

WELCOME TO THE PROJECT UP-START COMMUNITY RESOURCE GUIDE.
HERE YOU WILL FIND RESOURCES THAT MAY BENEFIT STUDENTS AND
THEIR FAMILIES DURING THESE UNCERTAIN TIMES.



PROJECT UP-START
**COMMUNITY
RESOURCE
GUIDE**

DURING THE COVID-19 PANDEMIC

Food

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- ***Free Food Giveaway in Homestead***

- Every Monday, Wednesday and Friday starting April 1 from 1-3 pm
- Location: Homestead Pal, 600 SW 14th Avenue, Homestead, FL 33030
- 5-component cold or boxed-lunch meal
- All meals are grab and go

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Community Food Distribution Events



Florida House Democratic Office
Florida House Democratic Leader
Kionne L. McGhee

April 19, 2020

Community Food Distribution Events

1	Bridge to HOPE	10844 SW 188 Street Cutler Bay, FL 33157	Appointment by E-mail English: Appointments@bridgetohope.net Spanish & Creole: citas@bridgetohope.net	4/19/20
2	Iglesia La Gloria de Dios	441 E 12th Street Hialeah, FL 33010	9:00 AM – 12:00 PM	4/19/20
3	Tabernacle Seventh-Day Church	8017 NE 2nd Avenue Miami, FL 33138	9:00 AM – 12:00 PM	4/19/20
4	Glory Temple Ministry	7950 NW 22 Avenue Miami, FL 33147	By appointment (305) 456-5217 Open only to Seniors with an urgent need	4/19/20 & 4/20/20
5	Antioch Missionary Baptist Church	21311 NW 34th Avenue Miami Gardens, FL 33056	10:00 AM – 3:00 PM	4/20/20
6	Bethsaida SDA Church	10185 NW 7th Avenue Miami, FL 33150	2:00 PM – 3:00 PM	4/20/20
7	Christ Fellowship Palmetto Bay	8900 SW 168th Street Palmetto Bay, FL 33157	12:00 PM – 1:30 PM	4/20/20
8	Christ Fellowship Redlands	16390 SW 248th Street Homestead, FL 33031	12:00 PM – 1:30 PM	4/20/20
9	Eglise Baptiste Un Seul Dieu	761 NW 62 Street Miami, FL 33150	12:30 PM – 1:30 PM	4/20/20
10	Homestead Soup Kitchen	105 SW 3rd Avenue Homestead, FL 33030	12:00 PM – 1:00 PM	4/20/20
11	Life Changers Worship Center	5941 NW 176th St, #11 Hialeah, FL 33030	12:00 PM – 1:00 PM	4/20/20
12	Ministerio Ayudando A La Comunidad	1425 NW 59th Street Miami, FL 33142	10:00 AM – 12:00 PM	4/20/20
13	Unity Baptist Church	13001 NW 7th Avenue North Miami, FL 33168	By Appointment (786) 486-0898	4/20/20
14	St. Vincent De Paul Mother of Christ	14205 SW 142nd Avenue Miami, FL 33186	5:00 AM – 2:30 PM	4/20/20

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Food Distribution Events

Free Food Distribution events will be taking place at the following location, time, dates:

Address: Everglades Community Association

19316 SW 380th St.

Florida City, 33034

Time: 6pm – 8pm

Days: **5/13/2020, 6/10/2020, 9/9/2020, 10/14/2020, and 11/11/2020**

The point of contact for these events is Eunice Hines. She can be reached at 305-323-3001 or ehines@chisouthfl.org

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Shoshana added 4/8/20

Coronavirus Pandemic Nutrition Assistance

Learn & Play Preschool is providing **FREE** drive-thru, nutritional breakfast and lunch meals for needy children.

For more information email lpnv05@gmail.com.

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Farm Share Drive-Through Distribution

Farm Share, a nonprofit organization that distributes fruits, vegetables and other food items, is offering drive-through distribution events in Florida. Free food items provided usually include fresh produce, nonperishable items and water. To obtain food, you need to arrive in a vehicle with a trunk or cargo bed. Information on drive-through pickups is online. First-come, first served. Events include:

Notre Dame D'Haiti Catholic Church, 110 NE 62nd S., Miami: 10 a.m.-1 p.m. April 23

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Feeding South Florida FOOD DISTRIBUTIONS

These sites provide groceries in a "drive-thru" style.

MIAMI-DADE						
City of Miami Gardens	Calder Casino - 21001 NW 27 Avenue	Miami Gardens	FL	33056	4.20.2020	9:00 a.m. - 11:00 a.m.
City of Miami - Tropical Park	7900 SW 40 Street	Miami	FL	33155	4.21.2020	9:00 a.m. - 11:00 a.m.
Brownsville Medical Center	2400 NW 54 Street	Miami	FL	33142	4.22.2020	10:00 a.m. - 12:00 p.m.
Schekinah, Inc.	12555 NW 17 Avenue	Miami	FL	33167	4.22.2020	3:00 p.m. to 6:00 p.m.
City of Hialeah	Goodlet Park - 4200 West 8th Avenue	Hialeah	FL	33012	4.23.2020	10:00 a.m. - 12:00 p.m.
City of Miami Lakes	Royal Oaks Park - 16500 NW 87th Ave	Miami Lakes	FL	33018	4.24.2020	10:00 a.m. - 12:00 p.m.
Fountain of Life	3505 NW 79 Street	Miami	FL	33147	4.24.2020	10:00 a.m. - 12:00 p.m.
City of Miami Beach	2100 Collins Avenue	Miami Beach	FL	33139	4.25.2020	9:00 a.m. - 11:00 a.m.
1st Haitian COG	7140 N. Miami Avenue	Miami	FL	33150	4.25.2020	10:00 a.m. - 12:00 p.m.

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Feeding our Community Children
Monday-Friday 10:00-11:00am

#Headstart #EarlyHeadStart #Paradisesthianschool
 #servingourcommunity #stepsintherightdirection #lipany #FeedingHialeah
 #grateful #lovecontinues

 Drive up to the front of the school, please pop open your trunk and we will put a grab/go bag meal for your children. Please do not get out of your vehicle for any reason.

#Feedingourchildren

 Cuando llegue al frente de las escuela, por favor abra su maletero y nosotros le pondremos una bolsa de comida para sus hijos. Favor de no salir del vehiculo en ningun momento.

Paradise Christian School & Development Center, Inc.
6184 West 21 Court, Hialeah, Florida 33016
 305-828-7477

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**FARM SHARE
DRIVE-THRU
FOOD DISTRIBUTIONS**

Wednesday, April 15th	10:00 AM-1:00 PM at Ark of the City 6100 NW 2nd Ave Miami, FL 33127
Saturday, April 18th	10:00 AM-1:00 PM at Gibson-Bethel Community Center 5800 SW 66 Street South Miami, FL 33143
Tuesday, April 21st	10:00 AM-1:00 PM at Mana Convention Center 2217 N.W. 5th Avenue Miami, FL 33127
Thursday, April 23rd	10:00 AM-1:00 PM at Notre Dame D'Haiti Catholic Church 10 NE 62nd Street Miami, FL 33138
Tuesday, April 28th	10:00 AM-1:00 PM at West Perrine Park 10301 SW 170th Terrace Miami, FL 33157
Thursday, April 30th	10:00 AM-1:00 PM at Triumphant Church of God of Prophecy 21450 SW 112 Ave Cutler Bay, FL 33189

- Visit or call Farm Share for more information on food distribution locations near you.
<http://farmshare.org/food-distributions/> or 305-246-3276

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- **Salvation Army**, located at 1907 NW 38th Street, is giving out fresh fruits and veggies if you have your own bag and a photo ID.
 - Monday to Friday
 - Food distribution starts at 9 am and is given to the first 100 people to arrive. It stops once they reach the daily limit.
 - Only one family member per household can receive items.

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- **Free Farm Share Food Distribution**
 - Joseph Caleb Center at 5400 NW 22nd Avenue, Miami, 33142
 - Drive thru only
 - Thursday, April 30th 9 am-12 pm
 - Call 305-636-2331

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United Teachers of Dade has launched a **“Grab ’n Go Meal locator platform”** at freeschoollunch.info where parents and students can quickly find food distribution centers in their part of the county.

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To support local farmers faced with a surplus of fresh produce and provide meals to residents in need during the coronavirus pandemic, Miami-Dade County Parks, Recreation and Open Spaces (Miami-Dade County Parks) has announced the establishment of a **Food Distribution Site** at:

Location: **Tropical Park**

Address: **7900 SW 40th St.**

Miami, FL 33155

Time: **9:00 a.m.**

Starting on Saturday, April 18 and then every Tuesday, until further notice – donations will be offered on a first-come, first-serve basis to anyone in need. There are no age or income requirements.

For more information you can visit: <https://www.miamidade.gov/releases/2020-04-17-parks-food-bank.asp>

Covid-19 Testing

Sandra added on 04/14/20 This is the most up-to-date testing sites.

Testing Sites

COVID-19 Testing Sites in Miami-Dade County

Each testing site has specific instructions.

Please research the instructions BEFORE visiting a testing site.

More information can be found at

www.miamidade.gov/coronavirus in the "Testing" drop down menu.

Collection Site	Location	Days and Hours of Operation	Requirements	Appt. Required and Contact information
South Dade Government Center	10710 SW 210 Street, Cutler Bay, FL 33189	7-days a week, 9 am - 5 pm	18 + with Symptoms	Yes 305-499-8767
Hard Rock Stadium	347 Don Shula Drive, Miami Gardens, FL 33056	7-days a week, 9 am - 5 pm	Symptomatic with No Age Limit	NO
Marlins Park	501 Marlins Way, Miami, FL 33125	7-days a week, 9 am - 5 pm	18 + with Symptoms	Yes 305-499-8767
Amelia Earhart Park	401 E 65 Street, Hialeah, FL 33013	Mon - Sat, 9 am - 5 pm	65+ with Symptoms	Yes 305-266-4319
Loren Park	627 NE 6 Avenue, Florida City, FL 33034 (CHI)	Tues and Thurs, 10 am - 1 pm	Symptomatic with No Age Limit	NO
Florida City	450 W. Davis Parkway, Florida City, FL 33034	Tues and Thurs, 10 am - 1 pm	Symptomatic with No Age Limit	NO
MLK Jr. / Clinica Campesina Health Center	810 West Mowry Drive, Homestead, FL 33030	Monday and Wednesday	Symptomatic with No Age Limit	NO
Miami-Dade County Youth Fair Grounds	10901 SW 24 Street, Miami, FL 33165	7-days a week, 9 am - 5 pm	18 + with Symptoms	Yes 305-499-8767
MedRight Urgent Care	4621 Collins Avenue, Miami Beach, FL 333140	Sun - Fri, 10 am - 6:00 pm	16 + with Parent Symptomatic	Yes 305-735-3909
Aventura Mall New Parking Garage	19501 Biscayne Blvd., Aventura, Florida	Mon - Fri, 9:30 am - 5 pm	First Responders, Healthcare Workers and those 65+	Yes visit www.covidaventura.com
Miami-Dade Fire Rescue, Station #8	2900 NE 199 Street, Aventura, Florida	Mon - Fri, 9 am - 5 pm	First Responders, Healthcare Workers and those 65+	Yes visit www.covidaventura.com

Service Centers

North Sites

Liberty City Community Resource Center
2301 N.W. 54 Street • Miami, FL 33142
(305) 756-2830
Kyra King

Edison Community Resource Center
150 N.W. 79 Street • Miami, FL 33150
(305) 758-9662
Linda Taylor

Hialeah Community Resource Center
300 E. First Avenue • Miami, FL 33101
(305) 884-4801
Michelle Rodriguez

Miami Gardens/ Opa-locka Community Resource
16405 N.W. 25 Avenue
Miami Gardens, FL 33054
(305) 623-6500
Michelle Oyetunji

Wynwood Community Resource Center
2905 N.W. Avenue Miami • FL 33127
(305) 547-7661
German Izquierdo

South Sites

Florida City Community Resource Center
1600 N.W. 6 Court • Florida City, FL 33034
(305) 247-2068
Letah Parrish / Olga Torres

Naranja Community Resource Center
13955 S.W. 264 Street • Miami, FL 33032
(305) 258-5471
Rhonda Moses

Perrine Community Resource Center
17801 Homestead Avenue • Miami, FL 33157
(305) 254-5804
Letah Parrish

Monday through Friday
9:00 a.m. - 5:00 p.m.

Miami-Dade County Service Centers for Families in Need

Central Sites

Share Your Heart / Victory For Youth
2400 South Dixie Highway • Miami FL 33133
(786) 362-5870
Luz Oliva / Argel Taylor

Share Your Heart / Victory For Youth
3302 N.W. 27 Avenue • Miami FL 33142
(786) 362-5870
Betty Muller

Accion Community Resource Center
970 S.W. 1 Street, 4th Floor • Miami, FL 33130
(305) 545-2224
Olga Torrens

Culmer Community Resource Center
1600 N.W. 3 Avenue • Miami, FL 33136
(305) 438-4161
Dr. Tangier Scott

Frankie Shannon Rolle/Coconut Grove Community Resource Center
3750 South Dixie Highway • Miami, FL 33133
(305) 446-3311
Helen Miguel

South Beach Community Resource Center
833 6 Street • Miami Beach, FL 33139
(305) 672-1705
Viola Davis



M-DCPS Hotlines

M-DCPS Support Lines (Hours of Operation: M-F from 8 a.m. – 4 p.m.):

1. District Emergency Operations hotline: 305-995-3000

- To answer questions from students, parents and other community members about school district-related coronavirus response efforts.

2. Instructional Learning Plan hotline: 305-995-HELP (4357)

- To support students, parents and teachers in engaging in distance learning.

3. Mental Health Services Parent Assistance Line: 305-995-7100

- To assist students and their families with mental health support.

4. M-DCPS Employee Assistance Program: 305-995-7111

- To assist with wellness support for employees.

5. Adult and Career/Technical Education: 305-558-8000

- To provide information on adult and career/technical distance learning options.

Student and Family Services (Tutoring, Technology Distribution, and Childcare)

1) Tutoring

Beginning Saturday, April 4, students grades K-12 can get free one-on-one online homework help and tutoring from certified teachers in reading and math through Miami-Dade County Public Library System. The 30-minute virtual sessions will be held on Saturdays from 10 a.m. through 1 p.m. by appointment only.

Please note that a desktop computer or laptop with internet, video and audio capabilities is needed to participate and students should have a quiet learning environment that is free of distractions.

For more information and to request a virtual tutoring appointment, please visit www.mdpls.org/tutor.

Shoshana added 4/8/20

• Free Online Peer Tutoring

Study Buddies of Miami can assist families across Miami-Dade County by providing free peer tutoring through Zoom. Assistance is available for students from pre-K - 12th grade. High school age volunteers are ready to assist children in need in the community.

For more information email studybuddiesofmiami@gmail.com.

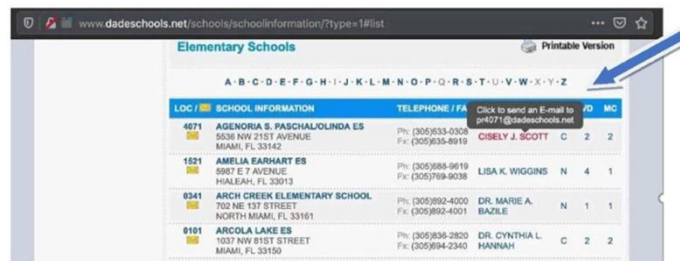
• Remote Programming and FREE Tutoring

YWCA of Greater Miami-Dade is offering remote youth programming for children in grades K-5. Participants can join Monday through Friday, at 1:15 p.m. for Physical Fitness with Ms. Rae and at 2 p.m. for Story Time with Ms. Bree. Students are sure to be engaged by amazing counselors and their unique approaches. [Log on here](#)

Additionally, the YWCA is offering free remote tutoring sessions. For more information visit <https://calendly.com/ywcatutors>.

2. Mobile Device Distribution Sites

- Parents/Guardians who need a digital device or internet access, contact your school by emailing the principal. Visit dadeschools.net, click School Directory, select school and click on the Principal name to send an email. In the subject selection of email place “Student name/ID” and write “Device Appointment Request.”
- Principals will schedule appointments for device pick-up at your child’s home school between 11 am and 4 pm, Monday to Friday, to pick up requested device.



LOC	SCHOOL INFORMATION	TELEPHONE / FAX	Click to send an E-mail to pr4077@dadeschools.net	JD	MC
4671	AGENORIA S. PASCHALJOLINDA ES 5538 NW 21ST AVENUE MIAMI, FL 33142	Ph: (305)833-0308 F: (305)835-8919	CIBELY J. SCOTT	C	2 2
1521	AMELIA EAKHART ES 3887 E 7 AVENUE HIALEAH, FL 33013	Ph: (305)888-9619 F: (305)799-9038	LISA K. WIGGINS	N	4 1
6341	ARCH CREEK ELEMENTARY SCHOOL 702 NE 137 STREET NORTH MIAMI, FL 33161	Ph: (305)892-4000 F: (305)892-4001	DR. MARIE A. BAZLE	N	1 1
9101	ARCOLA LAKE ES 1037 NW 81ST STREET MIAMI, FL 33150	Ph: (305)836-2820 F: (305)894-2340	DR. CYNTHIA L. HANNAH	C	2 2

3. Childcare Services

Sandra added on Tuesday, April 7.

- **The Early Learning Coalition of Miami-Dade/Monroe County** can help parents who are looking for childcare placements for their children. Programs are licensed by the Florida Department of Children and Families and most have sufficient space to accommodate new children.
- If a parent needs assistance locating a program near their job or home, they should contact our Child Care Resource and Referral Unit at 305-646-7220. The unit is open M-F from 8-5 pm.

Stephanie added on Thursday, April 16.

YMCA – will be providing childcare services for kids of first responders, healthcare workers as well as city and county staffers. Find a YMCA near you.

4. Stay at Home Parent Help

Shoshana added 4/8/20

- **StayHome.Miami Launches to Provide Fun & Activities for Miami-Dade Families**

The Children's Trust has launched **StayHome.Miami**, a new website that serves as a central repository for resources to parents and the community at large during the COVID-19 crisis. This resource is full of valuable information to help families cope with the challenges they are facing right now. More importantly, it gives parents and caregivers useful tips and activities to help them and their children navigate the disruptions to daily lives. StayHome.Miami will help families enjoy their time together while staying safe at home. Resources and activities include read-aloud e-books, free downloadable coloring books, and many other fun and interactive options. If you have any resources, activities, or ideas to contribute to the website, please reach out to us and let us know.

- **FREE Learning Resources**

Website: <https://www.juniorachievement.org/web/ja-usa/program-resources>

- **Boys & Girls Clubs of Miami-Dade "Virtual Club"**

Boys & Girls Clubs of Miami-Dade are offering "Virtual Club" to all youth ages 5-17. While Boys & Girls Clubs physical locations remain closed due to COVID-19, the Clubs are allowing youth to participate in fun activities virtually through Zoom. Activities include story time, STEM, arts & crafts, physical fitness, yoga, homework assistance, mentoring, social-emotional learning, "virtual get-togethers " and more.

For information about the "Virtual Club" and how to register your child, please email Diana Perez at dperez@bgcmia.org or Franchon Green at fgreen@bgcmia.org.

- **Museum at Home ***

While Miami Children's Museum is closed to the public, it remains dedicated to serving the community and fulfilling its mission. The Museum recognizes how stressful this time is for families and has launched "Museum at Home," an online effort to create exciting and helpful virtual programs available on their website www.miamichildrensmuseum.org and through their social media platforms.

- Explore some of our museums, beaches, parks and more with **Virtual Miami**, a new resource from the Greater Miami Convention & Visitors Bureau.
- Unleash your own creativity, watch Miami actors perform monologues from your favorite shows and musicals, and more with the **Arsht@Home** video arts series.
- This year, you can enjoy the **Miami-Dade Youth Fair "Fair from Home"** with their online resources and activities.

Help for Senior Citizens

Debra added on Thursday, April 2, 2020

LOCAL SENIOR Shopping Hours		
 Tues. & Wed. 7- 8 am	 Tues. first hour of business	 Wed. 8 - 9 am
 Mon. - Fri. 8- 9 am	 Tues. & Thurs. 9 - 10 am	 Daily, First Hour of Business
 Daily, First Hour of Business	 Daily 8 - 9 am	 Mon. - Fri. 8 - 9 am

Stephanie added Thursday, April 16.

- **3-1-1 Contact Center** – The County's 311 Call Center is connecting senior citizens with food needs to the Emergency Operations Center for assistance.
- **Archdiocese of Miami Elderly Services and Mobile Meal Delivery** – Providing mobile meal delivery program for some 700 elderly clients in South Florida.

Extra Resource Assistance (Food, Rent/Mortgage, etc.)

Shoshana added on Friday, April 3rd, 2020

United Way Miami-Dade- Miami Pandemic Assistance Program: a program created by generous donors to help families that may not be eligible for other assistance but are struggling with emergency needs, such as food, rent/mortgage assistance, as a result the COVID 19.

Application for this program can be found in:

English: <https://uwcfcs219638.typeform.com/to/YMTFxV>

Spanish: <https://uwcfcs219638.typeform.com/to/C8IW7j>

Kreyol: <https://uwcfcs219638.typeform.com/to/q8WKIH>

More information regarding the program can be found in the United Way Miami Dade COVID 19 Resource Center: <https://unitedwaymiami.org/coronavirusresources/>

Stephanie added Thursday, April 16

- **2-1-1 JCS Helpline Services (305.358.HELP)** – Free 24-hour hotline in English, Spanish and Creole. Emergency Hotline for emergency counseling, financial aid, food, domestic abuse assistance and other services — 305-576-6550
- **Axis South Florida** is a one-stop portal to help connect families, individuals and businesses impacted by coronavirus with the resources they need.
- Check **CareerSource South Florida's Facebook page** for updated lists of the top job openings in Miami-Dade.

Scholarship Information

With the COVID-19 health crisis sweeping across the nation, we know how challenging these coming weeks and months will be for students and their families. In Scholly's unrelenting effort to support students in need, we are providing cash assistance to those in need during this unprecedented crisis.

Apply today to receive \$200 in cash assistance to help cover expenses during this global crisis. Our application takes less than two minutes.

By providing \$200 in cash assistance, we aim to provide essential financial help to buy groceries, health supplies, and other necessities to those in need. If you're a student, parent of a student, or graduate, we encourage you to apply today.

Complete your application below. Applications will be reviewed on an ongoing basis and are subject to approval and available funds.

<https://myscholly.com/relief/>

Changes for Existing Programs (Food Stamps, etc.)

- **DCF will waive work requirements as a condition to receive program benefits effective immediately.** The temporary relief of mandatory work requirements will alleviate any undue burden during this public health emergency on individuals normally required to participate in these programs with no disruptions to the receipt of cash and/or food assistance benefits.
 - Log into <https://www.myflorida.com/accessflorida/> to check the status of your benefits, report changes, receive information faster, and upload documents.

- For questions, contact DCF's customer center at 850-300-4DCF or visit their website at <http://www.myflorida.com/accessflorida/>
- Website for help with SNAP Benefits: <https://www.axishelps.org/programs/reimbursement-for-snap-recipients>

Sandra added on 04/14/20

Food Stamp recipients in FL can now purchase groceries online. More information here:

<https://www.local10.com/news/local/2020/04/14/food-stamp-recipients-in-florida-can-now-purchase-groceries-online/>

- SNAP participants are automatically eligible to participate in this program and do not need to apply.
- The pilot program in Florida will begin with an initial launch on April 16, 2020.
- Walmart and Amazon are the initial participating retailers; work is being done to expand to more franchises.

Stephanie added Thursday, April 16

- **Economic Impact Payments** – Check tax return requirements needed to receive an economic impact payment; low-income taxpayers, senior citizens, Social Security recipients, some veterans and individuals with disabilities who are otherwise not required to file a tax return will not owe tax.
 - Taxpayers can check the [IRS.gov](https://www.irs.gov) tool – [Do I Need to File a Tax Return?](https://www.irs.gov/irb/2020-04/irb20-04-01a.html) – to see if they have a filing requirement.
- Tax filing and payment deadlines for individuals extended to July 15

Unemployment Benefit Paper Application Pickup Locations

Miami-Dade Public Library System to provide Reemployment Assistance Applications at 26 library locations. *Printed copies will be available in English, Spanish and Creole*

In an effort to help Miami-Dade County residents applying for state unemployment benefits, especially those who do not have computers at home, the Miami-Dade Public Library System (MDPLS) will be providing printed copies of Florida Department of Economic Opportunity (DEO) Reemployment Assistance Applications at 26 library locations beginning Wednesday, April 8.

Unemployment applications in English, Spanish and Creole and envelopes to return them in will be available for pickup at tables outside the library entrances from 8 a.m. – 7 p.m. seven days a week until further notice. Residents can take the application home to fill out and then return it in the sealed envelope by dropping it off in the library location's book drop or at any [CareerSource South Florida](https://www.careersourcefl.com) location. Applications will be picked up from the book drops every day and delivered to CareerSource South Florida where trained staff will send them securely overnight to DEO in Tallahassee for processing. Residents can also download and print a [copy of the application](#) from DEO's website and return it to any participating library's book drop.

MDPLS will be practicing social distancing at the library sites, with informational signage and markings on the ground spaced six feet apart.

The following are the **26 library locations** where residents can pick up an application:

Allapattah Branch 1799 NW 35 Street Miami, FL 33142	Arcola Lakes Branch 8240 NW 7 Avenue Miami, FL 33150	California Club Branch 700 Ives Dairy Road Miami, FL 33179
Coconut Grove Branch 2875 McFarlane Road Miami, FL 33133	Concord Branch 3882 SW 112 Avenue Miami, FL 33165	Coral Reef Branch 9211 SW 152 Street Miami, FL 33157
Country Walk Branch 15433 SW 137 Avenue Miami, FL 33177	Edison Center Branch 531 NW 62 Street Miami, FL 33150	Fairlawn Branch 6376 SW 8 Street West Miami, FL 33144
Golden Glades Branch 100 NE 166 Street Miami, FL 33162	Hialeah Gardens Branch 11300 NW 87 Court Hialeah Gardens, FL 33018	Hispanic Branch Library 1398 SW 1 Street Miami, FL 33135
Homestead Branch 700 N. Homestead Boulevard Homestead, FL 33030	International Mall Branch 10315 NW 12 Street Doral, FL 33172	Kendale Lakes Branch 15205 SW 88 Street Miami, FL 33196
Miami Beach Regional Library 227 22nd Street Miami Beach, FL 33139	Miami Lakes Branch 6699 Windmill Gate Road Miami Lakes, FL 33014	Naranja Branch 14850 SW 280 Street Miami, FL 33032
North Dade Regional Library 2455 NW 183 Street Miami Gardens, FL 33056	North Shore Branch 7501 Collins Avenue Miami Beach, FL 33141	Northeast Dade - Aventura Branch 2930 Aventura Boulevard Aventura, FL 33180
Palm Springs North Branch 17601 NW 78 Avenue Hialeah, FL 33015	South Miami Branch 6000 Sunset Drive Miami, FL 33143	West Dade Regional Library 9445 Coral Way Miami, FL 33165
West Flagler Branch 5050 West Flagler Street Miami, FL 33134	West Kendall Regional Library 10201 Hammocks Boulevard Miami, FL 33196	

Residents may also call 305-375-2665 to find their nearest library location providing the printed applications. CareerSource South Florida is available to provide assistance with completing the application by calling 305-929-1547.

For the latest COVID-19 updates, information and resources, visit www.miamidade.gov/coronavirus.

Mental and Physical Health Services

Shoshana added 4/8/20

• **Free Telehealth Services**

Meraki Wellness & Healing, Inc.'s team of licensed mental health clinicians are providing mental health checkups via telehealth services **FREE** of charge. The team will provide support counseling to all ages. This service is also available to Spanish speakers. Treatment focuses on stress reduction and meditation techniques.

For more information email cvazquez@merakiwellnesshealing.com or call 786.536.4420.

• **National Alliance on Mental Illness Miami-Dade Groups Now Available Online**

NAMI Miami-Dade **FREE** Support Groups have transitioned to online and by phone. Support Groups are available in both English and Spanish for either individuals with mental health conditions or for their family members/caregivers. NAMI Basics is now available for parents/caregivers of children under the age of 21 with a mental health condition.

Details can be found online at NAMIMiami.org.

• **Midday Meditations for Pre-teens and Teens**

GEM Culture, Inc. is offering **FREE** meditation sessions to preteens, teens and young adults to assist and teach them meditation techniques that they may use during this time and whenever needed. Midday Meditations sessions will be offered online and via phone. All participants must have an electronic device or a cell phone to attend sessions.

Sessions held Mondays, Wednesdays and Fridays starting Monday, March 30 through Friday, April 17. [Click Here to Register](#)

Stephanie added Thursday, April 16

- **Florida Blue** – Offering free, Emotional Support from licensed clinicians in Florida to all Floridians including those who do not have insurance or have coverage with another health plan.
 - 24-Hour Toll-Free Helpline
 - Free Bilingual Emotional Support
 - [833-848-1762](tel:833-848-1762)
- **National Disaster Distress Helpline** offers emotional support and ability to speak to a trusted healthcare provider for any medical concerns 24/7. [1-800-985-5990](tel:1-800-985-5990) or text [TalkWithUs](https://text.talkwithus.org) to 66746
- **Baptist Care On Demand** – Baptist Health South Florida is offering **FREE** online urgent care visits for a limited time using the code CARE19.
- **Free Virtual Classes** which include meditation, mindfulness, tips for emotional well-being and Yoga

Free Delivery for Prescription Medications

FamilyWize – Prescription Savings- Steps to help coordinate at home delivery of prescription medications:

- Call the FamilyWize toll free number at 800-222-281
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- Ask your pharmacist to apply your FamilyWize card number to receive a discount on your prescription
- Learn more about the savings FamilyWize offers, please visit [FamilyWize.org](https://www.familywize.org) or simply download the free [FamilyWize mobile app](#).

Covid-19 Information

Any patient experiencing serious symptoms of COVID-19 can seek emergency treatment at any hospital emergency room, including any Jackson facility. To prevent the spread of COVID-19, visitation is suspended for most patients at most facilities, and Jackson encourages the use of phone calls, electronic messages, and videoconference. Watch a video from Jackson's leadership.

1.) Apple – COVID 19 Screening Tool

Apple, Inc. released a website and an iOS app that will allow users to screen themselves for COVID 19 symptoms. Both tools were developed in partnership with the Center for Disease Control (CDC), the White House COVID 19 task force, and the Federal Emergency Management Agency (FEMA).

The app and website include a questionnaire and information about the novel coronavirus – Apple will not be collecting or storing users answers to the questionnaire, though it will collect anonymous information about usage of the tool. The screening tool does not require an Apple account to be used.

More information about this tool can be found: <https://www.cnn.com/2020/03/27/tech/apple-coronavirus-website/index.html>

2.) Google – Educational Coronavirus website

The website, [google.com/covid19](https://www.google.com/covid19), is "[focused on education, prevention and local resources. People can find state-based information, safety and prevention tips, search trends related to COVID-19, and further resources for individuals, educators and businesses.](#)"

More information about this tool can be found: <https://www.cnn.com/2020/03/21/politics/google-coronavirus-information-website/index.html>

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3.) COVID 19 Frequently Asked Questions

1. What is Coronavirus?

Coronaviruses are a type of virus. There are many different kinds, and some cause disease. A newly identified type has caused a recent outbreak of respiratory illness now called COVID-19.

2. How is COVID-19 Spread?

COVID-19 can be passed from person to person through droplets from coughs and sneezes. COVID-19 has been detected in people all over the world, and is considered a pandemic. The spread of this new

coronavirus is being monitored by the Centers for Disease Control (CDC), the World Health Organization and health organizations like Johns Hopkins across the globe.

3. How this new Coronavirus spread to humans?

COVID-19 appeared in Wuhan, a city in China, in December 2019. Although health officials are still tracing the exact source of this new coronavirus, early hypotheses thought it may be linked to a seafood market in Wuhan, China. Some people who visited the market developed viral pneumonia caused by the new coronavirus. A study that came out on Jan. 25, 2020, notes that the individual with the first reported case became ill on Dec. 1, 2019, and had no link to the seafood market. Investigations are ongoing as to how this virus originated and spread.

4. What is the incubation period for COVID-19?

It appears that symptoms are showing up in people within 14 days of exposure to the virus.

5. What are the symptoms of COVID-19? COVID-19 symptoms include:

☐ Cough, ☐ Fever, ☐ Shortness of breath

In rare cases, COVID-19 can lead to severe respiratory problems, kidney failure or death. If you have a fever or any kind of respiratory difficulty such as coughing or shortness of breath, call your doctor or a health care provider and explain your symptoms over the phone before going to the doctor's office, urgent care facility or emergency room. Source: John Hopkins Medicine Here are suggestions if you feel sick and are concerned you might have COVID-19. If you have a medical emergency such as severe shortness of breath, call 911 and let them know about your symptoms.

6. How is COVID-19 diagnosed?

Diagnosis may be difficult with only a physical exam because mild cases of COVID-19 may appear similar to the flu or a bad cold. A laboratory test can confirm the diagnosis. Learn more about COVID-19 testing.

7. How is COVID-19 treated?

As of now, there is not a specific treatment for the virus. People who become sick from COVID19 should be treated with supportive measures: those that relieve symptoms. For severe cases, there may be additional options for treatment, including research drugs and therapeutics.

8. Does COVID-19 cause death?

As of Apr. 1, 2020, 43,288 deaths have been attributed to COVID-19. However, 184,771 people have recovered from the illness. This information comes from the Coronavirus COVID-19 Global Cases map developed by the Johns Hopkins Center for Systems Science and Engineering.

9. Is this coronavirus different from SARS?

SARS stands for severe acute respiratory syndrome. In 2003, an outbreak of SARS started in China and spread to other countries before ending in 2004. The virus that causes COVID-19 is similar to the one that caused the 2003 SARS outbreak: both are types of coronaviruses. Much is still unknown, but COVID-19 seems to spread faster than the 2003 SARS and also may cause less severe illness.

10. How do you protect yourself from this coronavirus?

It's crucial to practice good hygiene, respiratory etiquette and social distancing. Read more about ways to protect yourself. Source: John Hopkins Medicine

4.) *How long can the virus that causes COVID-19 live on surfaces?*

1. How worried should we be about our risk of becoming infected simply by touching something an infected person was in contact with days ago?

What's getting a lot of press and is presented out of context is that the virus can last on plastic for 72 hours—which sounds really scary. But what's more important is the amount of the virus that remains. It's less than 0.1% of the starting virus material. Infection is theoretically possible but unlikely at the levels remaining after a few days. People need to know this. While the New England Journal of Medicine study found that the COVID virus can be detected in the air for 3 hours, in nature, respiratory droplets sink to the ground faster than the aerosols produced in this study. The experimental aerosols used in labs are smaller than what comes out of a cough or sneeze, so they remain in the air at face-level longer than heavier particles would in nature.

2. What is the best way I can protect myself, knowing that the virus that causes COVID-19 lives on surfaces?

You are more likely to catch the infection through the air if you are next to someone infected than off of a surface. Cleaning surfaces with disinfectant or soap is very effective because once the oily surface coat of the virus is disabled, there is no way the virus can infect a host cell. However, there cannot be an overabundance of caution. Nothing like this has ever happened before. The CDC guidelines on how to protect yourself include: □ Clean and disinfect surfaces that many people come in contact with. These include tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. Avoid touching high-contact surfaces in public. □ Wash your hands often with soap and water for at least 20 seconds immediately when you return home from a public place such as the bank or grocery store. □ When in a public space, put a distance of six feet between yourself and others. □ Most importantly, stay home if you are sick and contact your doctor. There has been speculation that once the summer season arrives and the weather warms up, the virus won't survive, but we don't yet know if that is true.

3. Does the weather or indoor temperature affect the survival of the COVID-19 virus on surfaces?

There is no evidence one way or the other. The virus's viability in exposure to heat or cold has not been studied. But it does bear pointing out that the New England Journal of Medicine study was performed at about room temperature, 21-23 degrees Celsius.

4. How does the virus that causes COVID-19 compare with other coronaviruses, and why are we seeing so many more cases?

SARS-CoV-2 behaves like a typical respiratory coronavirus in the basic mechanisms of infection and replication. But several mutations allow it to bind tighter to its host receptor and increase its transmissibility, which is thought to make it more infectious. The New England Journal of Medicine study suggests that the stability of SARS-CoV-2 is very similar to that of SARS-CoV1, the virus that caused the 2002-2003 SARS global outbreak. But, researchers believe people can carry high viral loads of the SARS-CoV-2 in the upper

respiratory tract without recognizing any symptoms, allowing them to shed and transmit the virus while asymptomatic.

5.) How families and roommates can effectively self-quarantine, self-isolate

As a result of the widespread and rapid contagious rate of the novel coronavirus (COVID-19) we have been asked to stay safe at home, while practicing social distancing when out getting essential goods (food, medicine, etc.). Some of us are faced with the reality that members of our household have been label as essential personnel (doctors, nurses, cashiers, janitors, delivery workers, etc.) which continue to attend their place of work and interact with other to keep the most essential services up and running during this challenging times. But what happens when someone in our household is not feeling well, or it has tested positive for COVID-19, what do we do then? The researchers at John Hopkins University have developed this FAQ regarding how families and roommates can effectively self-quarantine, self-isolate if the need presents itself.

Here are the recommendations:

1. What is the difference between self-quarantine, self-isolation, and social distancing?

Self-quarantine is staying in place, either at home or elsewhere, for fourteen days because you have been exposed to someone who has tested positive for COVID-19. Self-isolation would be isolating within the house after you start showing symptoms of COVID-19. Social distancing is a response in which people remain home and distant from others (such as by refraining from shaking hands or hugging or going to the store at off hours), without any known exposure to the virus, to limit possible transmission to or from others.

2. What are the signs or symptoms that someone should self-isolate? When can the self-isolation end?

If you do develop symptoms, like a fever, cough, or shortness of breath, that is when you would need to self-isolate at home, away from other household members. If you develop these symptoms, contact your medical provider but stay home as long as those symptoms are manageable (like you would for a normal cold or flu). If you have severe shortness of breath or if symptoms suddenly get worse, that is when you should seek out medical care. According to CDC guidelines, individuals with COVID-19 symptoms should self-isolate until their symptoms have resolved and it has been at least seven additional days since symptoms first appeared to ensure they are no longer contagious.

3. What is the safest way to self-isolate one person within a larger household?

If you can have a separate space for the sick person—a space where they can access the restroom without traveling through commons spaces—that would be best. Those who are caring for loved ones who are sick at home should wash their hands frequently, avoid close contact as much as possible, and have the sick individual wear a surgical or procedure mask to prevent droplets spreading through the air. It is also important to clean frequent- or high-touch surfaces, as well to clean clothes in very hot water. Caregivers should also wear a mask, if possible.

4. In households that are not able to accommodate these suggestions, what else can be done to limit transmission at home?

If you're not a caregiver, maintaining six feet of distance and washing your hands frequently are the main steps, along with cleaning surfaces often. If you are a caregiver, it's certainly tougher. You should wear a mask if possible and follow the other guidelines of handwashing and cleaning clothes and surfaces frequently.

5. How can parents and other caregivers help children and dependents who are unable to follow the recommended advice (like washing hands and not touching your face), particularly if they need to be self-isolated?

I think that's a tougher situation. It's very hard to stay away from kids, especially when they're ill and need care and comfort. If possible, main caregivers should be those who are not at high risk from COVID-19, meaning those not over age sixty or with underlying health issues. Other than that, it's important to take the normal precautions in terms of handwashing and cleaning, but it is much more difficult with children.

6. How much can caregivers rely on childcare alternatives (relatives, neighbors, babysitters) in this moment?

In general, it's important to keep the circle smaller. At the moment, not exposing yourself to many additional people is best. Healthcare workers, people with critical jobs, and hourly employees who have to work will need to rely on childcare providers. In those situations, you may ask someone you know and trust, and who is reliable in taking the social distancing rules seriously. If possible, childcare providers should not be in a group that's at high-risk for COVID.

7. What supplies should be on hand, for both self-quarantine and self-isolation?

For self-quarantine you should have your basic supplies like food and thirty days of any medications being taken. If you should become sick, and in anticipation of becoming sick, you should have supplies like Gatorade—something to rehydrate—as well as cough medicine to manage symptoms, and Tylenol to assist with the fever.

6.) COVID-19: True or False and Helpful Links

It is important to note that best sources for information regarding COVID-19 and its development are:

- a. **Centers for Disease Control and Prevention Coronavirus Disease 2019 website:**

<https://www.cdc.gov/coronavirus/2019-nCoV/>

- b. **U.S. Department of Health and Human Services:**

Twitter: <https://twitter.com/HHSGov>

Facebook: <https://www.facebook.com/HHS>

- c. **Centers for Disease Control and Prevention:**

Twitter: <https://twitter.com/CDCgov>

Facebook: <https://www.facebook.com/CDC>

- d. **Florida Department of Health:** <https://floridahealthcovid19.gov/>

- e. **Miami Dade County:** <https://www.miamidade.gov/global/initiatives/coronavirus/home.page>

Also, Lisa Maragakis, M.D., M.P.H., Senior Director of Infection Prevention at John Hopkins University provides the following clarification about what is true or false about COVID-19:

TRUE or FALSE?

A vaccine to cure COVID-19 is available.

The answer is false. There is no vaccine for the new coronavirus right now. Scientists have already begun working on one, but developing a vaccine that is safe and effective in human beings will take many months.

TRUE or FALSE?

You can protect yourself from COVID-19 by swallowing or gargling with bleach, taking acetic acid or steroids, or using essential oils, salt water, ethanol or other substances.

The answer is false. None of these recommendations protects you from getting COVID-19, and some of these practices may be dangerous. The best ways to protect yourself from this coronavirus (and other viruses) include: Washing your hands frequently and thoroughly, using soap and hot water. Avoiding close contact with people who are sick, sneezing or coughing. In addition, you can avoid spreading your own germs by coughing into the crook of your elbow and staying home when you are sick.

TRUE or FALSE?

A face mask will protect you from COVID-19.

The answer is false. Certain models of professional, tight-fitting respirators (such as the N95) can protect health care workers as they care for infected patients. For the general public without respiratory illness, wearing lightweight disposable surgical masks is not recommended. Because they don't fit tightly, they may allow tiny infected droplets to get into the nose, mouth or eyes. Also, people with the virus on their hands who touch their face under a mask might become infected. People with a respiratory illness can wear these masks to lessen their chance of infecting others. Bear in mind that stocking up on masks makes fewer available for sick patients and health care workers who need them.

Brenda added on 4/17/20



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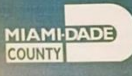
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Other Community Resource Guides

1. Community and Family Resource Manual - English

<http://attachmentManagerFiles.dadeschools.net/getFile.ashx?id=60h1zfVzvEUMFnhRwxUVaEOGorsaBgWIa0Vi~!YUrfPCqau9JjRdNhtbPgFSrA4j~!IGvagUbVxng=&app=AttachmentManager>

2. Community and Family Resource Manual- Spanish

<http://attachmentManagerFiles.dadeschools.net/getFile.ashx?id=60h1zfVzvEUMFnhRwxUVaEOGorsaBgWIa0Vi~!YUrfPCqau9JjRdNhtbPgFSrA4j~!IGvagUbVxng=&app=AttachmentManager>

3. Community and Family Resource Manual- Creole

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Resource Pages:

Page Numbers can be found in the bottom right side of page outside of page margin.

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