



# COVID-19 Resource List

## Spokane Valley, WA

### Government Resources

#### Federal Assistance

- [Coronavirus Aid, Relief, and Economic Security \(CARES\) Act](#) – To the extent employees are eligible for unemployment for reasons related to COVID-19, as determined by state agencies, additional funds may be available as part of a recent federal law aimed at providing economic recovery. Contact your state unemployment agency for further information.
  - <https://www.dol.gov/coronavirus>
  - <https://www.dol.gov/coronavirus/unemployment-insurance>

#### Washington Employment Security Department

- [Unemployment benefits](#) – According to Washington’s Employment Security Department, if you are out of work as a result of the governor’s stay home order issued on March 23, you may be eligible for unemployment benefits. Click on the link below for more information.
  - <https://esd.wa.gov/newsroom/covid-19>

#### Washington Department of Financial Institutions

- [Financial Resources](#) – The Washington State Department of Financial Institutions has developed a list of financial resources for Washington consumers impacted by the Coronavirus, click on the link below to access it
  - <https://dfi.wa.gov/coronavirus/financial-resources#utilities>

#### Washington State Coronavirus Response

- [Washington COVID-19 updates](#) – Click on the link below to find out more about the approach that the state of Washington is taking to address the COVID-19 pandemic.
  - <https://www.coronavirus.wa.gov/>

### Local Resources

#### Food Assistance

- [Spokane Public Schools](#) – According to the Spokane district website, school buses will deliver meals along routes that reach areas in the community with the highest need. Click on the link below for more information.
  - <https://www.spokaneschools.org/Page/3981>

#### Utility Assistance

- [Avista Power](#) – According to their website, Avista Power has stopped all utility disconnects and collections.
  - <https://www.myavista.com/safety/covid-19-response>

- [Vera Water and Power](#) – According to VWP’s website, no customer affected by this pandemic will be disconnected. Additionally, Vera Water and Power has suspended late fees and blue disconnection door hangers. While they have implemented late-fee forgiveness and are willing to work with anyone to avoid disconnection during this difficult time, they are reminding everyone that utility billing continues. By skipping a payment now will create a higher cumulative bill. Please call us to arrange payment plans.
  - <https://verawaterandpower.com/our-response-to-covid-19/>

## Other

- [Auntbertha.com](#) – Aunt Bertha’s network connects people seeking help and verified social care providers that provide services like medical care, job training, food, financial assistance and more.
  - <https://www.auntbertha.com/>

## Alorica Resources (for Alorica Employees only)

- [Employee Assistance Program/Manage Health Network, Inc.](#) – Professional support for emotional, family and other personal matters and guidance on financial and legal issues (register with the company code: Alorica).
  - <https://members.mhn.com/web/public/default/MyBenefits>
- [Virtual Doctor Visit Benefit](#) – If you’re enrolled in the Alorica medical plans administered by Century Health (MEC), HPI or BlueCross BlueShield and don’t feel well for any reason, a virtual doctor visit benefit may be available to you.
  - Century Health (MEC) – Visit <https://member.healthiestyou.com/user/sign-in> and click “Register Now” or call 1-866-703-1259
  - HPI – Visit [doctorondemand.com/health-plans-inc](http://doctorondemand.com/health-plans-inc) or call 1-800-997-6196
  - BlueCross BlueShield – Visit [www.bcbstx.com/member](http://www.bcbstx.com/member) or call 1-800-521-2227
- [Alorica PerkSpot](#) – PerkSpot has some amazing cash-saving opportunities for you such as coupons for groceries and discounts on GrubHub and Postmates, click on the link below for more saving opportunities.
  - <https://alorica.perkspot.com/>
- [PayActiv \(US Employees only\)](#) – Alorica employees have the option to sign up for PayActiv which gives employees the opportunity to get financial relief between paychecks. To learn more about PayActiv click on the link below.
  - <https://www.payactiv.com/employees/>

## General Resources

- [Centers for Disease Control and Prevention](#) – About COVID-19.
  - <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>
- [World Health Organization](#) – Updates on COVID-19.
  - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen>
- [National Association of School Psychologists](#) – Talking to Children about COVID-19.
  - [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19?ck\\_subscriber\\_id=342989428%C2%A0](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19?ck_subscriber_id=342989428%C2%A0)

- [Financial Planning](#) – Every day you make many decisions about how to spend your money. Whether your grocery shopping, driving to work, paying bills or just watching TV, there are small things you can do to spend less. This booklet has 100 ways to help you start saving money today.
  - <https://www.familycredit.org/resources>
- [National Domestic Violence Hotline](#) – 1 (800) 799-7233 (SAFE) or TTY 1 (800) 787-3224.
  - <https://www.thehotline.org/help/>
- [National Suicide Prevention Lifeline](#) – 1 (800) 273 -8255
- [Substance Abuse and Mental Health Services Administration Disaster Distress Helpline](#) –
  - 1 (800) 864-8517