

CORONAVIRUS RESOURCE GUIDE

About Coronavirus Disease 19 (COVID19)

Basic Information	
<u>What is the Corona Virus Disease - 19</u>	<u>History of Pandemics</u>
<u>COVID-19 Basics</u>	<u>Live Tracker of COVID-19</u>

Stopping COVID-19		
<u>Overall</u>	<u>Stopping COVID-19 Video</u>	<u>Avoiding the COVID 19</u>
<u>Humbling Experience from Italy</u>	<u>Humbling Experience from Wuha, China</u>	<u>Reducing Fear</u>
<u>Social Distancing</u>	<u>How Singapore is Doing it</u>	<u>Don't Panic, Stay Kind during the Outbreak</u>
<u>Preparing for Home Quarantine</u>	<u>Guidance for Parents of Young Children</u>	

What Do I Do If I'm Exposed?	
<u>COVID-19 FAQ Exposure</u>	<u>Homecare Instructions for People With Respiratory Symptoms</u>

Holistic Survival Hygiene Tips (Physical, Mental, Fiscal)		
Holistic	<u>Overall Pictograph Edition</u>	
Managing Stress & Anxiety	<u>Caring for your Coronavirus Anxiety (by Shine)</u> <u>Advice from Center Disease Control and Prevention</u>	<u>Breathing</u> <u>Progressive Muscle Relaxation</u>
Physical	<u>Exercise at your Desk</u>	<u>Running</u>
Diet	<u>General Diet</u> <u>Anti-Viral Foods</u> <u>Eating Out</u>	Cheap Easy Recipes: <u>Healthy Recipes through canned goods</u> <u>Cheap & Easy Dinners from Delish</u> <u>Homemade Freezer Ready Meals</u>
Financial	<u>Student Aid</u>	<u>Unemployment</u> <u>Filing Unemployment Claim</u>
Staying Clean	<u>CSULB COVID-19 Health Tips</u> <u>Epidermis</u> <u>Wash Your Lyrics</u>	<u>Electronics</u> <u>Keeping the Workplace, School, Home Safe</u>
Shopping List	<u>Where to Buy Items Depleted at the Grocery Store</u>	<u>Grocery Stores Open Early for Vulnerable Communities</u>

Free County & Local Resources

Long Beach Community Resources

[Community Shared List \(Long Beach\)](#)

Los Angeles Community Resources

[Community Shared List \(Los Angeles\)](#)

Orange County Community Resources

[Orange County Health Care Agency](#)

[United Way OC](#)

[City of Irvine COVID-19 Resources](#)

Basic Needs Resources			
Holistic	<u>Aunt Bertha: The Social Care Network</u>	<u>211 LA County</u>	
Religious Services	Christian: <u>Antioch Long Beach City Church Long Beach</u> Catholic: <u>Cathedral Live Stream Channel</u>	Buddhism: <u>Dari Rulai Temple</u>	Islam: <u>Islamic Center of Southern California</u>
Food	<u>Elderly (Master List)</u> <u>CalFresh</u> <u>Los Angeles Foodbank</u>	For LBUSD Students <u>The Attic</u>	For LAUSD Students <u>Dream Center</u> <u>Resources for Families During School Closures</u>
Housing	<u>Harbor Interfaith</u>	<u>LAHSA Winter Shelter Program</u>	<u>Campus Peer Navigator Program</u>
Phone/Internet	<u>Reduce Cost or Free Internet/Phone Access</u>		
Storage Space	<u>Uhaul</u>		
Travel	Car <u>Enterprise</u>	Flight <u>Frontier</u>	
Computer Programs	<u>Adobe</u>	<u>Free Software Businesses and Schools Can Use During COVID-19</u>	

Academic Resources	<u>LBCC Textbook Curbside Pick-Up</u>	<u>JSTOR – Online Database for Academic Journals and Ebooks</u>	<u>Khan Academy – Online Courses, Lessons, and Practice</u>
Online Courses	<u>Ivy Leagues</u>	<u>Courses for Foster Youth</u>	<u>Scholastic Entertainment</u>
Online Servers	<u>Google Hangouts</u>	<u>Spectrum</u>	<u>Zoom</u>
Small Businesses	<u>Small Business Association</u>	<u>LA Small Business Development Center’s COVID-19 Response Guide</u>	<u>Supporting Filipino Small Businesses</u>

Resources for Specific Communities

Resources for DREAMERS Students		
<u>LBCC DREAM Services</u>	<u>California Immigrant Youth Justice Alliance</u>	<u>Immigrants Rising: Tangible Support to Help You Move Forward</u>

Resources for Domestic Violence Survivors		
<u>Su Casa (Long Beach)</u> (562) 402-4888	<u>Domestic Violence National Hotline</u> (800) 799-SAFE (7233) or (800) 787-3224 <u>Interval House: Crisis Shelters for Domestic Violence</u> (562) 594-4555 or (714) 891-8121	<u>211 LA County</u>

Resources for Individuals with Disabilities	
<u>LBCC Disabled Student Support Services</u> (562) 938-4558	<u>California Department of Rehabilitation</u>

Resources for LGBTQ+ and Transgender Individuals	
<u>GLBT National Help Center Hotline</u> (888) 843-4564	<u>Trans Lifeline</u> (877) 565-8860

Long Beach City College Hotlines & Resources

Hotline Numbers		
<p><u>Campus Police</u> (562) 938-4911</p>	<p><u>Suicide Hotline</u> (800) 273-8255 (800) 784-2433</p>	<p><u>Sexual Assault</u> (877) 943-5778</p> <p><u>Sexual Assault – RAINN</u> (800) 656-HOPE (4673)</p>
<p><u>Substance Abuse</u> (562) 989-7697</p>	<p><u>ACCESS Mental Health</u> <u>Emergency</u> (800) 854-7771</p>	<p>Suicide Prevention:</p> <p><u>Didi Hirsch Suicide Prevention center 24 hour crisis line</u> (877) 7-CRISIS or (877) 727-4747</p> <p><u>National Suicide Prevention Lifeline</u> (800) 273-TALK (8255)</p> <p><u>Suicide National Hopeline Network</u> (800) 784-2433</p>
<p><u>Self-Injury</u> (800) DONT-CUT (366-8288)</p>	<p><u>Women Shelter of LB Hotline</u> (562) HER-HOME (437-4663)</p>	<p><u>Abortion</u> (866) 439-4253</p>
<p><u>Eating Disorder</u> (800) 931-2237</p>	<p><u>Veterans</u> (800) 273-8255 Press: 1</p>	<p><u>Crisis Text Line</u> Text: “COURAGE” to: 741741</p>

Student Services		
<u>Dreamers</u>	<u>Admissions & Records</u>	<u>Financial Aid</u>
<u>Counseling Services</u>	<u>Disabled Student Support Services</u>	<u>Student Health Services</u>
<u>EOP/CARE/NextUp</u>	<u>First-Year Entry Services</u>	<u>Basic Needs</u>
<u>International Student Services</u>	<u>Veteran Services</u>	<u>Quest for Online Student Success</u>
<u>LBCC Technology step-by-step guides</u>	<u>Canvas Help</u>	<u>Student Guide for using ConferZoom</u>
<u>Viking Vault Food Pantry & Housing Insecurity Referral Support</u> Contact: Dianka Lohay (562) 938-3241 <u>dlohay@LBCC.edu</u>	<u>Student Medical & Mental Health Services</u> Non-Emergencies: (562) 938-4210 Emergencies: 9-1-1 Urgent situations: Contact the <i>Behavioral Health Urgent Care Center</i> at (562) 548-6565	

Student Services Instagram Accounts		
<i>@lbccfye</i>	<i>@lbcc_healthyvikings</i>	<i>@lbccstudentlife</i>
<i>@lbccdreamservices</i>	<i>@lbcccounseling</i>	<i>@lbccsuccess</i>
<i>@lbccvikingbooks</i>	<i>@lbccvikings</i>	<i>@lbcctraining</i>

Other Resources

Hope & Humor		
<u>100 Year Old Man Survives COVID-19</u>	<u>Australian Supermarket Takes Care of Elderly</u>	<u>Guardians Protect Asians from Coronavirus Hate Crimes</u>
<u>Italians Singing from Balconies</u>	<u>Laughter as the Best Medicine Around the World</u>	<u>NBA Stars & CEOs taking care of part-time employees</u>
<u>Songs to Sing While Handwashing</u>	<u>US Survivor from the COVID-19 Shares Advice</u>	<u>Workout with Toilet Paper</u>
<u>Spain and Italy Citizens Applaud Healthcare Workers</u>	<u>Words from Park's Finest Owner, Johneric Concordia</u>	<u>Japanese Hold Graduation Ceremony via Video Games</u>

Free Entertainment While In Quarantine		
<u>Coloring Books</u>	<u>Free Online Images from Art Museums</u>	<u>MET Opera Live Streams</u>
<u>Monterey Bay Aquarium Live Cam</u>	<u>Museum Virtual Tours</u>	<u>NASA Activities</u>
<u>PBS Activities</u>	<u>Seattle Symphony Live Streams</u>	<u>Virtual Field Trips</u>