

# **COVID-19**

# **Houston Resource Pack**

Created by the  
Community Design Resource Center  
at the University of Houston

**Updated**  
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# A Brief Introduction

We understand that many people in the greater Houston Area have recently had their lives upturned due to the news caused by the spread of the Covid-19 virus. Issues such as food stability, health, income and education which are already a challenge in our city have only grown worse in the last few days. We at the CDRC would like to do our part in helping those in need by compiling a list of resources for anyone who might be facing issues in the coming days and weeks, and we ask that whether or not you might need this help, that you share it anyone who you know might need it. We plan to continually update it with any additional resources we find and you can always find the most recently updated version at our website.

[cdrchouston.org](http://cdrchouston.org)

# Free Coronavirus Testing

Rep. Sheila Jackson Lee, the Chair of the Congressional Coronavirus taskforce, announced the free testing center Wednesday night. Lee says the testing center will be equipped with 2,000 tests and is urging anyone with symptoms related to coronavirus — fever, cough and shortness of breath — to get tested. Testing will be free but you will only be tested if you are showing symptoms. **Free testing will begin at the location at 10 a.m. Thursday and will continue till 8 p.m. On Friday, testing will be conducted from 8 a.m. to 6 p.m. Next week, testing will continue from Monday through Friday between 8 a.m. and 8 p.m.**

## My Family Doctor

6430 Hillcroft Ave Houston Texas 77081

## Legacy Fifth Ward

3811 Lyons Ave Houston Texas 77020

## Legacy Montrose

1415 California St Houston Texas 77006

## Legacy Fifth Ward

1415 California St Houston Texas 77006

## Legacy Southwest

6411 High Star Drive Houston Texas 77074

## United Methodist Medical Center

510 West Tidwell Houston Texas 77091

## Legacy Central Beaumont

450 North 11th St Beaumont Texas 77702

## Bexar County Community Arenas

100 AT&T Center Parkway, San Antonio, Texas 78219

# Sign Petitions/ Donate

## Suspend Rent, Mortgage & Utility Payments During Coronavirus Crisis

<http://chnng.it/TcNZKWztkd> or click this [link](#)

## Suspending Eviction Dockets in Harris Co During COVID

[shorturl.at/dioAF](http://shorturl.at/dioAF) or click this [link](#)

## Tell ICE: Release All Immigrants at Risk of Coronavirus

<https://www.raicestexas.org/2020/03/14> or click this [link](#)

## Queer Writers of Color Relief Fund

<https://www.gofundme.com/f/queer-writers-of-color-relief-fund> or click this [link](#)

## Cancel Student Debt to Stimulate the Economy

<https://sign.moveon.org/petitions/congress-cancel-student-debt-to-stimulate-the-economy> or click this [link](#)

# School Food Distribution

## HISD

For a map of all locations click [here](#)

Get additional updates from HISD [here](#)

## Wednesday, March 18

Bonham Elementary School (9AM-12PM)  
Forest Brook Middle School (9AM-12PM)  
Furr High School (9AM-12PM)  
Jane Long Academy (1PM-4PM)  
Kelso Elementary School (1PM-4PM)  
Mitchell Elementary School (1PM-4PM)  
Revere Middle School (1PM-4PM)  
Sam Houston High School (1PM-4PM)  
Waltrip High School (3PM-6PM)  
Westbury High School (3PM-6PM)  
Wheatley High School (3PM-6PM)

## Thursday, March 19

Ashford Elementary School (9AM-12PM)  
Austin High School (9AM-12PM)  
Clifton Middle School (9AM-12PM)  
Cullen Middle School (9AM-12PM)  
Sharpstown High School (1PM-4PM)  
Sterling High School (1PM-4PM)  
Tinsley Elementary School (1PM-4PM)  
Wesley Elementary School (3PM-6PM)  
Worthing High School (3PM-6PM)  
Yates High School (3PM-6PM)

## Friday, March 20

Benavidez Elementary School (9AM-12PM)  
Black Middle School (9AM-12PM)  
Booker T. Washington High School (9AM-12PM)  
Burbank Middle School (9AM-12PM)  
Chavez High School (1PM-4PM)  
Fondren Middle School (1PM-4PM)  
Henry Middle School (1PM-4PM)  
Jones Futures Academy (3PM-6PM)  
Key Middle School (3PM-6PM)  
North Forest High School (3PM-6PM)

# School Food Distribution

## Katy ISD

Curbside lunch pick up from 9:30AM-11:30AM.

Bear Creek Elementary  
Sundown Elementary  
Hutsell Elementary  
Mayde Creek Elementary  
West Memorial Elementary  
Memorial Parkway Elementary  
Betheke Elementary (service at this site ends Monday, March 23)  
Golbow Elementary  
Williams Elementary  
Tompkins HighSchool  
Paetow High School (as of Monday, March 23)

## Fort Bend ISD

Breakfast will be served from 7:30AM – 9AM

Lunch will be served from 11:30PM – 1PM

Travis High School  
Hodges Bend Middle School  
Kempner High School  
Sartartia Middle School  
First Colony Middle School  
Dulles High School  
Missouri City Middle School  
Elkins High School  
Ridge Point High School  
McAuliffe Middle School  
Hightower High School

## Aldine ISD

Breakfast will be served from 7:30AM - 9AM

Lunch will be served from 11:30 AM to 1:30 PM

Meals will be located at the front of each school.

# School Food Distribution

## Pasadena ISD

Breakfast will be served from 7:30AM-8:30AM

Lunch will be served from 11:00AM-12:30PM

J Frank Dobie High School  
Sam Rayburn High School  
Pasadena High School  
South Houston High School  
Pasadena Memorial High School

## Cypress-Fairbanks ISD

Breakfast will be served from 7:30 AM - 9:30AM

Lunch will be served from 11:30AM - 1 PM

Dinner will be served from 4:00 PM - 6:00 PM

Arnold Middle School  
Bane Elementary School  
Cy Creek High School  
Cy Lakes High School  
Cy Park High School  
Cy Ridge High School  
Cy Springs High School  
Danish Elementary School  
Francone Elementary School  
Frazier Elementary School  
Holbrook Elementary School  
Horne Elementary School  
Kirk Elementary School  
Langham Creek High School  
Thornton Middle School  
Goodson Middle School

# Food Assistance

## United Way

United Way supports 211, a free and confidential service that helps people across North America find the local resources they need 24 hours a day, 7 days a week. 211 can be accessed by phone or computer. A toll-free call to 211 connects you to a community resource specialist in your area who can put you in touch with local organizations that provide critical services that can improve and save lives. They have also set up a COVID-19 Relief Fund to help with bills, rent, and food.

## Houston Food Bank Helpline

To receive food help from the Houston Food Bank please call 832-369-9390

## Collaboratory for Aging Resources and Education (CARE)

To receive senior aid or for any senior caretakers please call 346-704-4233

## Texas Health and Human Services

To apply for state wide given food aid (SNAP) due to loss of income click [here](#).

## National Food Assistance

To find out how to get food in case of an emergency, apply for food stamps and what free or low-cost food programs are available for infants, children and seniors click [here](#).

## New Life Tabernacle Church

Free Hot Meals for Acres Homes Families at New Life Tabernacle Church w/ CORE (Communities Organized to Realize Excellence) Providing To-Go Hot Meals from 11am to 1pm on March 18th and 19th.. Drive thru pick-up only at the educational building at New Life Tabernacle Church

## Crowdsource Rescue

CrowdSource Rescue is a Houston-based disaster response non-profit. They are co-opting our rescue platform to use for the COVID-19 pandemic. They are currently organizing volunteers to help to do no-contact food deliveries to high-risk Houston residents. [Link](#)



# Stores/Store Openings

## HEB

All H-E-B, Joe V's Smart Shop, Mi Tienda and Central Market stores in the Houston area have shifted to modified hours. The new hours for Houston stores are 8 a.m. to 8 p.m.

## Randalls

Randalls announced that starting Sunday, March 15, they're going to modify store hours of 7 a.m. to 9 p.m. every day until further notice.

## Walmart

Their new hours will be 6 a.m. to 11 p.m. until further notice. Stores currently operating under more reduced hours will keep their current hours of operation.

## Kroger

All Houston division Kroger stores will open at 7 a.m. and close at 10 p.m. until further notice.

## CVS

CVS plans to waive fees for home delivery on any prescription.

## U-HAUL

U-Haul will extend 30 days of free self-storage at U-Haul-owned and -operated facilities to help college students impacted by unforeseen schedule changes at their universities. The free month applies to new customers with college IDs and is a limited-time offer subject to availability.

## FOOD TOWN

Food Town stores are now open from 7 - 8 am for those over 65 years only.

## Target

Target will be closing stores early at 9 pm daily, and they plan to reserve the 1st hour of each shopping day for elderly or immunocompromised.

## Dollar General

Dollar General stores are now open from 8 - 9 am for those over 65 years only.

# Internet/Wi-fi Services

## Free Internet with Spectrum

Beginning March 16 and free for 60 days for households with K-12 or College students. They also plan to open their Wi-fi hotspots for public use. To enroll in service call 1-844-488-8395. Installation fees will be waived.

## Free Internet with Comcast

Effective Monday, March 16, 2020, new Internet Essentials customers will receive two free months of Internet service. We are also increasing the speed of the program to 25 Mbps downloads, and 3 Mbps uploads for all new and existing customers. To sign up online click [here](#).

## Free Video Conferencing through Zoom

Zoom the video conferencing app is lifting the free account 40 minute limit of video calls in select countries as well as offering free online weekly webinars on how to use the app for distance learning. To sign up click [here](#).

## Free Adobe Products for Select Students

To be eligible for this access, your school or college must be a current customer with an active Device, Shared Device License, or Serial Number plan. To access this service your school administrator must request access. For more information click [here](#).

## Houston Public Library Online

The Houston Public Library offers free online books and audiobooks for anyone with a library card. You can access all services offered [here](#).

## Fort Bend Public Library Online

The Fort Bend Public Library offers free online books and audiobooks for anyone with a library card. You can access all services offered [here](#).

## COMPUDOPT

Compudopt's mission is to provide technology to students who need it most. They are offering rentable computers to families with out a device free of charge. For more information click [here](#).

# Online Education Resources

## Khan Academy

Khan Academy is a nonprofit with the mission to provide a free, world-class education for anyone, anywhere. They are also providing daily schedules for students 4-18 to aid with school closures. [Link](#)

## Scholastic Virtual Learning Resource Center

Day-by-day projects to keep kids reading, thinking, and growing. Every day includes four separate learning experiences, each built around a thrilling, meaningful story or video. Kids can do them on their own, with their families, or with their teachers. [Link](#)

## Kanopy

Stream thousands of films and documentaries for free, thanks to the generous support of your public library or university. [Link](#)

## Ted Ed

TED-Ed is TED's youth and education initiative. TED-Ed's mission is to spark and celebrate the ideas of teachers and students around the world. [Link](#)

## Academic Earth

Academic Earth was launched on the premise that everyone deserves access to a world-class education. They also make sure there is something for everyone: whether you want to explore a new topic or advance in your current field, we bring the amazing world of academia to you for free. [Link](#)

## Lynda

Learn software, creative, and business skills to achieve your personal and professional goals. [Link](#)

## Houston Public Media

Is planning on doing free education PBS daytime programming every day on tv

# Online Education Resources

## Commonlit

CommonLit is a nonprofit education technology organization dedicated to ensuring that all students, especially students in Title I schools, graduate with the reading, writing, communication, and problem-solving skills they need to be successful in college and beyond. [Link](#)

## Illustrative Mathematics

Illustrative Mathematics is a non-profit organization committed to creating a world where learners know, use, and enjoy mathematics. Highly respected authors craft and deliver high-quality, problem-based core curricula and professional learning resources that help teachers and students excel in teaching and learning mathematics. [Link](#)

## Zearn

Their entire K-5 curriculum – including 400 hours of digital lessons with on-screen teachers and supportive remediation – is available for free during this time. Kids, teachers, parents, and caregivers can directly access all our top-rated content 24/7, outside of school, including paper-based materials that can be used without a device. [Link](#)

# General Health Resources

## Covid-19 Related Questions

### Houston Health Department

Call: 832-393-4220

Web: [houstontx.gov/health](http://houstontx.gov/health)

### Harris County Public Health

Call: 832-927-7575

Web: [readyharris.org](http://readyharris.org)

### Fort Bend County Health & Human Services

Call: 281-633-7795

Web: [fbchealth.org/ncov/](http://fbchealth.org/ncov/)

### Texas Health and Human Services

Call: 211 option 6

Web: [dshs.texas.gov/coronavirus](http://dshs.texas.gov/coronavirus)

## Resources for those uninsured (Bilingual)

### Ask my Nurse Helpline:

Call: 713-634-1110

### Memorial Herman Nurse Health Line

Call: 713-338-7979 / 1-855-577-7979

# Mental Health Resources

## The Harris Center

The Harris Center offers a 24/7 crisis hotline at 713-970-7000 option 1.

## SAMHSA National Disaster Distress Hotline

The SAMHSA National Disaster Distress Hotline has a 24/7 multi language hotline at 1-800-985-5990 or [online](#).

## National Suicide Prevention Lifeline

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones at 1-800-273-8255 or [online](#).

## Crisis Text Line

Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to text with a trained Crisis Counselor

## The Trevor Project

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the TrevorLifeline now at 1-866-488-7386, text START to 678678, or visit [online](#).

## Veterans Crisis Line

Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves. Call 1-800-273-8255, text 838255, or visit [online](#). Support for the deaf or hard of hearing call 1-800-799-4889.

## COVID19 Emotional Support Hotline (Non-Emergency)

People who are feeling worry/anxiety/stress and just need a warm voice to talk to. Please Call 833-251-7544

# Mental Health Resources

## Manage your COVID anxiety

Visit <https://www.virusanxiety.com/> or click this link

## COVID-19 & Your Mental Health: A Comprehensive Resource Guide

Visit this [link](#)

## Online AA meetings

Visit this [link](#) to learn more

# Financial Help

## Texas Attorney General

Texans who believe they have encountered price gouging should call (800) 621-0508 or file a complaint [online](#).

## Unemployment Benefits

Persons who have lost their jobs or self-employment or who are no longer working as a direct result of a major disaster for which a disaster assistance period is declared, and who applied but are not eligible for regular unemployment benefits should look to see if their are eligible at this [link](#).

## Bartender Emergency Assistance Fund

The purpose of the Bartender Emergency Assistance Program (BEAP) is to assist qualified bartenders, bar backs, and bar servers who are in need of financial assistance as a result of a catastrophic event or an emergency hardship. [Link](#)

## Book Industry Charitable Foundation

Binc is the only nonprofit in the country dedicated to assisting booksellers in need. . Assistance may be available for the medical expenses of booksellers and to help booksellers in specific cases where store closure and/or loss of scheduled pay leads to the inability to pay essential household bills for an individual or family. [Link](#)

## Rauschemberg Emergency Grants

The program will provide one-time grants of up to \$5,000 for unexpected medical emergencies. The grants are available to visual and media artists and choreographers who are U.S. citizens or permanent residents in the United States, District of Columbia, or U.S. Territories. [Link](#)

## Queer Writers of Color Relief Fund

This fund is for queer writers of color only, not organizations or nonprofits, who are in need of financial assistance right now.



# Financial Help

## Houston Public Works

Mayor Turner has announced that water will not be cut off for non-payment until April 30, please call to set up a payment plan if needed. [Link](#)

## Cypress Area Assistance Ministries

CAAM helps those in zipcodes 77065, 77095, 77429 and 77433 with Financial Assistance, Food, Special Delivery. Operation Jobs/GED and ESL Classes are not bound by zipcode. Volunteers always needed! [Link](#)

## Houston Virtual Tip Jar

When restaurants and bars close, the service industry is living paycheck to paycheck. Please contribute to this virtual tip jar, or submit the form on top if you are in the industry and need assistance. [Link](#)

## National Endowment for the Arts

The National Endowment for the Arts has compiled a list of resources for artists and arts organizations. [Link](#)

## Southern Smoke Foundation

Southern Smoke Foundation provides funding to individuals in the food and beverage industry who are in crisis. [Link](#)

## Small Business Administration

Small businesses, small agricultural cooperatives and some private nonprofit organizations that have suffered substantial economic injury due to COVID-19 may be eligible for an EIDL of up to \$2 million, which will provide the necessary working capital to help businesses survive until normal operations resume after a disaster. [Link](#)

## TexVet Emergency Funding Resources

This site provides a list of organizations where veterans and their dependents can seek financial assistance for a variety of needs. [Link](#)

# Financial Help for Renters

## Alliance of Community Assistance Ministries

713-640-5192 or visit <https://acamweb.org/contact-us/> or click this [link](#)

## The Archdiocese of Galveston-Houston

719-659-5461 or visit <https://www.archgh.org/resources/need-help/> or click this [link](#)

## Catholic Charities

713-874-6776 or visit <https://catholiccharities.org/> or click this [link](#)

## Chinese Community Center

713-271-6100 or visit <https://ccchouston.org/> or click this [Link](#)

## Coalition for the Homeless

713-739-7514 or visit <https://www.homelesshouston.org/> or click this [Link](#)

## Disaster Housing Assistance Program

866-497-6036 or visit <https://www.galaxy.construction/> or click this [Link](#)

## East Fort Bend Human Needs Ministry

281-261-1006 or visit <https://www.humanneeds.org/> or click this [Link](#)

## Epiphany Community Health Outreach Services

713-270-0369 or visit <http://echos-houston.org/> or click this [Link](#)

## Emergency Aid Coalition

713-522-5903 or visit <https://eachouston.org/> or click this [Link](#)

## Humble Area Assistance Ministries

281-446-3663 or visit <https://haaministries.org/> or click this [Link](#)

# Financial Help for Renters

## Interfaith Caring Ministries

281-332-3881 or visit <http://www.icmtx.org/> or click this [link](#)

## Jewish Federation of Greater Houston

713-667-9336 or visit <https://www.houstonjewish.org/> or click this [link](#)

## Katy Christian Ministries

281-3915261 or visit <https://kctcm.org/> or click this [link](#)

## Memorial Area Assistance Ministries

713-468-4516 or visit <https://www.mamhouston.org/> or click this [Link](#)

## My Brother's Keeper

281-498-9933 or visit <http://www.mybkoutreach.org/> or click this [Link](#)

## Red Cross

713-526-8300 or visit <https://www.houstonredcross.org/> or click this [Link](#)

## St. Vincent's House

409-763-8521 or visit <https://www.stvhope.org/> or click this [Link](#)

## Wesley Community Center

713-223-8131 or visit <https://wesleyhousehouston.org/> or click this [Link](#)

## Texas Health and Human Service Commission

2-1-1 or visit <https://hhs.texas.gov/> or click this [Link](#)

## United Way

713-957-4357 or visit <https://www.unitedwayhouston.org/> or click this [Link](#)

# Financial Help for Renters

## US Department of Housing and Urban Development (HUD)

713-718-3199 or visit <https://www.hud.gov/> or click this [link](#)

## West Houston Assistance Ministries

713-977-9942 or visit <https://www.whamministries.org/> or click this [link](#)

# Legal Aid

## Lonestar Legal Aid

Toll Free - (800) 733-8394  
8 a.m. - 5 p.m.

## Houston Volunteer Lawyers

Visit <https://www.makejusticehappen.org/node/24/how-get-help> and fill out their online application, or click this [link](#)

## Beacon Law

Visit <https://www.beaconhomeless.org/beaconlaw> and fill out their online application, or click this [link](#)

# Remote Job Listings

## Daily Remote

<https://dailyremote.com/> or click this [Link](#)

## Remote.co

<https://remote.co/remote-jobs/> or click this [Link](#)

## BloggingPro

<https://www.bloggingpro.com/jobs/#s=1> or click this [Link](#)

## Working Nomads

<https://www.workingnomads.co/jobs> or click this [Link](#)

## Remote OK

<https://remoteok.io/> or click this [Link](#)

## We Work Remotely

<https://weworkremotely.com/> or click this [Link](#)

## Remotive

<https://remotive.io/> or click this [Link](#)

## Pangian

<https://pangian.com/> or click [Link](#)

# Bank Help

## BBVA

BBVA is offering special assistance to consumer and small business customers with ATM fee refunds, penalty-free withdrawals from applicable CDs, and payment deferrals, extensions, and waves on existing lines of credit and loans. They also have a deal for free checking for new customers right now that includes a lot of features and can save them up to \$144 a year.

## Bank of America

Bank of America is offering “assistance to qualifying consumer and small business clients facing hardships, including forbearance with certain fees.” Call your local bank for more information

## Capital One

Capital One says that “all customers will be eligible for assistance, of which will vary on the type of product they have and their individual needs” and has set up a coronavirus information page for customers.

## Chase

Chase is keeping its branches open and is addressing customers who need help on a case-by-case basis.

## Citibank

For the next 30 days, Citibank is offering fee waivers, waived penalties, credit line increases, and more. Check out Citibank’s [COVID-19 page](#) for the full details and updates.

## PNC Bank

PNC pledges to help its customers “navigate potential financial hardships” caused by the coronavirus outbreak. If you are a PNC customer, stay up to date with the bank’s coronavirus [info page](#).

## Truist (formerly BB&T and SunTrust)

Truist has set up a help page where customers can find out how the bank is “to reduce financial stress during this challenging and uncertain time.”

# Bank Help

## U.S. Bank

U.S. Bank encourages customers experiencing hardship to call 888-287-7817 or visit the bank's coronavirus [help page](#).

## Wells Fargo

Wells Fargo is offering assistance to customers on a case-by-case basis. Call 1-800-219-9739 or visit Wells Fargo's COVID-19 site for more information.



# Volunteer Needs

## Houston Food Bank

Looking to assemble quarantine food kits  
Also looking for monetary and food donations

## Gallery Furniture

Mattress Mack is asking Houstonians to donate non-perishable items, cleaning supplies and toiletries that will be dropped off to Houston-area seniors. They also plan to cook BBQ at their stores everyday so that school children who need food can come by and grab a paper sack full of food. If you would like to volunteer deliver food to elderly or help raise money for food visit the online gofundme. [Link](#)

## Interfaith Ministries

Interfaith Ministries delivers emergency shelf stable meals to more than 4,300 meals on wheels seniors each year. They plan to make deliveries in March due to COVID - 19. They are looking for donations to help in this increased cost and each dollar donated will be matched up to \$10,000. Donations can be made online. [Link](#)

## Donate Blood

The American Red Cross now faces a severe blood shortage due to an unprecedented number of blood drive cancellations during this coronavirus outbreak. Healthy individuals are needed to donate now to help patients counting on lifesaving blood. Visit <https://www.redcross.org/give-blood.html> or click this [link](#)

# Community Resources

## Care Pantry (Mobile app)

Care Pantry connects people to helpful resources available in North Houston. Helps find free and reduced cost social services. Download the mobile app on your smartphone.

# Pet Resources

## Houston Humane Society

The Houston Humane Society Pet Pantry program was created to support Houston residents in caring for their pets by providing free pet food and supplies to those well-meaning pet owners needing assistance. [Link](#)

## Friends for Life

Friends For Life in the Heights has a community pet food bank for individuals who need help feeding their pets. Individuals only need a valid ID. Right now it is by appointment. Meals on wheels also has their aniMEALS program for seniors. The Friends for Life website also has a list of low cost vet clinics. [Link](#)

# Self Care

## Netflix Party

<https://www.netflixparty.com/> or visit this [link](#)

## Books

Bookstores are shipping and offering curbside-pick-up service: [ww.bluewillowbookshop.com](http://ww.bluewillowbookshop.com) ([link](#)) and [www.Brazosbookstore.com](http://www.Brazosbookstore.com) ([link](#))

Support Bookstores by buying audiobooks through [www.libro.fm](http://www.libro.fm) click this [link](#)

Buy books by women & nonbinary authors click this [link](#)

## Social Distancing Festival

submit and stream short plays or click this [link](#)

## Art

University Art classes for free click this [link](#)

A guide to enjoying art at home click this [link](#)

Art courses with the MoMA or click this [Link](#)