



Immigrants Rising is committed to serving undocumented communities during the Coronavirus (COVID-19) pandemic. We put together this list of resources to help undocumented immigrants navigate the crisis. Please [contact us](#) if there are additional resources that you would like to add to this document. We will continue to update it as the situation develops.

Recursos para inmigrantes sobre COVID-19 en español—[utilice este enlace](#)

1. Addressing Fear and Coping with Stress During Infectious Disease Outbreaks

- Explore The Conversation's [10 Reasons Why Not to Panic](#) to learn how we can collectively contain and defeat the Coronavirus
- Check out these tips from the Center for Disease Control on [Managing Anxiety & Stress](#) during infectious disease outbreaks
- Learn about SAMHSA counseling services available to you through their [Disaster Distress Helpline](#) and [Response Mobile App](#)
- Check out this [guide for parents and caregivers](#) to help families cope from the National Child Traumatic Stress Network
- Care for yourself and loved ones with the Informed Immigrant's [Mental Health Toolkit](#)

2. Health Access & Guidance Regarding Covid-19

- USCIS has confirmed that the Public Charge rule does not restrict access to testing, screening, or treatment of communicable diseases, including COVID-19. [USCIS Alert](#)
- United We Dream published a [list of state-specific health care resources](#) for undocumented folks and a [great video](#) about how to make your own hand sanitizer.
- Free Clinic Directory has nationwide resources for uninsured people to [connect with affordable and free health clinics in their area](#).
- One Degree provides [connections to health resources](#) throughout California

- Department of Public Health has FAQs in [English](#), [Spanish](#), [Traditional Chinese](#), [Simplified Chinese](#), [Vietnamese](#), [Tagalog](#), and [Japanese](#): wash hands, social distancing, extra caution for elderly/pregnant/those with underlying conditions. (Other languages also available)
- Undocumented people still qualify for [Emergency Medi-Cal](#)
- There are currently **no home test kits** for COVID-19. Avoid any [suspected scams](#).

3. Connecting To Free/Low-Cost Resources

- U-Haul is offering [free storage units for 30 days](#) to college students.
- Several video conferencing software companies have opened up free access to their premium features including [Cisco Webex](#), [Google Hangouts \(for schools and businesses\)](#), and [Zoom \(for K-12 schools\)](#)
- Free wi-fi and broadband internet is being offered by [Charter](#) to K-12 and college students and [Comcast](#) to low-income families for 60 days (families may need to be eligible for state/federal assistance to qualify)
- California utilities [suspend customer shut-offs](#) due to non-payment
- Check out this national guide created by the Hope Center on [Supporting Students during COVID-19](#)

4. Legal Rights as Employees

General

- Legal Aid at Work provides clarity about [Undocumented Workers' Employment Rights](#), as well as a [Coronavirus FAQs in English, Spanish & Chinese](#)
- APALA has an infographic for employers with information on [Protecting API Workers](#)
- California Labor Commissioner's Office released FAQs on [COVID-19 and Laws Enforced](#)
- County Office of Labor Standards Enforcement has an infographic detailing [Covid-19 Impact on Workers Pay](#) (check your local CA county office)

Workers with DACA

- The California Employment Development Department (EDD) is encouraging individuals with DACA and other employment authorizations who are affected by coronavirus layoffs to [apply for unemployment benefits](#). Workers don't have to be sick to qualify. Individuals who were laid off or had hours reduced due to coronavirus restrictions can also apply.
- Michigan Immigrant Rights Center have information about DACA and Michigan Unemployment Insurance in [English](#) and [Spanish](#)
- Illinois Coalition for Immigrant and Refugee Rights created an [infographic](#) about DACA and unemployment insurance in Illinois

5. Supporting Businesses & Freelancers

- Check out this guide to [supporting artists, performers, and service industry folks](#) during Coronavirus
- Check out this aggregated list of [COVID-19 & Freelancer Resources](#) of free resources, opportunities, and financial relief options available to artists of all disciplines.
- Stay informed about the ways small businesses can prepare for the impact of COVID-19 on their business and community through the [Small Business Majority](#)
- Find out how to support in-home care workers, nannies, and house cleaners during this crisis with these tools from the [National Domestic Workers Alliance](#).
- Inclusive Action for the City has created the [Street Vendor Emergency Fund](#) for Los Angeles vendors who cannot access assistance from the government.
- Immigrants Rising's [KickStarter Grants](#) offers short-term, non-renewable grants.
- Low-interest business loans ranging from \$2,600 to \$250,000 are available through [Opportunity Fund](#).
- [Mission Asset Fund](#) offers 0% interest for credit-building loans (up to \$2,400) and loans to start or expand a business (up to \$2,500) Immigrants nationally. They also provide loans to CA residents to pay for USCIS application fees.
- Find loans or local business assistance on [Venturize](#).

6. K-12 Resources

- Several K-12 school districts across California are offering free meals to students and their families including [Butte](#), [Coachella Valley](#), [Fresno](#), [Los Angeles County](#), [Merced](#), [Monterey County](#), [Oakland](#), [Riverside](#), [San Francisco](#), [San Mateo](#), [Santa Clara \(Español\)](#), [Shasta](#), [Stockton](#), and [Yuba City](#)
- Free computers are available for low income students through [The On It Foundation](#) and [Computers with Causes](#)
- Students from Harvard, MIT, UC Berkeley give [free tutoring](#) to K-12 students. Visit <https://gopeer.org/> to learn more.

7. Organizing & Action-Oriented

- United We Dream is asking folks to [sign their petition to ensure care for all immigrants & suspend enforcement activities](#)
- Define American is [compiling stories](#) of folks coming together to bolster community health and safety across America's diverse cultural landscape.
- Medical professionals have written an [Open Letter to ICE](#) urging the release of individuals in immigration detention given the risk of COVID-19.
- Detention Watch Network created an [organizational sign on letter to ICE](#) calling for the release of all people and cessation of enforcement operations

8. Social Distancing

- Share this infographic with [Guidelines on Social Distancing](#)

- Ariadne Labs talks about necessary steps to flatten the coronavirus curve in [Social Distancing: This is Not a Snow Day](#).

9. Up-To-Date Tracking of COVID-19 Cases Worldwide

- [Coronavirus Dashboard](#) tracks the numbers of cases including deaths and recovery rates both locally and globally, as well as provides an interactive map.
- [Why Fighting the Coronavirus Depends On You](#) is a video created by the Center for Disease Control (CDC), which highlights how slowing down the spread of the virus could save hundreds of thousands of lives.

10. Federal Government Updates

- Effective March 21, United States Citizenship and Immigration Services (USCIS) will accept all benefit forms and documents with reproduced original signatures, including the Form I-129, Petition for Nonimmigrant Worker, for submissions dated March 21, 2020, and after. [Click here for more information](#).
- Effective March 18, USCIS is suspending in-person services at its field offices, asylum offices, and application support centers until April 1st. However, USCIS staff will continue to perform duties that do not involve contact with the public. In the meantime, please call the USCIS [Contact Center](#) for assistance with emergency immigration-related services.
- Effective March 18, Immigration and Customs Enforcement (ICE) will seek to arrest only persons whom they believe are “public safety risks” and certain individuals with criminal backgrounds. For all others, ICE will exercise discretion to delay arrests until after the public health crisis diminishes or utilize alternatives. [See the announcement here](#).

11. Other Resources for Immigrant Communities

- Get an [update from NILC](#) on access to healthcare for immigrants and their families
- Learn about Central Valley [COVID-19 information and Resources for Immigrant Communities](#) created by the CA Rural Legal Foundation
- Check out the [Multilingual list \(AANHPI\)](#) of resources for ALL immigrants by Asian & Pacific Islander Health Forum
- UndocuScholars created an [extensive list of nationwide resources](#) for undocumented Communities facing COVID-19

We would like to thank the California Immigrant Youth Justice Alliance (CIYJA) and the Presidents’ Alliance on Higher Education and Immigration for providing resources for this document. CIYJA has released their own document: [COVID-19 Resources for Undocumented Californians](#).



TANGIBLE SUPPORT FOR UNDOCUMENTED COMMUNITIES DURING COVID-19

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ABOUT US

Immigrants Rising helps you make decisions based on your potential, not your perceived limits. Visit our website so you can see what's possible: www.immigrantsrising.org. For inquiries regarding this resource, please contact Nancy Jodaitis at nancy@immigrantsrising.org.