

Emergency Resources



MARCH 17

A guide to assist the Allegheny County community during the COVID- 19 pandemic

Education

Here is a list of free educational resources for you to explore and use with your family:

- [Breakout EDU](#) Digital Learning Games
- [Busy Teacher](#) Printable Worksheets and Lesson Plans
- [CK-12](#) The Smarter Way to Learn
- [Common Core Sheets](#) Worksheets for All Subjects and Ages
- [CommonLit](#) Reading Passages and Literacy Resources
- [E Reading Worksheets](#) Reading Worksheets
- [Easy Teacher Worksheets](#) Printables for All Subjects and Ages
- [Education.com](#) Worksheets and Printables
- [Epic!](#) Digital Library for Kids 12 and Under
- [Good2Learn](#) Online Math and English Lessons
- [Great Schools](#) Worksheets for Preschool through 5th Grade
- [Helping with Math](#) Printable Math Resources for K-8
- [Home Spelling Words](#) Spelling Worksheets
- [Homeschool Math](#) Math Worksheets
- [IXL](#) Personalized Learning with Comprehensive Pre-K-12 Curriculum and More
- [JumpStart](#) Printable Worksheets for All Subjects and Ages
- [K5 Learning](#) Reading and Math for K-5
- [K12 Reader](#) Reading Instruction Resources, Printables, and Articles
- [Kidzone](#) Worksheets for Children
- [Khan Academy](#) Online Courses, Lessons, and Practice
- [Math-Aids](#) Dynamically Created Math Worksheets
- [Math-drills.com](#) Math Worksheets
- [Math is Fun](#) Math Worksheets
- [Mystery Science](#) Open-and-Go Lessons that Inspire Kids to Love Science
- [Prodigy](#) Math Learning Platform
- [School Express](#) Worksheet Generator and Teacher Created Materials for All Ages
- [Science4Us](#) Worksheets, Printables, and Hands-On Science Activities for K-2
- [ScienceWerkz® Download](#) Middle School Interactive Science Content
- [SoftSchools](#) Printable Math and Phonics Worksheets, Math Games, and Grammar Quizzes
- [Spelling Words](#) Printable Spelling Worksheets
- [Super Teacher Worksheets](#) Worksheets for All Subjects
- [TeAchnology](#) Printable Worksheets for K-12

Financial Assistance

Interest-Free Loans

Coronavirus Financial Bridge Loan

- **Up to \$5,000**
- **Lost wages due to work absence**
- **Childcare costs due to school closures**
- **Small business losses**
- **Canceled study abroad programs**
- **Medical costs**

Loans offered on a nonsectarian bases to residents of Allegheny, Beaver, Butler, Washington, Westmoreland, and Armstrong Counties

APPLY

HELP

www.hflapgh.org/apply

www.hflapgh.org/donate



Hebrew Free Loan
Association Pittsburgh

Food

Location	Who is Eligible?	Time
Pittsburgh Public Schools		
All school buildings including alternative schools and Childhood Education Centers	All Pittsburgh Public School Students	M-F 11-2
Mt. Carmel Baptist Church 90 Port Perry Road		
North Versailles 15137	East Allegheny District Students	M-F 11:30-1
St. John's Lutheran Church 715 Lincoln Highway		
North Versailles 15137	East Allegheny District Students	M-F 11:30-1
All Souls' Episcopal Church 215 Canterbury Lane		
North Versailles 15137	East Allegheny District Students	M-F 11:30-1
West Wilmerding VFD Station 211 330 Kline Avenue		
North Versailles 15137	East Allegheny District Students	M-F 11:30-1
Ma's Pantry 1000 Broadway Avenue		
East McKeesport 15035	East Allegheny District Students	M-F 11:30-1
Wilmerding Borough Building 301 Station Street		
Wilmerding 15148	East Allegheny District Students	M-F 11:30-1
Gateway School Buildings Middle School Evergreen Elementary		
Cleveland Stuart Elementary	Gateway School Students	M-F 11-1
Pitcairn Borough Building 609 Broadway Blvd		
Pitcairn 15140	Gateway School Students	M-F 11-1
Library Fire Hall 6581 Library Road South Park 15129		
412-334-8631 or 412-995-8270	Any Families in Need	
Caseworkers can pick up for families		
Doorstep delivery available	Call for times	
Broughton Fire Hall 1030 Cochran's Mill Road		

Food

Mulligan's Sports Bar and Grill

1013 Lebanon Road

West Mifflin 15122 Children up to age 14

Pizza Slice and Apple Sauce OR Chicken Tenders and Fries M-F 11:30-1:30

Clairton School District

Elementary Building Lobby Clairton Students M-F 11-12

Steel Valley School District

High School Lobby

Barrett Elementary Steel Valley Students M-F 10-12

Bags will include Lunch, snack and Breakfast for the next day

McKeesport School District

Twin Rivers Elementary

Founders Hall McKeesport Students M-F 9-11

Breakfast and Lunch

South Allegheny School District

Middle/High School

SAE

EC-Door by Baseball Fields SA Students M-F 9-12

Breakfast and Lunch

Glassport Youth Center South Allegheny Students M-F 9-12

Breakfast and Lunch

Club 22

526 Monongahela Ave

Glassport 15045 South Allegheny Students M-F 9-12

Breakfast and Lunch

Lincoln Borough Fire Dept

4312 Liberty way

Elizabeth 15037 South Allegheny Students M-F 9-12

Breakfast and Lunch

Port Vue Fire Dept

1800 Romine Ave

McKeesport 15133 South Allegheny Students M-F 9-12

Breakfast and Lunch

Northview Heights Gym

425 Mt. Pleasant Road 15214 M-F 11-1

Allegheny Dwellings Community Room

1710 Belleau Road (Rear) 15212 M-F 11-1

Glen Hazel Recreation Center

Food

Sto Rox

High School Sto Rox Students M-F 11:30-1:30

Pleasant Ridge Sto Rox Students M-F 11:30-12

Myers Ridge Sto Rox Students M-F 12-12:30

Helene & Catherine Streets Sto Rox Students M-F 12:30-1

Hays Manor Community Center Sto Rox Students M-F 1-1:30

Penn Hills School District

Linton Middle School Penn Hills Students M-F 12-2

West Mifflin School District

High School

Middle School

Clara Barton Elementary

Homeville Elementary

Duquesne Elementary

Mon View

Emerson Elementary West Mifflin Students M-F 11-1

Keystone Oaks SD

Myrtle Ave Elementary

Dormont Elementary

High School KO Students M-F 11:30-12:30

Castle Shannon Borough Building

3310 McRoberts Road, Pittsburgh, PA 15234 **KO Students M-F 12:45-1:30**

Saint John ELCA

601 Washington Ave, Carnegie **KO Students M-F 12-1**

Alvern Gardens

1000 Vermont Avenue, Pittsburgh, PA 15234

11:30 am – 12:30 pm **KO Students M-F 11:30-12:30**

Green Tree Wilson Park (in front of Fire Station)

825 Poplar Street, Pittsburgh, PA 15220. **KO Students M-F 11:30-12:30**

Please contact your local food pantries for changes in times and procedures due to the crisis. Locations can be found here.

<https://www.pittsburghfoodbank.org/>

Housing

The Allegheny Link -completing normal operations remotely. Beginning tomorrow they will have one service coordinator at the Human Services Building to assist clients that come in.

Homeless Shelters -operating normally. (Winter Shelter downtown is now closed.)

Allegheny County Housing Authority - working with its residents who may have their working hours reduced due to the COVID-19 crisis. They will perform timely interim adjustments upon receipt of information.

The Housing Authority of the City of Pittsburgh -will suspend evictions through May 1st except for those with “serious public safety implications.”

U-Haul- offering 30 days’ free storage for students and/or special rates on moving trucks for those who have to move out of dorms or due to school closures. Visit www.uhaul.com/storage.

Internet

Comcast

Comcast has increased the speeds of its Internet Essentials plan aimed at low-income. [This involves offering 60 days of free service](#), after which people will be charged \$9.95 per month, and increasing speeds on this plan from 15/2Mbps to 25/3Mbps.

AT & T

AT&T is waiving fees for going over data caps. "we'll continue to offer internet data to qualifying limited income households for \$10 a month," AT&T added. All home internet users have access to unlimited data; it will offer Cisco

Verizon

[Verizon said it will waive late fees for the next 60 days](#)

Verizon CEO, said as part of a [new FCC pledge by carriers March 13](#) that involves not terminating residential or small business services due to their inability to pay bills during the coronavirus pandemic; waiving late fees; and opening their Wi-Fi hotspots to all Americans for the next 60 days.

T Mobile

T-Mobile announced Friday that it would be [providing unlimited data on all mobile plans for the next 60 days](#). This includes [T-Mobile](#) and Metro customers. It will also be providing an additional 20GB of its mobile hotspot service for the next 60 days, and is offering free international calls to any Level 3-impacted nations worldwide.

The carrier is increasing its data allowance for free to schools and students who use its Empower ED digital learning programs, providing 20GB of data per month for the next 60 days.

Sprint

[Sprint announced Friday that it'll offer unlimited data for 60 days](#) starting next week. The arrangement will kick in by March 19, and Sprint will also provide customers with an extra 20GB of mobile hotspot data per month for the same time period.

The carrier is also waiving late fees from Friday, and won't terminate services if customers are unable to pay their bill due to the impacts of the [coronavirus](#). By Tuesday, it'll introduce free international calling for CDC Level 3 nations for customers with long-distance calling plans.

Customers who don't pay for mobile hotspot services will get 20GB per month for the next 60 days "soon," Sprint added.

Medical

UPMC Health Plan (including UPMC for You aka Medicaid)

- waived all copays AND deductibles for the next 90 days (3/11/20-6/11/20) for UPMC Anywhere Care — virtual urgent care visits. Wait times are a bit long, but it's lot easier and safer waiting from home than in an urgent care.
- <https://myupmc.upmc.com/anywhere-care/> there is also an app on smartphones called UPMC Anywhere Care clients who have access to smartphones can download.

The Central Outreach Wellness Center began offering a limited number of covid-19 tests in a drive-by setting

127 Anderson Street - Suite 101
Timber Court Building
Pittsburgh, PA 15212
Phone: (412) 322-4151

CVS offering free delivery on prescriptions and essential items

- <https://www.cvs.com/content/delivery>

Please follow medical guidelines set forth by your doctor and Emergency Rooms when seeking medical attention at this time.

Mental Health

From the World Health Organization (WHO)

Mental Health Considerations during COVID-19 Outbreak (excerpts)

In January 2020 the World Health Organization (WHO) declared the outbreak of a new coronavirus disease in Hubei Province, China to be a Public Health Emergency of International Concern. WHO stated there is a high risk of the 2019 coronavirus disease (COVID-19) spreading to other countries around the world.

WHO and public health authorities around the world are taking action to contain the COVID-19 outbreak. However, this time of crisis is generating stress in the population. These mental health considerations were developed by the Mental Health Department as support for mental and psychological well-being during COVID-19 outbreak.

General population

1. COVID-19 has and is likely to affect people from many countries, in many geographical locations. Don't attach it to any ethnicity or nationality. Be empathetic to those who got affected, in and from any country, those with the disease have not done anything wrong.
2. Don't - refer to people with the disease as "COVID-19 cases", "victims" "COVID-19 families" or the "diseased". They are "people who have COVID-19", "people who are being treated for COVID-19", "people who are recovering from COVID-19" and after recovering from COVID-19 their life will go on with their jobs, families and loved ones.
3. Avoid watching, reading or listening to news that cause you to feel anxious or distressed; seek information mainly to take practical steps to prepare your plans and protect yourself and loved ones. Seek information updates at specific times during the day once or twice. The sudden and near-constant stream of news reports about an outbreak can cause anyone to feel worried. Get the facts. Gather information at regular intervals, from WHO website and local health authorities' platforms, in order to help you distinguish facts from rumors.
4. Protect yourself and be supportive to others. Assisting others in their time of need can benefit the person receiving support as well as the helper.
5. Find opportunities to amplify the voices, positive stories and positive images of local people who have experienced the new coronavirus (COVID-19) and have recovered or who have supported a loved one through recovery and are willing to share their experience.
6. Honor caretakers and healthcare workers supporting people affected with COVID-19 in your community. Acknowledge the role they play to save lives and keep your loved ones safe.

For caretakers of children

1. Help children find positive ways to express disturbing feelings such as fear and sadness. Every child has his/her own way to express emotions. Sometimes engaging in a creative activity, such as playing, and drawing can facilitate this process. Children feel relieved if they can express and communicate their disturbing feelings in a safe and supportive environment.
2. Keep children close to their parents and family, if considered safe for the child, and avoid separating children and their caregivers as much as possible. If a child needs to be separated from his/her primary caregiver, ensure that appropriate alternative care is and that a social worker, or equivalent, will regularly follow up on the child. Further, ensure that during periods of separation, regular contact with parents and caregivers is maintained, such as twice-daily scheduled phone or video calls or other age-appropriate communication (e.g., social media depending on the age of the child).
3. Maintain familiar routines in daily life as much as possible, especially if children are confined to home. Provide engaging age appropriate activities for children. As much as possible, encourage children to continue to play and socialize with others, even if only within the family when advised to restrict social contact.
4. During times of stress and crisis, it is common for children to seek more attachment and be more demanding on parents. Discuss the COVID-19 with your Children in honest and age-appropriate information. If your children have concerns, addressing those together may ease their anxiety. Children will observe adults' behaviors and emotions for cues on how to manage their own emotions during difficult times.

People in isolation

1. Stay connected and maintain your social networks. Even in situations of isolations, try as much as possible to keep your personal daily routines. If health authorities have recommended limiting your physical social contact to contain the outbreak, you can stay connected via e-mail, social media, video conference and telephone.
2. During times of stress, pay attention to your own needs and feelings. Engage in healthy activities that you enjoy and find relaxing. Exercise regularly, keep regular sleep routines and eat healthy food. Keep things in perspective. Public health agencies and experts in all countries are working on the outbreak to ensure the availability of the best care to those affected.
3. A near-constant stream of news reports about an outbreak can cause anyone to feel anxious or distressed. Seek information updates and practical guidance at specific times during the day from health professionals and WHO website and avoid listening to or following rumors that make you feel uncomfortable.

Stay informed:

Find the latest information from WHO on where COVID-19 is spreading:



Mental Health

Utilities

Public Utility Commission issues moratorium on utility termination and reinstatement of disconnected services. <http://www.puc.pa.gov/>

PWSA – no shut offs until May 31, 2020 waiving income qualifications criteria.

PWSA is beginning to restore service to previous shut off customers.

Customers that have their water shut off should request an acct. review and potential service restoration call 412-255-2423

Duquesne Light Suspending shut offs until May 1, restoring services

First Energy – suspending shut offs and offer payment options to ease hardships.

City of Pittsburgh information- Negotiated by May Peduto

-Gas, electric or water (Pittsburgh Water and Sewer Authority, Columbia Gas, People's Gas, and Duquesne Light) will suspend shut offs for residents through May 1st