



# Resources Available if Affected by Coronavirus (COVID-19)

## Learn About the Coronavirus and Protect Yourself

Centers for Disease Control: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

San Bernardino County coronavirus public information hotline (general, non-medical questions only): 909-387-3911, Monday-Friday 8:00 a.m.—5:00 p.m.

SB County Dept. of Public Health: <http://wp.sbcounty.gov/dph/coronavirus/>

CA Dept. of Public Health: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

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## Free Food

Our Food Bank works with a variety of food pantries to distribute food to residents of San Bernardino County: <https://www.capsbc.org/food-pantries>; we also provide food for soup kitchens that feed the hungry: <https://www.capsbc.org/soup-kitchens>

CalFresh (formerly Food Stamps) information/application: <https://www.getcalfresh.org/>

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## Financial Resources

If you have lost your job, had your hours reduced, or you have been exposed to or are caring for someone with the virus, you may be eligible for unemployment benefits.

Information and application: <https://www.labor.ca.gov/coronavirus2019/>

If you are having trouble paying your credit card bills, your issuer may offer help:

<https://www.bankrate.com/finance/credit-cards/issuer-assistance-programs-amid-coronavirus-fears/>

If you need help budgeting or want free credit counseling: [www.credit.org](http://www.credit.org) / 1 (800) 431-8157

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## Schools and Children

Contact your [district office](#) to learn about school closures, learning activities, and resources for parents and students.

Learning activities for children (SBUSD) click [here](#).

Talking to children about coronavirus <https://childmind.org/article/talking-to-kids-about-the-coronavirus>

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## San Bernardino County Services (contact by phone or online)

<http://www.sbcounty.gov/Main/Default.aspx>

Main telephone number: Toll Free (888) 818-8988

Contact individual departments for any changes in hours or services.

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## Housing and Utilities:

[City of San Bernardino policy](#) on halting evictions if renters cannot pay rent due to COVID-19.

[Southern California Gas](#) has information about temporarily suspending disconnections.

[Southern California Edison](#) is suspending disconnections for certain customers affected by COVID-19,

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## Other Resources

Scroll down for a list of local grocery stores and their hours (may be subject to change; contact stores directly for current hours, delivery options, etc.).

For social services such as housing, job training, healthcare, etc., call 2-1-1.

See 2-1-1's online Resource Guide: <https://211sb.org/news/covid-19-resource-information-guide/>

## Retail Stores

For a running list of hours for many popular retail stores, visit:

<https://www.retaildive.com/news/tracking-retails-response-to-the-coronavirus/574216/>

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## Grocery Store Hours

Please call or check your local store listing online as hours may be subject to change at different locations. Smaller, local grocers or specialty stores are not included in this list.

**NOTE:** Many grocery stores are now setting aside special times for vulnerable shoppers to visit when stores are less crowded. Some stores may offer pickup or delivery services. Contact your preferred grocer directly or look online for alternate shopping options.

- Aldi: 9:00 a.m. - 7:00 p.m.
- Cardenas Market: 8:00 a.m. - 9:00 p.m.
- Costco: 10:00 a.m. - 8:30 p.m.
- El Super: 8:00 a.m. - 9:00 p.m.
- Food 4 Less: 8:00 a.m. - 8:00 p.m.
- Ralphs: 8:00 a.m. - 8:00 p.m.
- Rios Ranch Market: 7:00 a.m. - 10:00 p.m.
- Sam's Club: 9:00 a.m. - 8:00 p.m.
- Smart & Final: 8:00 a.m. - 9:00 p.m.
- Sprouts: 7:00 a.m.- 10:00 p.m.
- Stater Bros: 8:00 a.m. - 9:00 p.m.
- Superior Grocers: 8:00 a.m. - 8:00 p.m.
- Target: 8:00 a.m. - 10:00 p.m. (hours vary by location)
- Trader Joe's: 9:00 a.m. - 7:00 p.m.
- Vons: 7:00 a.m. - 9:00 p.m.
- Walmart: 6:00 a.m. - 11:00 p.m.
- WinCo Foods: 8:00 a.m.- 12:00 p.m.