



COVID – 19 Resources for Fort Bend County*

**updated 3/31/2020*

211 Texas/United Way HELPLINE

Texas/United Way HELPLINE is available 24/7 to connect individuals with local community resources such as financial assistance for utilities/rent, food pantries, housing assistance, crisis counseling, utility payment assistance, and senior services.

Texans can dial 211 or (877) 541-7905 and select option 6 to get information and referrals to COVID-19 social services, including testing, community clinics, unemployment benefits and more.

Food Services: Families can call 211 HELPLINE for an up-to-date listing or visit the website at www.211texas.org

Additional information can also be found at www.211texas.org

School – Grab and Go Meal Locations

Fort Bend ISD

Hours: Monday through Friday 7:30am - 9:00am and 11:30 am - 1:00pm

For all students 18 and under

- Travis High School
- Missouri City Middle School
- Hodges Bend Middle School
- Elkins High School
- Kempner High School
- Ridge Point High School
- Sartartia Middle School
- McAuliffe Middle School
- First Colony Middle School
- High Tower Highschool
- Dulles High School

Lamar CISD

Hours: Monday through Friday 10am – 12pm

For all students 18 and under; child must be present at time of pick up

- Beasley Elementary
- Briscoe Junior High
- Fulshear High School
- George Ranch High School
- Lamar Consolidated High School
- Seguin ECC
- Kendelton Park and Ride
- Terry High School

Lunches of Love Pickup Locations

Monday through Friday

For all students 18 and under

- Bowie Elementary | 11am-11:20am
- Smith Elementary | 11am-11:20am
- Pink Elementary | 11am-11:20am
- Garcia Park | 11:30am-11:50am
- Falcon Point Apartments | 11am-11:20am
- King Arms Apartments | 11am-11:20am
- Clay Park | 11:30am-11:50am
- Travis Elementary | 11:30am-11:50am
- Taylor Ray Elementary | 11:30am-11:50am
- Reading Park Apartments | 11:30am-11:50am
- Meyer Elementary | 11:40am-12pm
- Jackson Elementary | 12pm – 12:20pm
- 1416 Radio Land, Rosenberg, TX 77471 | 10:45am – 12:45pm

Grocery Stores

Hours of Operation

- HEB: 8am-8pm
- Kroger: 7am-10pm
- Aldi: 9am-7pm
- Fiesta: 8am-9pm
- Randalls: 7am-9pm

Salvation Army

Developed a web page where individuals can request services in the following areas;

Social Distancing Needs (i.e. food and grocery delivery): <https://www.salvationarmyhouston.org/>

- Life Navigation; Prayer Requests; and Spiritual and Emotional Care



Fort Bend Social Services (FBSS)

Social Services has implemented a modified service delivery plan. Clients will be scheduled an appointment and will be assessed by phone. They can call 281 238-3502 or 281-403-8050. Services can also be requested online at <https://www.fbchhs.org/social-services/request-services>

FBSS continues to provide the following services: rental, utility, medication, food voucher, emergency shelter, transitional supportive housing, and unmet needs. Veteran specific services are also available in the form of rent, utilities, day care and gas assistance.

Fort Bend Seniors Meals on Wheels Program

All congregate services are suspended through March. However, the program will continue delivering meals to seniors daily.

If you know a senior that has not received a phone call about receiving home-delivered meals while the center is closed, contact the Senior Center Coordinator, at 281-633-7058.

Internet/Wi-Fi Services

Free Internet with Spectrum

Beginning March 16 and free for 60 days for households with K-12 or College students. They also plan to open their Wi-fi hotspots for public use. To enroll in service call 1-844-4888395. Installation fees will be waived.

Free Internet with Comcast

Effective Monday, March 16, 2020, new Internet Essentials customers will receive two free months of Internet service. We are also increasing the speed of the program to 25 Mbps downloads, and 3 Mbps uploads for all new and existing customers. To sign up, visit the website: <https://www.internetessentials.com/covid19>

COMP-U-DOPT

Comp-u-dopt's mission is to provide technology to students who need it most. They are offering rentable computers to families without a device free of charge. For more information, visit their website:

<https://www.compudopt.org>

RESOURCES NEEDED

- Nonperishable food items
- Ready Meals – (Homeless Community)
- Toilet paper
- Home Cleaning Supplies
- Water
- Feminine hygiene products
- Latex Gloves
- Tyvek Suits
- Eye Protection/Face Shields
- N-95 Masks
- Child Related Needs:
 - Activity Kits
 - Bible Studies
 - Children's Art Projects
 - Homework
- Alcohol Wipes
- Hand Sanitizer
- Pet Food
- Children's Clothes
- Infant supplies (baby food, formula, diapers)

All supplies can be donated
to the locations listed above



DISTRIBUTION SITES

Location	Address	Time	Volunteer Opportunities	Contact	Phone
Friends of North Richmond	1305 Clay St. Richmond, TX 77469	Mon-Thurs 10-11:30am & 2-4:30pm	10 volunteers needed – daily shifts	Emilio Frias Emilio@attackpoverty.org	281-762-2068
Friends of North Rosenberg	503 Thirst Street Rosenberg, TX 77471	Tues & Thurs 10-2pm	10 volunteers needed – daily shifts	Jennifer Cooper Jennifer@attackpoverty.org	832-472-6090
Friends of Sundown	20111 Saums Rd. Katy, TX 77479	Mon, Wed, Fri 9-11:30am	Volunteers needed	Leslie Dedrick leslie@attackpoverty.org	
Friends of Westchase/West Houston Assistance	10501 Meadowglen LN Houston, TX 77042	Tues & Wed 10-11:45 am & 2-4pm	Volunteers needed	Nancy Bailey Nancy@attackpoverty.org	202-631-2808
Friends of Northside	1913 Fletcher St Houston, TX 77009	Tues & Thur 10-11:45am & 2-4pm	10 volunteers needed – daily shifts	Kim Martinez Kim@attackpoverty.org	832-516-9872
Terry High School	5500 Avenue N Rosenberg, TX 77471	Tues & Thurs 11-11:45pm	10 volunteers needed – call to signup	Zach Lambert Zach@attackpoverty.org	
Second Mile Mission Center	1135 Highway90A Missouri City, TX 77489	M-F 10-4pm	volunteers needed – call to signup	Sarah White swhite@secondmile.org	281-261-9199
Katy Christian Ministries (KCM)	5504 First Street Katy, TX 77493			Deysi Crespo Deysi.crespo@kctcm.org	
Four Corners Community Center	15700 Old Richmond Rd Sugar Land, TX 77498	Wed	5-10 volunteers needed weekly	Jason Baudoin jasonb@attackpoverty.org	
Catholic Charities Mamie George Community Center	1111 Collins Road, Richmond TX 77469	Tues/Thurs 10am-2pm			281-202-6200
Richmond – Rosenberg Helping Hands	902 Collins Road Richmond, TX 77469	Mon-Thurs 10:30am- 1:30pm			
Guadalupe Catholic Church	1600 Avenue D Rosenberg, TX 77471	Mon - Fri 10-2pm			



BEHAVIORAL, MENTAL AND SPIRITUAL HEALTH

Counseling and Crisis Resources FBISD TALKLINE

The District's confidential helpline to share mental health concerns such as depression or suicidal thoughts. It includes both talking and texting features.

Students, parents, and staff can connect with a crisis counselor 24 hours a day, 7 days a week by

- Texting the word SPEAK to 741741 or;
- call 281-240-8255 (TALK)

LCISD Counseling and Crisis Resources: HOPE TALKLINE

LCISD HOPE is a confidential helpline to share mental health concerns such as depression or suicidal thoughts. It includes both talking and texting features. Students, parents, and staff can connect with a crisis counselor 24 hours a day, 7 days a week

Call: 832-223-4673

Text: 741741 (Text available 24/7)

Embassy Church

Pastor Deborah Prihoda has a prayer line that is available for texting 24 hours a day and is available for calls between 4-7 pm. The number is: 281-633-6477

Katy First United Methodist Church

Pastor Mark Kimbrough has a prayer line available online to submit prayer requests:

<https://www.katyfirst.org/prayer/>

My Own Space Therapy

An online therapy resource for adults, adolescents (13 and up), couples, and groups focusing on anxiety, depression, grief adjustment issues, couples/relationship issues, and trauma. Normal prices are waived and they are simply asking for clients to pay what you can. To schedule or get more information,

visit: <https://www.myownspacetherapy.com/contact>

Veterans Crisis Hotline

Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Call 1-800-273- 8255, text 838255, or visit <https://www.veteranscrisisline.net>. Support for the deaf or hard of hearing call 1-800-799- 4889.

Mind-Body Skills Workshop

The Greater Houston Healing Collaborative is providing online Mind-Body Skills Groups and Workshops to relieve stress, anxiety and isolation that we are all experiencing. Based on a model used around the world for almost thirty years, these groups offer a safe space for social connection while teaching evidence-based self-care skills that reduce stress and anxiety and support immunity and overall health and well being. Groups are available for everyone. www.spiritualityandhealth.org/MindBodyGroups

The Trevor Project

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the TrevorLifeline now at 1-866-488- 7386, text START to 678678, or visit: <https://www.thetrevorproject.org>

SAMHSA National Disaster Distress Hotline

The SAMHSA has a 24/7 multi language hotline at 1-800985-5990 or <https://www.samhsa.gov/find-help/disaster-distress-helpline>

Texana Center

Offering services over the phone: Sugar Land Office: 281-276-4400; Rosenberg Office: 281-342-6384

Website: www.texanacenter.com

Individuals can also call the Crisis Helpline at 1-800-633-5686

Houston Galveston Institute (HGI)

Therapists are available for counseling at: Main Line: 713-526-8390; Backup Line: 346-291-0969



The Harris Center

Toll Free COVID-19 24/7 Support Line: 833-251-7544

The Harris Center has activated a Mental Health Call Line to support our community during COVID-19. The purpose of the line is to provide trauma-informed support and psychological first aid to those experiencing stress and anxiety related to the COVID-19 event. You're not alone. You or someone you know may get help by accessing the Harris County's COVID-19 Mental Health Support Line.

STATE AND FEDERAL REGULATIONS

Small Business Administration Loans

- Affected businesses will need to fill out an Business Loan Application Form and Economic Injury Disaster Loan Supporting Information certifying the business has suffered substantial economic injury as a result of COVID-19 and are in need of financial assistance.
- Download those forms, fill them out and then upload them. All forms and location for upload are located here: <https://disasterloan.sba.gov/apply-for-disaster-loan/index.html>

Banks

U.S. Bank

U.S. Bank is offering reduced pricing on personal and business loans for persons affected financially impacted by COVID-19. For more information:

Call 1-888-287-7817, or

Visit the U.S. Bank's COVID-19 site www.usbank.com/splash/covid-19

Wells Fargo

Wells Fargo is helping customers on a case-by-case basis. For more information:

Call 1-800-219-9739, or

Visit Wells Fargo's COVID-19 site <https://www.wellsfargo.com/com/focus/coronavirus-updates/>

Disaster Unemployment

If your employment has been affected by the coronavirus (COVID-19), apply for benefits either online at any time using [Unemployment Benefits Services](#) or by calling TWC's Tele-Center at 800-939-6631 from 8 a.m.-6 p.m. Central Time Monday through Friday.

Tax Payment Assistance

The 2019 income tax filing and payment deadlines for all taxpayers who file and pay their Federal income taxes on April 15, 2020, are automatically extended until July 15, 2020. This relief applies to all individual returns, trusts, and corporations. This relief is automatic, taxpayers do not need to file any additional forms or call the IRS to qualify.

HEALTH CARE

If you or someone you know needs healthcare services related to COVID-19, below are the steps that you should follow:

1. Contact your physician to outline symptoms and discuss next steps. Testing can only occur with a physician referral at this point.
2. If you do not have a physician, call 211 to be referred to a community clinic or other resource that can help.

Access Health

Richmond Clinic – 7 am -7 pm (M-F) and 8 am -12 pm Saturday

AccessHealth is providing healthcare services as usual for community members who need to see a doctor for other reasons including telehealth options for other medical services such as behavioral health and nutrition.

Dental is only emergency procedures per ADA Guidance. To make an appointment, please call (281)342-4530

Other location can be found at: <https://www.internetessentials.com/covid19>

CDC Guidelines

CDC Quarantine Guidelines:

- Patients must go fever-free for 72 hours without fever-reducing medication. This applies to those currently under quarantine and those who may be quarantined in the future.
- Before leaving isolation, a patient's other symptoms — including shortness of breath or a cough — must have improved and at least seven days must have passed from when the symptoms first appeared. Additional Information can be found at www.cdc.gov



Fort Bend Health and Human Services

Individuals with questions about COVID-19 can call the Health and Human Services Call Center (281) 633-7795

Hours of Operation:

Monday – Friday, 8am – 8pm

Saturday-Sunday, 10 am – 2pm

COVID-19 TESTING

Access Health

In partnership with Fort Bend County, Access Health is providing COVID-19 testing for those with symptoms. To be tested, follow the steps below:

1. Complete online screen: visit www.fbchealth.org and complete online screening. Once you have gone through the online screening process, and deemed as "at risk", you will receive a unique code and a phone number to call
2. Complete phone consultation: call the phone number for further screening. If the health care professional authorizes testing, you will receive new testing site access code and further instructions
3. Proceed to testing facility: proceed to testing facility at your scheduled time. Be sure to bring your photo ID and other information as requested by your screener. You will only be admitted to the drive-through site if you have the testing access code received from the healthcare professional.

FEMA Funded Testing Sites

The test sites in City of Houston and Harris County (which are open to FBC residents) are funded by FEMA – they are not charging for testing.

To be tested at one of these sites, use this screening tool (www.checkforcorona.com) or call 832-393-4220.

OakBend Medical Group

OakBend Medical Group is conducting COVID-19 Testing if, and only if, the patient has symptoms (fever, cough, shortness of breath) AND have one of the following risk factors:

- Older than 65 years old
- Have serious underlying health conditions (heart disease, diabetes, lung disease/asthma, HIV, immunocompromised)
- Healthcare workers with suspected exposure

Initial criteria for the Covid-19 Testing will require a Telehealth visit. To schedule a Telehealth visit call 281-238-7870. The patient will be screened during the Telehealth visit for criteria that suggests a possible positive Covid-19. The patient must have proper photo identification in order to proceed with testing. The patient specimen will be collected while the patient remains in the vehicle. Patient must arrive by car or truck. No patients on bikes will be tested.

COVID-19 Drive-Thru testing hours- 8:00am- 1:00pm. (Numbers of test are limited)

Test Results take 24-48 hours.

COVID-19 testing will be charged to patient insurance for patients that have Medicare, Medicaid or

Commercial insurance. For self-pay patients the cost of the test is \$100 at the time of service. Patients must pay by credit/debit card prior to arriving for the COVID-19 testing.

Smart Financial Centre (United Memorial Medical Center)

18111 Lexington Blvd, Sugar Land, TX 77479

Mondays through Fridays from 9 a.m. to 4 p.m

Anyone experiencing COVID-19 related symptoms such as temperatures exceeding 100, shortness of breath and dry/persistent coughs may be tested at the site. Test results may take up to three days and everyone will be called by the hospital whether they test positive or negative.

United Memorial has the capacity to do about 150 to 200 tests daily. Once they've reached the number of vehicles they can accommodate during this period of time, the gates will be closed and they'll continue testing those that are lined up in the parking lot.

No appointments or pre-registration needed and open to anyone not just residents of Fort Bend County.