If you need assistance with resources to help you isolate or quarantine at home:

While in isolation or quarantine, do **not** go to pick-up or apply for services in person. Call or use online applications only.

**We are here to help you if you need assistance connecting to resources or need support with groceries or medications. To ask for help and to see what supports you qualify for you can call Lane County at:**

- If you were a CONTACT of somebody who tested positive for COVID-19 call us at 541-682-1380 (English/Spanish), 10am-4pm, Monday – Friday.
- If you tested POSITIVE for COVID-19 call 541-682-1380 (English/Spanish), 10am-4pm, Monday – Friday.

**Groceries/Supplies**

- Many places now deliver if you order online, such as Insta Cart, Amazon, and Shipt. You can try calling your favorite grocery store and ask. Some grocery stores, such as Walmart and Fred Meyer, accept SNAP online for curbside pickup or delivery for an additional fee
- If you need a food delivery, you can call the ARC CARES center at 458-215-4272 (English)/ 458-215-4277 (Spanish) **on Tuesday or Thursday from 3-6pm**
- If you have school aged children, many local school districts are delivering free school lunch meals. Reach out to your child’s teacher or school counselor to see if your school has this available.
- Food for Lane County has free food resources. We ask that you please do not visit a food site while in isolation or quarantine but if you have a family member or friend who can pick up for you they can go to the sites listed here: [https://foodforlanecounty.org/find-a-food-pantry/](https://foodforlanecounty.org/find-a-food-pantry/). Please have them bring the forms listed under “proxy”.
- Apply for SNAP food benefits: [https://govstatus.egov.com/or-dhs-benefits](https://govstatus.egov.com/or-dhs-benefits)
- If you need further grocery or household supplies such as toilet paper, diapers, or over the counter medications, call us at the phone numbers in the box above for assistance.

**Pharmacy Delivery**

- Some pharmacies now deliver. Call your pharmacy to ask.
- If your current pharmacy does not deliver, see if a friend or family member not in quarantine can pick up for you. Or you can check if you can transfer your prescription temporarily to Hiron’s Pharmacy which offers delivery in the Eugene/Springfield area: [https://hironsdrug.com/](https://hironsdrug.com/) or call 541-342-4995.
- If you cannot get the prescription delivered via the pharmacy, you can call us at the phone numbers in the box above for assistance.

**Rental Assistance**

If you rent your home:

- Oregon has passed senate bill 278. This bill gives renters who are in the process of applying for and awaiting rent assistance funds a 60 day grace period in which their landlords cannot evict them as long as they provide proof that they are working towards getting rent assistance funding. When you apply for rent assistance, you should receive a letter of proof of application. Give this letter to your landlord when they present you with a notice of non-payment in order to be granted a 60 day grace period where you are not able to be evicted for non-payment.
• Lane County’s rent assistance program is currently accepting applications. First, see if you meet the minimum eligibility here: https://lanecounty.org/rent, then if you would like to apply for rent assistance, you may do so here: https://www.cognitoforms.com/LaneCounty1/_2021preapplicationforrentassistance
  o If you need assistance submitting this paperwork to your landlord, you can call us at the phone numbers in the box above.

**Mortgage Assistance**
If you own your home:
• Many lenders are offering to delay payments or other assistance programs. Contact your lender directly and let them know you have been financially impacted by COVID-19.
• DevNW has services for households behind on their mortgage or facing foreclosure. https://devnw.org/financial-wellbeing/foreclosure-avoidance-counseling/ or call them at: 541-345-7106
• Visit https://covid19.211info.org/is-there-emergency-mortgage-assistance for tips on finding mortgage assistance
• The Oregon Homeownership Stabilization Initiative (OHSI) has some assistance eligible to those receiving unemployment benefits: https://www.oregonhomeownerhelp.org/how-to-apply
• If you live in another kind of housing that is not a rental and need other types of assistance, please visit www.211info.org

**Utilities Assistance**
• Most utility companies are offering assistance to those financially impacted by COVID-19. Contact your utility company directly to see if you are eligible for assistance.
  o SUB: 541-746-8451 or 1-877-420-9593 (toll free) / https://www.subutil.com/customer-service/contact-sub/
  o EPUD: 541-746-1583 or 1-800-422-4086 (toll free) / https://www.epud.org/contact/
  o Lane Electric: 541-484-1151 / https://laneelectric.com/about/contact-us/
• If you are not eligible for assistance via your utility company, the following programs may be able to help.
  o Low Income Home Energy Assistance Program (LIHEAP) www.lanecounty.org/liheap
  o Catholic Community Services can assist you to sign up for the waitlist for a program called LIHEAP or to go on the EWEB assistance waitlist or to apply for SUB assistance. See more information here: https://www.cccslc.org/energy-assistance or call directly at 541-345-3628 Ext. 1

**Unemployment and Wage Assistance Programs**
• As your first step, we suggest speaking with your employer’s Human Resources (HR) Department or supervisor to see if you qualify for any paid time off.
• If you are not eligible for support via your employer, the table below can help guide you to programs you might qualify for. Lane County can not directly apply for these programs for you, but we can help you determine which might be the best fit for you given your work and family situation. If you would like assistance navigating these resources, you can call Lane County at the phone numbers in the box above.
- If you are applying for unemployment, we encourage you to watch these videos for instructions on applying: [https://www.youtube.com/watch?v=995zJOcYscs](https://www.youtube.com/watch?v=995zJOcYscs). If you are unable to apply online call: 1-877-345-3484
  - The Unemployment Office now has an online eligibility tool and a chat assistance at: [https://unemployment.oregon.gov/workers/eligibility-quiz](https://unemployment.oregon.gov/workers/eligibility-quiz)

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| Unemployment Insurance through the State of Oregon | If you have to take time off work to isolate or quarantine, you may be eligible for [unemployment insurance through the state of Oregon](https://unemployment.oregon.gov/). Applications need to be done online (preferred) or by phone. Watch this video:[https://www.youtube.com/watch?v=995zJOcYscs](https://www.youtube.com/watch?v=995zJOcYscs) and read the FAQ at this link before applying: [Eligibility Quiz | State of Oregon Employment Department](https://unemployment.oregon.gov/workers/eligibility-quiz) | 1-877-345-3484  
[https://unemployment.oregon.gov/](https://unemployment.oregon.gov/) |
| Quarantine Fund | The Quarantine Fund provides financial support to agricultural workers who are recovering from COVID-19. This fund helps workers take the time they need to recuperate, seek care, and quarantine. An agricultural worker is an individual currently working for a wage in Oregon in an activity related to agriculture, farming, fishing, treeplanting, tree harvesting, dairy, ranching, food processing, canning, slaughtering, packaging, butchering, or nursery work.  
*The Quarantine Fund has limited funding and is sometimes on hold and unable to process new requests for relief. You can still speak to an agent by calling the toll-free number if you have questions about navigation status and payment problems: 1-888-274-7292* | [http://workerrelief.org/quarantine-fund/](http://workerrelief.org/quarantine-fund/) |
| The Oregon Worker Relief Fund | The Oregon Worker Relief Fund provides temporary financial relief to those who have lost wages in Oregon to COVID-19 and are ineligible for financial assistance from the federal and state programs due to their immigration status.  
*The Oregon Worker Relief Fund has limited funding and is sometimes on hold and unable to process new requests for relief. You can call the toll-free number 1-888-274-7292 and speak to an agent if you have questions about the status of your application or if you are experiencing problems with payments.* | [https://workerrelief.org/owrf-faq/](https://workerrelief.org/owrf-faq/) |
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**Additional Resources:**
- **Business/ Employer Complaints:** [https://osha.oregon.gov/workers/Pages/index.aspx](https://osha.oregon.gov/workers/Pages/index.aspx)
- **Unemployment Assistance Form:** [https://unemployment.oregon.gov/contact-us](https://unemployment.oregon.gov/contact-us)

**Workplace Challenges**
- **If you are having challenges with your employer regarding wages:**
  - Contact the Bureau of Labor and Industries (BOLI): 971-673-0761 / help@boli.state.or.us / [https://www.oregon.gov/boli/about/pages/contact-us.aspx#:~:text=Email%20help%40boli.state.,we'll%20return%20it%20ASAP.](https://www.oregon.gov/boli/about/pages/contact-us.aspx)
- **If you have concerns about your work environment such as workplace hazards:**
  - Contact Oregon Occupational Safety and Health (Oregon OSHA): 541-686-7562 / [https://osha.oregon.gov/Pages/contactus.aspx](https://osha.oregon.gov/Pages/contactus.aspx)

**Mutual Aid**
- If you prefer to be supported in a peer to peer network or do not qualify for the above supports, you can contact. Lane County Mutual Aid at [https://lanemutualaid.org/](https://lanemutualaid.org/).
- **Email:** info@lanemutualaid.org; **Hotline:** 541-321-8749