# **Reliable COVID-19 Resources for** Small Business Owners & Employees





Mel & Enid Zuckerman College of Public Health

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## COVID-19 Information and Updates

Have you wondered where to get reliable information about COVID-19 that will help make decisions about your business practices?

This webinar will help you identify local and national sources that provide up-todate information on COVID-19 and supportive resources in Arizona and your own community

## Frequently Asked Questions - Pima County Guidance for Businesses:

#### As businesses open, what happens to staff who cannot return to work due to health or living conditions. Will they lose employment?

The sick and leave time policies of employers will vary widely from business to business. The State of Arizona does have some laws that set a minimum standard for earned paid sick time. Employees should talk with their employer as soon as a challenge to returning to work is identified.

#### AZ Industrial Commission Webpage

# If a business reopens, but employees choose to voluntarily stay home do they still qualify for unemployment?

Understanding unemployment eligibility can be complicated. Many of the eligibility, time, and other requirements have been changed in order to allow more people to become and stay eligible. There are also federal benefits that are being administered through the State of Arizona that expand eligibility specifically to those affected by COVID-19. The Pandemic Unemployment Assistance benefit may provide expanded eligibility not traditionally offered as part of unemployment benefits.

#### Pandemic Unemployment Assistance

## Frequently Asked Questions (cont.)

Can people be denied entry or prevented from working if the establishment has listed use of face masks as a requirement? Isn't this a HIPAA violation?

There is nothing in the Health Insurance Portability and Accountability Act (HIPAA) that pertains to the matter of preventing access to an establishment. HIPAA laws are specific to the privacy and protection of medical records and other potentially identifying health information that is provided to various health care entities.

# Will Pima County issue any type of guidance/recommendation for businesses to fall back on if/when guests/patrons refuse to comply with the new standards set forth by the establishment?

Businesses may reference the May 21 Proclamation adopted by the Pima County Board of Supervisors which calls for minimum public health safety standards for operation during the COVID-19 pandemic.

# COVID-19 Community Transmission and Health Information Resources

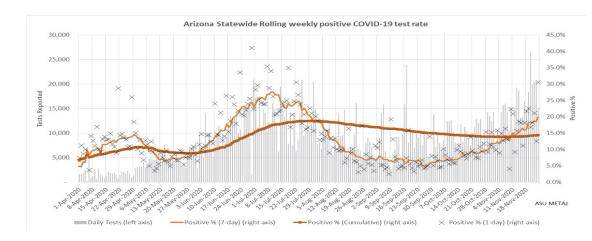




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## **Critical Covid-19 Trends**

- Site shows continually updated graphs of COVID-19 in Arizona by ASU Biodesign Institute
- Site also Provides continually updated Arizona metrics such as cumulative cases, Daily tests and Daily Positives
- More info click here



## Pima County COVID-19 Hotline:

## **COVID-19 Hotline**

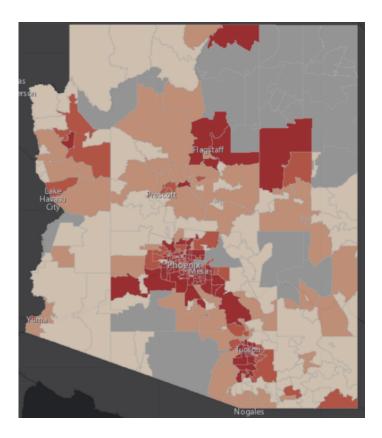
For general information about COVID-19, including news, testing, prevention, and cleaning guidelines, call **2-1-1** from 8 a.m. - 8 p.m. daily.

People who have questions about their symptoms can call the Pima County COVID-19 hotline, **1-844-542-8201**, anytime.



# Pima County COVID-19 Data Dashboard

- Includes COVID-19 prevalence for each county in Arizona and by specific zip code
- Zip codes ranked by highest cases or highest deaths
- Cases and Deaths by Gender
- Cases and Deaths by Age Group
- Cases and deaths by Race/Ethnicity
- Cumulative cases and deaths
- Date showing when the information on the dashboard was last updated
- Links to ADHS dashboards
- Access dashboard here



# Pima County Website Progress Report

- Has latest news and information on COVID-19 in Pima County
- The Progress Report is used to make COVID-19 recommendations for businesses
- Includes:
  - Disease data
  - Healthcare system availability
  - Public Health tracking and prevention

## Click here to visit website

#### Disease Data

Tracking information about cases and deaths helps us understand changes to the activity of COVID-19 in Pima County. These measures may indicate when COVID-19 spread is slowing in the community – whether naturally or as a result of the actions being taken to prevent the spread of the disease.

In order to ensure that the data used to inform this report is as complete as possible while still being timely, disease data below reflects the weekly data for two weeks in the past from the last "as of" date noted above.

Criteria not met

Cases over two consecutive weeks (with complete reporting of cases)

Percent Positivity

COVID-19 like illness

#### Healthcare System Availability

Progress

Understanding our healthcare system's ability to identify new cases of COVID-19 AND the ability of healthcare facilities to safely and responsibly provide care for patients should a surge in COVID-19 cases occur is important. Our healthcare system's capacity to provide testing for anyone with symptoms, care to patients, and Personal Protective Equipment (PPE) makes it possible for our community to respond to future cases of COVID-19.

Lab Testing Availability and Utilization

Adequate hospital bed capacity to care for 2X the current COVID cases (+ surge) – Statewide

Sufficient Personal Protective Equipment (PPE) for Emergency Responders

#### Public Health Tracking and Prevention

This set of tracking points helps us understand the capacity of our local public health system's ability to quickly identify, investigate, and conduct surveillance of new cases and outbreaks of COVID-19 in our community and provide appropriate follow- up care to hospitalized patients.

Criteria not met	Progress	Criteria met

Timely case investigation

Testing of symptomatic contacts within 48 hours

Facilities/support for patients who can't be discharged home - Statewide

ssible for our community to respond to future cases of COVID-19.			
Criteria not met	Progress	Criteria met	

Español

## Pima County Website Information

More information on the Pima County website includes resources to:

- Protect your health
- Get tested
- What to do if you are sick or exposed
- Information for businesses and workers
- Data and statistics
- Mental Health
- Information is also available in Spanish

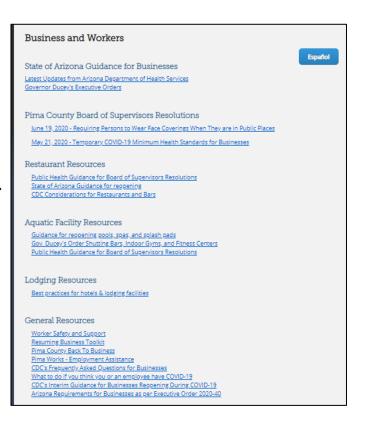


## Pima County Website (Businesses & Workers)

The Business & Workers tab incudes:

- Business guidance resources from the state of Arizona and Pima County.
- Other general resources for businesses.
  - Worker safety and support
  - Guidance for Business Reopening





# Arizona Department of Health Services (ADHS)

- Arizona Department of Health Services, provides information regarding COVID-19 (SARS-Cov-2) including:
  - Symptoms and complications
  - How it spreads
  - Community spread
  - Number of cases reported in the United States
  - Contact tracing information
  - Travel information
  - Medical information
  - Recommendations for pets
  - Access website <u>here</u>



# Arizona Department of Health Services (ADHS)

The ADHS website provides a map of Arizona that allows you to see up-to-date information regarding

- The number of cases
- Number of deaths
- Number of COVID-19 tests
- Number of New Cases reported today
- Number of New Deaths reported today
- Number of New Tests reported today
- Rate of cases, per 100,000 population
- Rate of fatalities, per 100,000 population
- Total percent positive
- <u>Visit the map here</u>

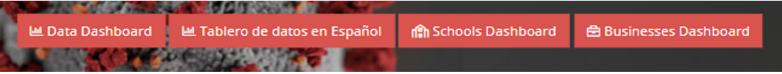




## Arizona Department of Health Services

More information available on the ADHS website includes





## **COVID-19 Forecast Model Reports**

- Created by Dr. Joe Gerald from the University of Arizona
- Presents weekly updates on COVID-19 trends in AZ and Pima County from state data
- Gives hospital bed occupancy levels for Pima Co hospitals
- Provides outlook for how COVID-19 transmission will likely progress (improving or worsening) at state and county level based on current conditions
- <u>Access the model here</u>

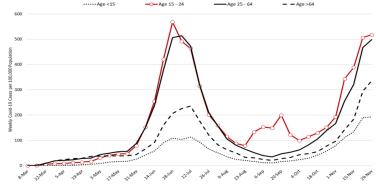


Figure 2. Newly Diagnosed Covid-19 Cases in Arizona by Age Group March 1 through November 29.

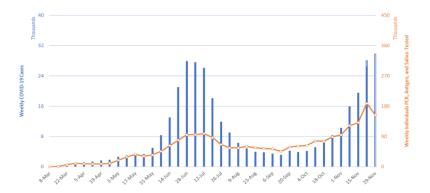


Figure 1. Newly Diagnosed Covid-19 Cases in Arizona and Number of Individuals Undergoing Covid-19 Diagnostic Testing March 1 through November 29.

# Centers for Disease Control & Prevention (CDC)



The CDC homepage currently provides up to date information relating to COVID-19 about:

- Your Health
  - People at increased risk
  - How it spreads
  - o Travel
- <u>Community, Work & School</u>
  - Shared housing
  - Cleaning and disinfecting
  - Schools & Childcare
- Healthcare Workers & Labs
  - $\circ$  Testing
  - Infection control
  - Resources for testing

- Health Departments
  - Contact Tracing
  - Infection control
  - Community mitigation
- <u>Cases & Data</u>
  - Cases and Deaths (In US and by County)
  - Testing Data in the US
  - Forecasting
- <u>More</u>
  - Communication resources
  - Global COVID-19
  - Science and research

## Centers for Disease Control Prevention Guidance for Businesses

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Wo

Provides guidance for Businesses & Employers on keeping the workplace safe during COVID-19.

Other information on this website includes:

- Includes engineering and administrative controls for the workplace
- Resources for different work places
- Links to other useful websites such as EPA

Available <u>here</u> and in <u>Spanish</u>.

Equity +	Interim Guidance for Businesses a Responding to Coronavirus Disea	
unity Mitigation work	2020	30 2019 (COVID 19), May
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s for Workplaces & Businesses		
ing in Non-Healthcare	Below are changes as of May 6, 2020	<ul> <li>Resources for Airlines</li> </ul>
kplaces	· Updated strategies and recommendations for employers	<ul> <li>Resources for the Ship Industry</li> </ul>
	responding to COVID-19, including those seeking to	<ul> <li>Employers with Workers at High Risk</li> </ul>
act Tracing in Non-Healthcare	resume normal or phased business operations:	
kplaces	<ul> <li>Conducting daily health checks</li> </ul>	
	<ul> <li>Conducting a hazard assessment of the workplace</li> </ul>	OSHA/HHS Guidance
loyer Information for Office		USHA/HHS Guidance
lings	<ul> <li>Encouraging employees to wear cloth face coverings</li> </ul>	
	in the workplace, if appropriate	<ul> <li>Guidance on Preparing Workplaces</li> </ul>
irator Shortages in Non-	<ul> <li>Implementing policies and practices for social</li> </ul>	for COVID-19
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	This interim guidance is based on what is currently known about the	
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	to spread internationally and in the United States. There is much mo	
Sports & Recreation +	other characteristics of COVID-19 and investigations are ongoing. Up	
	https://www.cdc.gov/coronavirus/2019-ncov/. CDC will update this in available.	term guidance as additional information becomes
unity Organizations & +	avanable.	
rings	This interim guidance may help prevent workplace exposures to COV	ID-19 in non-healthcare settings (separate

iay have had exposure to a person known or suspected to have COVID-19. Unless otherwise specified, this in uidance for businesses and employers applies to critical infrastructure workplaces as well.

# Safety guidance and PPE, Cleaning & Disinfection Resources for Small Businesses and Employees





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# Free Personal Protective Equipment (PPE) for small businesses in Pima County

Pima County is helping small businesses - those with fewer than 50 employees – to acquire FREE PPE (personal protective equipment). To request PPE:

• Fill out the <u>PPE Request Form</u>

- Check availability by contacting the Pima County Health Department
- This is a first-come, first serve program, and requests will be filled until PPE runs out

A more standardized system to submit orders for PPE in Pima County is the Survey 1,2,3 found <u>here</u>.

Businesses who are able are encouraged to source and purchase PPE on their own through the list of Potential Vendors shown <u>here</u>.

## **Environmental Protection Agency**

Information on this page includes:

- Guidance for cleaning and disinfecting public spaces
- EPA Webinar on proper cleaning and disinfecting protocols
- EPA COVID-19 hub to find other resources
- Visit page <u>here</u>.

SERA Environmental Protection					
Environmental Topics	Laws & Regulations	About EPA	Search EPA	gov Q	
Pesticide Regis	stration		CONTACT US	SHARE f 🕑 🖾	
Pesticide Registration Home	List N:	Disinfect	ants for		
About Pesticide Registration	Corona	virus (CO	VID-19)		
Electronic Submission of Applications	Click	Here to Find a Produc	t to Kill Coronavirus (C	OVID-19)	
Pesticide Registration Manual	Infographic: Tips on using the List N Tool to f		a disinfectant		
Fees and Waivers	Infographic: How to use disinfectants safely and effectively - IMPORTANT, PLEASE READ				
Registration Information by Type of Pesticide	Use our advanced search option to find a product				
— Antimicrobial Registration	Things to know	w:			
- Biopesticide Registration			coronavirus SARS-CoV-2 (COV	ID-19) when used	
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— Inert Ingredient Regulation	numbers into <u>the</u>	e tool. For example, if EPA Re	the product label, then enter eg. No. 12345-12 is on List N, y quivalent product. <u>Read our s</u>	ou can buy EPA Reg. No.	
Requirements and Guidance	These products are for use on surfaces, not humans.				
— Data	Inclusion on List N does not constitute an endorsement by EPA. Additional disinfectants may me the with of former project at PA CNU a (COURD 10). EPA will be data this life with a divisional				
— Forms	the criteria for use against SARS-CoV-2 (COVID-19). EPA will update this list with additional products as needed.				
— Labeling					

## National Institute of Environmental Health Sciences

- Offers COVID-19 training tools for the workplace (en español)
- Provides federal links and documents regarding COVID-19
- Provides Occupational Safety and Health Guide for surface and air disinfection practices, guide to PPE, and proper use of respirators (en español)
- To visit website click here.

Care	ers & Trainin	g	
HAZMAT	Safety & Training		
Cleari	inghouse		
Disaster Preparedness & Response			
Infectious Diseases			
	COVID-19	-	
	Webinars and Presentations		
	Ebola Virus Disease		

H1N1 (Swine), Pandemic,

and Avian Influenza

Webinars

#### COVID-19

#### Table of Contents

The NIEHS Worker Training Program (WTP) has been tracking information about the coronavirus disease 2019 (COVID-19) as it pertains to protecting workers involved in emergency response and cleanup activities performed in the United States. This page contains health and safety resources for workers who may be at risk of exposure to COVID-19.

#### Training Resources

The National Clearinghouse creates training tools to aid in the development of awareness-level courses or other awarenesslevel materials. These tools provide health and safety guidance to workers who work in industries with the potential for exposure to COVID-19.

COVID-19 is a new disease and we are still learning much about it, including how it spreads. This Training Tool will be updated with new information as the situation evolves

#### **General Awareness Training Tool**

In English:

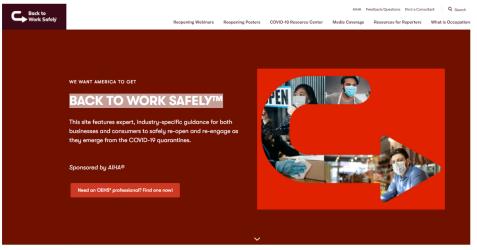
- Protecting Yourself from COVID-19 in the Workplace (v2) (2) (3.9MB)
- Protecting Yourself from COVID-19 in the Workplace (Online version) @

#### En Español:



## BACK TO WORK SAFELY<sup>™</sup> website

- Sponsored by the American Industrial Hygiene Association (AIHA)
- Provides expert guidelines for reopening businesses from various industries to protect employees and clients from COVID-19
- Includes guidance for beauty salons & auto shops



These resources are free and available to all. Please share them. Together, we can go back to work safely!



Webinars

LEARN MORE



Posters

LEARN MORE



LEARN MORE

### BACK TO WORK SAFELY<sup>™</sup> website



#### Gyms and Workout Facilities Reopening Guidelines

Many of these businesses have been viewed as "nonessential" by state governments and are closed.

DOWNLOAD GYMS AND WORKOUT FACILITIES REOPENING GUIDELINES PDF

DESCARGAR PDF DE PAUTAS DE REAPERTURA DE GIMNASIOS E INSTALACIONES DE ENTRENAMIENTO





and nail salon, barbershop, or other personal service with these COVID19 reopening guidelines. (Also available in Spanish.)

AIR AND NAIL SALON REOPENING GUIDELINES FOR COVID-19 SAFETY DESCARGAR PDF DF PAUTAS DF

SALONES

REAPERTURA DE PELUQUERÍAS Y

campuses in the fall and welcoming back the physical return of large numbers of students.

facultu, and staff. ORE ABOUT REOPENING STITUTIONS OF HIGHER

UCATION GUIDELINES

Higher

Education

Reopening

Guidelines



Institutions of Museums and Collecting Institutions Reopening Guidelines

Many institutions of higher Museums and other education (IHEs), such as cultural heritage and colleges and universities, collecting institutions are are planning on reopening dealing with emerging challenges created by COVID-19. This document offers practical auidance. particularly for small and medium-size museums to develop their reopening

plans.

DOWNLOAD MUSEUMS AND COLLECTING INSTITUTIONS REOPENING GUIDELINES PDF Reopening Webinars Reopening Posters COVID-19 Resource Center Media Coverage Resources for Reporters What is Occupationa

HOW TO SAFELY REOPEN HAIR AND NAIL SALONS

#### A Guide to Hair and Nail Salon Safety: What You Need to Know About COVID-19

Hair and nail salons, barbershops, and other personal care businesses can safely resume business in the wake of COVID-19 using these reopening guidelines.

Download and read these important guidelines

Descargar PDF de pautas de reapertura de peluquerías y salones



HEALTHIER WORKPLACES | A HEALTHIER WORLD

**Reopening: Guidance for** Hair and Nail Salons





HEALTHIER WORKPLACES | A HEALTHIER WORLD

Reapertura: Guía de Orientación para Salones de Belleza y Salones de Uñas



# Economic Resources and Assistance for Small Businesses in Pima County







## Arizona Commerce Authority & Small Business Administration

The Arizona Commerce Authority provides a <u>link</u> to the US Small Business Administration (SBA) Disaster Loan Assistance application that provides federal disaster loans for businesses.

Some of the requirements are:

- Companies with less than 500 employees
- Independent contractors
- Non-profit organizations 501(c)3
- Veterans Organizations 501(c)19
- Tribal business
- Agricultural enterprises 18 (b): food and fiber production, livestock and livestock farming, aquaculture and all other agricultural and agriculture-related industries.
- Currently open until 11/30/2023

If you have questions about this application or problems providing the required information, please contact the US Small Business Administration Customer Service Center at 1-800-659-2955 or (TTY: 1-800-877-8339) DisasterCustomerService@sba.gov.

# Local, State and Federal Guidance and Regulations Regarding Sick Leave & PTO for COVID-19





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# Arizona's Fair Wages and Healthy Families Act (Industrial Commission of Arizona)

Under this Act, employers are subject to Arizona's earned paid sick time laws. Earned paid sick time accrual rates, however, differ based on an employer's number of employees.

Employees may use earned paid sick time for themselves or for family members (see <u>here</u> to see who qualifies as a family member) in the following circumstances:

- Medical care or mental or physical illness, injury, or health condition;
- A public health emergency (see <u>here</u> for more information about what qualifies as a public health emergency); and
- Absence due to domestic violence, sexual violence, abuse, or stalking.

See <u>here</u> for further detail concerning authorized uses for earned paid sick time and definitions of "family members."

For more information on the Act, click here.

# Families First Coronavirus Response Act (FFCRA)

The emergency paid sick leave (EPSL) and emergency family and medical leave (EFMLA) provisions under the FFCRA are extended through March 31, 2021. Employers are **no longer required** to provide EPSL or EFMLA provisions under the FFCRA, but may voluntarily do so.

Will the FFCRA's refundable tax credit incentives for employers who provide employees with paid leave in accordance with the EPSL and EFMLA requirements be extended after December 31, 2020?

- The tax credit incentive for employees to cover paid leave benefits accordant with the EPSL and EFMLA of the FFCRA provided to employees\* is extended through March 31, 2021.
- \*Tax credit is applicable for coverage to employees who did not exhaust their leave benefits 80 hours of EPSL, 12 weeks of EFMLA, and/or the \$10,000 maximum payment for EFMLA leave – by December 31, 2020.

## Would an employee be entitled to another 12 weeks of protected FMLA leave after December 31, 2020 if their FMLA reset on January 1, 2021 and the employer is voluntarily providing FFCRA paid leave benefits?

• The answer depends by the circumstances of the employee and their employer. For more specifics, find this question in the link <u>here</u>.

For more information on the EPSL and the EFMLA provisions of the FFCRA click here.

## Anti-discrimination Workplace Laws and COVID-19

The Equal Employment Opportunity Commission (EEOC) enforces workplace anti-discrimination laws such as the Americans with Disabilities Act (ADA) and Title VII of the Civil Rights Act.

The EEO laws continue to apply during the COVID-19 pandemic, but they do not interfere with or prevent employers from following guidelines and suggestions made by the CDC or state/local public health authorities about steps employers should take regarding COVID-19.

The EEOC has created <u>a webpage</u> that provides information on topics in which COVID-19 may interact with the anti-discrimination workplace laws. Topics include:

- Confidentiality of Medical Information
- Hiring and Onboarding
- Pandemic-Related Harassment Due to National Origin, Race, or Other Protected Characteristics
- Furloughs and Layoffs
- Vaccinations

## Hiring and Onboarding During the COVID-19 Pandemic

#### • If an employer is hiring, may it screen applicants for symptoms of COVID-19?

 Yes. An employer may screen job applicants for symptoms of COVID-19 after making a conditional job offer, as long as it does so for all entering employees in the same type of job. This ADA rule applies whether or not the applicant has a disability.

## May an employer take an applicant's temperature as part of a post-offer, pre-employment medical exam?

• Yes. Any medical exams are permitted after an employer has made a conditional offer of employment. Employers should be aware that some people with COVID-19 do not have a fever.

#### May an employer delay the start date of an applicant who has COVID-19 or symptoms associated with it?

 Yes. According to current CDC guidance, an individual who has COVID-19 or symptoms associated with it should not be in the workplace.

## Hiring and Onboarding During the COVID-19 Pandemic

- <u>May an employer withdraw a job offer when it needs the applicant to start</u> <u>immediately but the individual has COVID-19 or symptoms of it?</u>
  - Based on current CDC guidance, this individual cannot safely enter the workplace, and therefore the employer may withdraw the job offer.
- May an employer withdraw a job offer when it needs the applicant to start immediately but the individual has COVID-19 or symptoms of it?
  - Based on current CDC guidance, this individual cannot safely enter the workplace, and therefore the employer may withdraw the job offer.

## May an employer postpone the start date or withdraw a job offer because the individual is 65 years old or pregnant, both of which place them at higher risk from COVID-19?

 No. The fact that the CDC has identified those who are 65 or older, or pregnant women, as being at greater risk does not justify unilaterally postponing the start date or withdrawing a job offer. However, an employer may choose to allow telework or to discuss with these individuals if they would like to postpone the start date.

## Additional Resources for all Pima **County Residents**





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## Legal Support & Financial Guidance

#### Arizona Attorneys Respond Legal Hotline

- Arizona Bar Foundation hosting free legal information hotline
- Hotline provides referral to a free half hour of consultation with attorney
- Hotline available Tuesday and Thursday 12:00pm to 3:00pm, Hotline # 866.611.6022
- More info click here

### **Financial Guidance From Freedom Financial**

- Offers free guidance on navigating matters related to credit cards, mortgages, personal and student loans and small business assistance programs
- Representatives available Monday-Friday 8am-4pm
- Hotline number 844.731.0866
- More info click here

## **Emergency Economic Assistance**

You may qualify for utility or other assistance, for which you will be required to submit documents such as proof of household income, a state-issued I.D. for the applicant, proof of U.S. citizenship or Legal Residence, and/or current rental lease or mortgage statement (read the full list of documents under "required documents" <u>here</u>). Required documentation may vary by agency; call the specific agency with any questions you may have.

Contact one of these Pima County Emergency Services Network agencies to determine the state of funding and whether you are eligible for assistance:

#### Pima County Community Action Agency

- Provide rent, mortgage and utility assistance
- Contact by phone at (520) 724-2667 Monday-Friday 8:30-10:30 a.m.
- Chicanos por la Causa
  - Follow this link to access homelessness, renters and utility assistance
  - Contact by phone at (520) 882-0081
- Interfaith Community Services
  - Emergency financial assistance for utility bills, rent and mortgage payments
  - Offer food assistance through food banks and resources for elderly
  - Follow this <u>link</u> for more information
  - Contact by phone at (520) 297-6049

## Workforce Resources

- Site provides information such as employment opportunities, unemployment benefits, Shared work unemployment compensation program, and Childcare resources
- More info for each information/how to apply <u>click here</u>
- Provided by Arizona Commerce Authority





## Additional Resources for all Pima County Residents (continued)

#### • Portable Practical Educational Preparation, Inc.

- Short term crisis intervention such as rent, mortgage and utility assistance
- Other services include job search, budgeting/financial planning, employment, training, and education services
- Contact by phone at (520) 622-3553
- Follow this <u>link</u> for more information

#### Primavera Foundation

- Provide rent and utility assistance
- Call (520) 395-6420 only on the first business day of the month
- Follow this <u>link</u> for more information

#### Salvation Army

- Services include transitional housing, emergency utility assistance, employment referrals and training services.
- Hours of operation are Monday-Friday 8a.m.- 5p.m.
- Phone lines for utility and rental assistance available Monday-Friday 8a.m.- 4p.m.
- Contact by phone at (520) 792-1111
- Follow this link for more information

## Other Emergency Assistance Services for all Pima Co Residents

#### Community Food Bank of Southern Arizona

- O Offers food assistance for individuals, family, and businesses
- Follow this <u>link</u> to see food distribution locations and times
- Do not need to be a US citizen to receive services

#### • Caring Ministries

- Offer food boxes at multiple locations throughout Tucson
- Follow this <u>link</u> for hours and locations

#### City of Tucson Community Wireless

- Offer free wireless service to qualifying individuals/families
- Must have at least one person in the household enrolled in remote learning
- OR over 60 years of age or a have health condition that puts them in the COVID high risk category
- For more information on how to apply click <u>here</u>

#### Tucson Electric Power Lifeline Program

- Offers an \$18 monthly discount for qualifying customers.
- Requirements include having the TEP account in their name, be the primary resident of the account, and meet household gross income criteria
- For more information on how to apply for the lifetime program and specific eligibility requirements click <u>here</u>

## **Behavioral Health Resources**

Links to information regarding behavioral health and COVID-19 that is available in both English and Spanish. Those resources include:

- American Psychological Association (APA)
  - Provides resources to help with Health and Emotional Wellness to navigate through stressful times.
  - Immediate help for those affected by, or who need assistance, after experiencing a natural or human-created disaster
    - The help line is a toll-free, multilingual crisis support service available 24/7 via telephone at (1-800-985-5990) and through text by sending an SMS text "TalkWithUs" TO 66746)

### <u>SAHMSA Behavioral Health Treatment Services Locator</u>

- Provides a fact sheet explains social distancing, quarantine, and isolation in the event of an infectious disease outbreak. It discusses feelings and thoughts that may arise during this time and suggests ways to cope and support oneself during such an experience
- Access <u>here</u>