 2-1-1 for helpful, around-the-clock resources.

**7-1-1:** Dial if you are hearing impaired and ask to be connected to 2-1-1.

**3-1-1:** Dial to report any violations of the Public Health Order.