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We urge you to share with everyone in your networks: <https://www.co.monterey.ca.us/home/showdocument?id=87943>  The CDC is the definitive resource for all medical updates regarding COVID-19 transmission, spread and prevention and recovery. <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>  The CA Department of Public Health: CDPH is providing information, [guidance documents](https://u12377476.ct.sendgrid.net/ls/click?upn=nQ9Honu-2BiUus-2BWMyaPWS3VYg2OszP2zOoL5ss-2FR5vly2EhNlQMczm85rqLfp1C8WyZD0WIbPIjlcMpTPIfiDnWc28Hr7vRYUzPaODTcfre82ZmLKa8NBaTYWphTxpA2sGuo4ZBaUlhtCFcINhnJmvAb8M1-2FaTFUr7c0tPZeUszTjb6bDutwjGxCjd2gEmuYfCRaeN0UEn3ox2yqkefm96Mb-2BNyalIvewUxNR54ijG-2B5TrjE8i4JHxrxQpoCIa52GqzB2kzsbT32nSFmf12ES7A9rbI34Yl96oLjFZj7YM4D7CNxdfmwj5FT55BvLdXk3VPnRi-2F4IXUifVhj9kQv7lBRpPi8YUPFY30H-2FH-2B0lfaGCk6ZZ2tM2k6h-2FqHU0Rbvnn3BCuB5Z1AA5ynQtsvflG9TZNN10i-2FvIxDpmgIyk6QhYlORkGPT8f4TYMdgQvdvDc8lNPxUjwRidkRnx7Z99tP5DoOk2tP0DpXdbHWiOmrqE5KLUu4vMnjTxkSj0591YDLJcuMDbC-2BF-2FxWxCNJvjhrlAxhyIDw3jBu-2B5qMTTff2ttHdvCgFIbHfhsY6DX2VshKJOgLeQCgdE9-2FXLYmem4bs-2FYtPrXLEIfYtvopbjiTdtG4bGNojP4MOflecpxNMSRhreoJNA-2BdXzeM7-2BDENPLF5UZp-2FvJ7Z9v925qtv71ufDoZIeSL-2Ff1-2F7rP9fQTaCSn-2F-2B7EEXaOlH7aFn85nR4wURGu-2F6BvP26BhWgnJhJytFeYXNOIHveWr-2FMSFcgvD6jpwJQFSYBhmggATzz7FBb0scuh5ky88cGrt-2BlCdGWTr0-3DSsbJ_VPZlAAcZLXSKHFPZ2JdDVWbrJ9lquPCmdcoByROM5XPB8ppdrFGB-2FsOZ3Bq6xHe9DNsLUPeo9RWbyBQTugHwC-2B27NvF2WBBvvaP5vs3FyM3uiMLHPcIAnpx3V97PHtDMetHpMlEa9lwBFu-2F9iiO9hmi1TdbDKi8GvIlkKHoBgztIV1z5JO8jV66Odww-2FNlxepQYf9sEOEmrfTbu4aBHE666bktaRMPslPd8r7c50GneOjTymPlK3Iq3sNn3X6Z-2BpcAHQJaUBX4hyODbEs-2B3oabvete-2BycdkwvnfCQBx7HFBukA-2Bi0sFrzAffkl2DJxab), and technical support to local health departments, health care facilities, providers, schools, universities, colleges, and childcare facilities across California. [They also have a website in Spanish](https://u12377476.ct.sendgrid.net/ls/click?upn=nQ9Honu-2BiUus-2BWMyaPWS3T8qJlU4Qz-2BCVKtIeUBcUyFl0-2Fw6oHUSYHKwn0S6dgCiwGl6SL4IelaJ1QGhaJ0uXNvnggtAp-2BBUorTdUlcob21APNn3rdZc7r9FeajjtBj-2BhGMJ_VPZlAAcZLXSKHFPZ2JdDVWbrJ9lquPCmdcoByROM5XPB8ppdrFGB-2FsOZ3Bq6xHe9DNsLUPeo9RWbyBQTugHwC-2B27NvF2WBBvvaP5vs3FyM3uiMLHPcIAnpx3V97PHtDMCa2Rb3RakMoeWA8Wb5Ap2zcLpGs-2B0g4NCF4iDdc37GQJ0G39iSNwRQjZc2c531KjZpnBOsi9mr1RDtAu6Ydk1z-2FfHoDCRhpnOQ5YzX-2FsaVWP1-2FF-2B-2Bhydd4me285nlRNuYi6LkirMeG0n0de6cKhLNzDySiSQq07EqsmLC8pYzTTiPwM0OElYxaW9pWAUfazb).  The World Health Organization: WHO works across the world to combat diseases like influenza, HIV, cancer, and heart disease. Their role is to coordinate international health and they have a great graphic on [How to Properly Wash Your Hands](https://u12377476.ct.sendgrid.net/ls/click?upn=nQ9Honu-2BiUus-2BWMyaPWS3TShom9zIJY5sM0Bp-2Fzs56Jw1kQU5brR-2FEeQff37Y5UIgG2A7AO7XokwkekdcoM7vLvlVQRWWreyMvA9fuYgiIE-3Dm8ac_VPZlAAcZLXSKHFPZ2JdDVWbrJ9lquPCmdcoByROM5XPB8ppdrFGB-2FsOZ3Bq6xHe9DNsLUPeo9RWbyBQTugHwC-2B27NvF2WBBvvaP5vs3FyM3uiMLHPcIAnpx3V97PHtDMCc9Exkx-2BD0InZmw-2Fp84colwaKBq-2FgaubUqGRWlfDBwufLfWEEaBypKvACpANqp9U-2FpTueMy0wR7Gjrd-2BxmQ6DELTTcv1vFF-2BgTPcAMxLyNlb5CiG4kBPt-2BeR8uh-2F49Bh1FxJWiMQwUYlG4-2BbJgJN1QN6muMyzanLY-2BEMhpGFDzflZT2scUsKTWF7ivQ2oIyK).  Thanks to United Way and their partners, we have the lots of great links at [211 information and referral hotline](https://www.unitedwaymcca.org/211) -To add your own information to this list, (scroll to bottom) for current instructions.  ***Below are some additional resources you, your staff or the people you serve***  ***may find helpful:***  **Financial Support**  **For your organization:**  The Community Foundation for Monterey County and Monterey Peninsula Foundation, the Claire Giannini Fund and CFMC donor advised fund holders have created Covid Relief Grants**–**for nonprofits providing human services, health, housing and education. Apply at [www.cfmco.org/CovidReliefGrants](http://www.cfmco.org/CovidReliefGrants). Visit the Community Foundation website for changes in their grant requirements you may find helpful.  In addition, both the State of California and the federal government are rolling out grant programs and more in the days and weeks ahead. One main focus emerging is support for distance learning. Consider ways to adapt your program.  **For staff and clients:**  California Employment Development Department: A variety of support services to individuals affected by [#coronavirus](https://twitter.com/hashtag/coronavirus?src=hash) in California. If you can't work, are being required to work less, or your child's school shuts down due to COVID 19 visit [http://bit.ly/2IHzsR1](https://t.co/VvrBqUM9lT) for more info.  [This online emergency tool helps people enroll in federal programs that can reduce or eliminate their monthly student loan payments.](https://u12560690.ct.sendgrid.net/ls/click?upn=Q-2BytcatjHvP1JRgNem0Uflqqqcv12YioFjKBtj7QwDPhpB2v1aDC5dAK7FqfaunoM0WComo0UlqxdqZmQgrOIj-2Fembk9JAfnVOmt99FVDvHgIl3s4xGm8XYDvkj-2FZ8LmE64d1aVfD-2BYfx8AVcel-2Frth1KXcm75rj4GhGEAzXcoXZnGQ6DojXGGHwVjidZDQTPdhmZK7LSyq-2BINx7X7jS9edErX44PfEA23hlg-2BL60XW1PRUuBawuW-2FO2E3tF6FIjRdxcQPuDtL8bD5lUcgxLnQ-3D-3DxLu8_nM61WF2b-2FWLE9LsKqovsEE51gup7ldeEU9j7rRWc6oyiKAGWNdAetHnjnRLJEA9Lo1srsg-2F-2Bl3WP-2B-2BaDGmBqLVpqyTsDpQRJTXyt-2FfYGY7NlqsccqjczuqsW-2BSNOc27mjZ3FmI8KnT7rtyxyAqWB4-2F8AtlmOJbQA8CFZ9gicy6zM0CX2Xn3ZssMNaEYuP3GQLY-2F3L633rk-2BRcU-2BSBiUQpMYK-2BPRh8Muvju72Idj86NY-2BNAeShuwsJ-2F6Pb2lThTYGV6IbFWOcCCDAtpOPXOYWP5i0gUnl2qSkxTWKBHJE4Oepq7o2MOOZZZhWtrC7TzDu1jPz5BOswzSDdWpfpn-2B6ey4paC66fA205xN2mccQd061Ncs0iumOyFNNlAXM3Bh0RrbfXnRgrfS3fHZkA9qmHA-3D-3D)  [Monterey County Supervisors unanimously approve COVID-19 eviction protections](https://mcweekly.us1.list-manage.com/track/click?u=37b828485a0457801009ba1fd&id=b709094f21&e=8bf559568a)  [through May 31.](https://mcweekly.us1.list-manage.com/track/click?u=37b828485a0457801009ba1fd&id=b709094f21&e=8bf559568a)  **Emotional Support**  **Counseling Services:**   * Monterey County Behavioral Health can provide counseling and help with referrals. The line is open 24 hours a day, seven days a week, and it is answered by a clinician after-hours. Call the agency at 1-888-258-6029. * The Suicide Prevention Hotline provides free and confidential emotional support to those who feel suicidal or who are in emotional distress. It is available 24/7. Call the Suicide Prevention Hotline at 1-877-663-5433. * The California Peer-Run Warm Line allows people to talk to peers who have lived with mental health challenges who can provide emotional support and referrals to mental health resources. The 24/7 line can be reached at 1-855-845-7415 or through an online chat.   **Other Services:**   * Monterey Bay Aquarium has [10 Live Web Cams](https://www.montereybayaquarium.org/animals/live-cams) and other online resources to brighten and enlighten your days to share with family and friends. * The Arts Council is maintaining a great list artists and performers providing wonderful services on line. <https://arts4mc.org/activities/>   Please send me a message directly anytime with anything you offer or anything you need.  [Paulettelynch12@gmail.com](mailto:Paulettelynch12@gmail.com) 831-206-2588.  All the best, | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  | | --- | |  | | |  |  | | --- | --- | | |  | | --- | |  | | |  |  |  | | --- | --- | | |  | | --- | | Paulette Lynch  Interim Executive Director | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | |  |  | | --- | |  |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [**Join our email list**](https://visitor.r20.constantcontact.com/manage/optin/ea?v=0017c4RbpK6sMmUuATpgYsuQQ%3D%3D) | | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [**Visit our website**](http://www.alliancemonterey.org/) | | | | | |