

Some Good News

Hello from KPCC (89.3 FM) and LAist.com!

We are an independent, nonprofit newsroom. Usually you can find us on the **radio** and **online**, but today we're in your **mailbox** with a little gift. Unfold this tiny, tidy rectangle for activities for the kids and a list of resources to keep handy.

We want to hear from you. If you have coronavirus questions or want to know how to get or give help, reach out. We also would love to hear stories about your experience during this time.

Text **CORONA** to

626-423-6777

Ask us anything and get updates.



Coronavirus Basics

New information comes out daily.
For the latest, see kpcc.org/corona-faq



How Can I Stay Safe?

- Stay at home except for “essential activities” like shopping for groceries, or if your job falls into the “essential worker” category.
- Stay six feet away from others, and do not hold gatherings of people outside your household.
- Wash your hands for 20 seconds with soap and water and avoid touching your face.
- Wear a mask or homemade cloth covering when in public or near people who are not part of your household.



Where Can I Get Tested?

There are testing sites across L.A. County, but you can't just show up. You need to be approved.

If you have symptoms or think you've been exposed, call your doctor (or find a doctor by calling 211) for a “directive” to get tested. You can also go to corona-virus.la/testing to be screened for a test. If you are experiencing life-threatening symptoms, do not wait for a test. Call 911.

Updates on testing at: kpcc.org/testing



How Will I Pay for Care?

You do not have to pay to get tested. California is waiving all co-pays for COVID-19 testing.



If you don't have insurance, you can still get care. You can enroll for Medi-Cal all year round (800-541-5555 or medi-cal.ca.gov). In L.A. County, you can also sign up for the no-cost health care plan My Health LA, regardless of immigration status. Call 844-744-6452 to set up an appointment.

For Parents

There's a lot of pressure right now to create a full schedule for your kids, on top of having to work or handle other things at home.



Know that you are enough. More than anything, kids are looking for your help to understand the world. Even if you don't have all the answers to their questions, your empathy and love will help them feel like everything is going to be OK.

Running short on things to do with your kids?

- We compiled a TON of online activities, learning sites, and fun things to do: kpcc.org/kidactivities
- Get help learning at home: achieve.lausd.net/resources
- Visit the library online: lapl.org/kids
- Call KPCC's hotline for advice from our furry friends at Sesame Street about staying home: 626-831-9333



How is it going?

Tell us what is and isn't working or ask us a question:

Text **CORONA** (or **VIRUS** for Spanish) to

626-423-6777



For Families

For a more detailed and updated list, go to kpcc.org/corona-help

Need Internet?

The city of L.A. has partnered with services to get low-cost tech and internet access. Search everyoneon.org/find-offers to find services near you. You can also text CONNECT or CONECTATE (for Spanish) to 21545.

Financial Assistance

More unemployment money has been made available for those who have lost work because of the coronavirus — including self-employed people. You may also be eligible for disability or paid family leave.

The federal government is also sending one-time payments to qualified individuals. (You do not need to repay that money). Assistance is available for local business owners through the county, city and federal government.

Find out more from the Employment Development Department (EDD) at edd.ca.gov/about_edd/coronavirus-2019.htm

- Unemployment Insurance: 800-300-5616
- Paid Family Leave: 877-238-4373
- Disability: 800-480-3287

For Immigrant and Undocumented Families

If you don't qualify for unemployment or federal aid, other assistance is available. The L.A. County Office of Immigrant Affairs is taking questions at 800-593-8222 (press 5 to connect; for information in Spanish, press 2) and at oia.lacounty.gov

Need Food?

For L.A. Unified School District meal sites, call the district at 213-443-1300. See which L.A. County schools are distributing meals: bit.ly/lacountyfood

If you have a child younger than 5 years old, you can contact WIC at phfewic.org or 888-942-2229 or text 91997.

The L.A. Food Bank also lists food distribution sites: lafoodbank.org

Childcare

Essential workers who need childcare can call the Child Care Alliance of Los Angeles hotline at 888-922-4453. Go to lacoe.edu/childcare to find out more about subsidized childcare in your area.

Want to Talk?

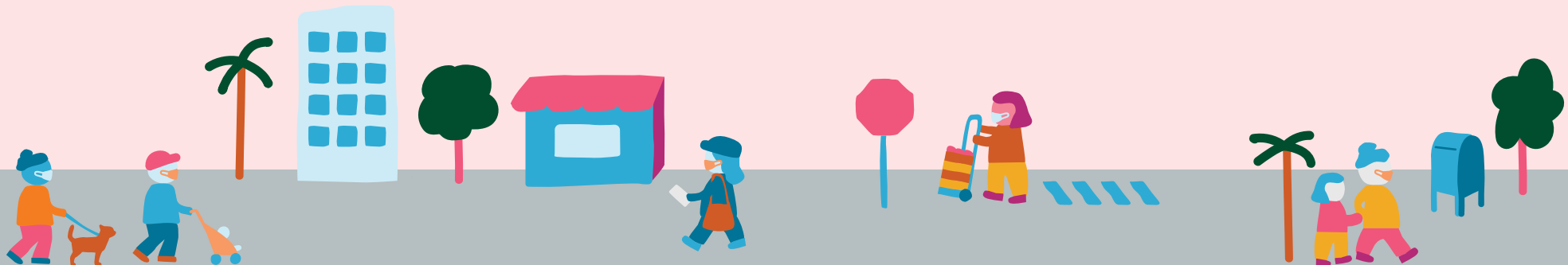
You can call L.A. County Department of Mental Health's 24/7 Access Line: 800-854-7771 or text LA to 741741.

If you're a student, the LAUSD COVID-19 mental health hotline is also open at: 213-241-3840.

More at: kpcc.org/mentalhealth

Or Something Else?

Call 211 (or 800-339-6993) for assistance with most services in L.A. County. For example, 211 can refer you to health, employment, and housing. You can also go to 211la.org.



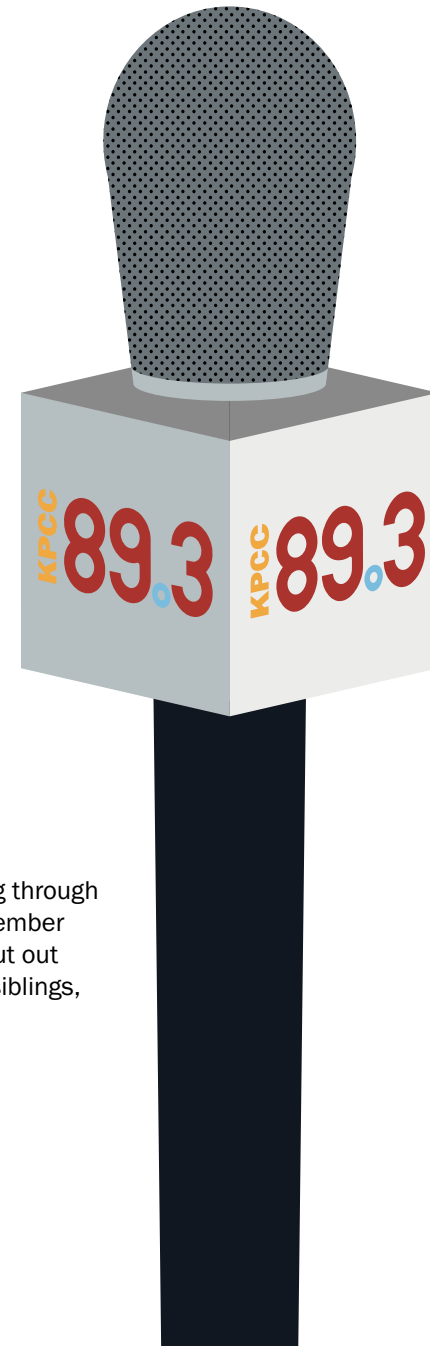
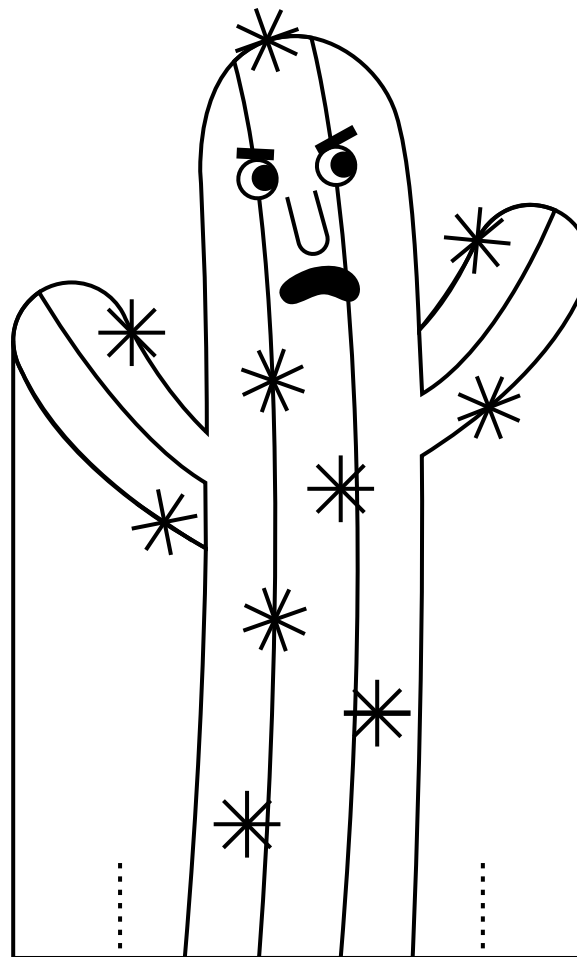
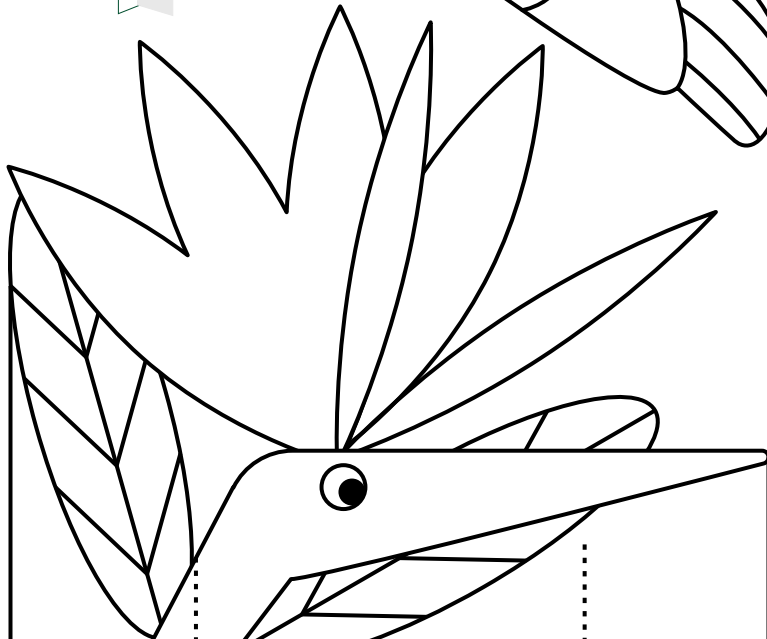
For Kids! (or fun-loving adults)

It's a Small World

Our worlds are shrinking. Let's zoom in even more. Color and cut out these characters from the L.A. outdoors. Create a scene in your house or on the street, then snap a picture and text it to: **626-423-6777**.

Send in your images and interviews for a chance to WIN a KPCC tote bag full of goodies!

←
Directions: Cut out these strips and cut slits on the characters to create a base for them to stand



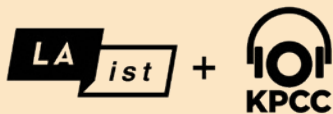
Time Capsule Interview

Even though this is a wacky time, we are living through a piece of history. We're going to want to remember how it felt and share it with others one day. Cut out this microphone and interview your parents, siblings, or friends about what they're going through.

Try these questions:

- What is a typical day like for you?
- What is most difficult about this time?
- What's a change that you like?
- What do you hope goes back to the way it was? What do you hope is different?

Send your interviews (text or audio) to **626-423-6777** or **engagement@scpr.org**.



Find us on air at 89.3 FM
or online at LAist.com

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Spanish) to **626-423-6777**

Southern California Public Radio
474 South Raymond Avenue
Pasadena, CA 91105

Download this booklet in English or
Spanish at kpcc.org/forfamilies

