

COVID-19

A Resource Guide for the Fresno State Community

General COVID-19 Information

Fresno State's Coronavirus (COVID-19) website with everything you need to know including up to date resources and campus communications. Visit: fresnostate.edu/coronavirus

For information on cases in Fresno County, visit:
co.fresno.ca.us/departments/public-health/covid-19

California Higher Education Basic Needs Alliance (CHEBNA)

COVID-19 student resources for California college students and their families.
<https://bit.ly/3bACKS3>

COVID-19 Testing Sites

- Fresno County: <https://www.co.fresno.ca.us/departments/public-health/covid-19/covid-19-testing-sites>
- Free Testing through the Family HealthCare Network | 559.741.8444
 - 290 N. Wayte Lane | Fresno, CA 93701 (Next to CRMC)
 - 250 W. 5th Street | Hanford, CA 93230
 - 401 E. School Avenue | Visalia, CA 93291
 - 65 N. Hockett Street | Porterville, CA 93257

Prevention of Spread

- Practice good hand hygiene by washing your hands for 20 seconds with soap and water [cdc.gov/handwashing/index.html](https://www.cdc.gov/handwashing/index.html)
- Practice social distancing by staying home, avoiding crowded places, avoiding large gatherings, and staying at least 6 feet away from others whenever possible
- Cough or sneeze into your elbow, covering your mouth and nose
- Stay home if you're not feeling well
- If you have a fever, cough and difficulty breathing, seek medical attention. Call in advance. Follow the directions of your local health authority

Avoid Coronavirus Scams

consumer.ftc.gov/features/coronavirus-scams-what-ftc-doing

Learning Center

The Learning Center facilitates a variety of programs and services to meet the educational needs of students, including academic success workshops and free tutoring in high demand subject areas. Visit the Learning Center's Virtual Front Desk at bit.ly/lc-online.

559.278.3052

fresnostate.edu/lrc

Henry Madden Library

Virtual service hours are Monday through Friday from 9:00 a.m. to 5:00 p.m. Service points are monitored by librarians who will ensure that your message is addressed or routed to the correct service. You can connect with a librarian by chat, email or phone.

library.fresnostate.edu/covid-19

University Advising Center

Provides academic advising services for students. Appointments available by phone, email and Zoom. For assistance, email angelab@csufresno.edu.

559.278.1787

fresnostate.edu/advising

Student Cupboard

The Student Cupboard is a free food and hygiene pantry that is open to all currently enrolled Fresno State students. During COVID-19, students are able to come and pick up pre-packed bags of food at the door. Please bring your student ID card or student ID number with you.

The Student Cupboard is open the following hours (closed when campus is closed):

- Monday: 11:00 a.m. to 4:00 p.m.
- Tuesday: 11:00 a.m. to 6:00 p.m.
- Wednesday: 10:00 a.m. to 4:00 p.m.
- Thursday: 11:00 a.m. to 6:00 p.m.
- Friday: 11:00 a.m. to 4:00 p.m.

For more on the Student Cupboard, visit: fresnostate.edu/foodsecurity/student-cupboard.html

CalFresh

CalFresh is a nutrition assistance program that helps low-income individuals and families buy the food they need. CalFresh dollars help stretch a tight food budget and help many people afford to add healthy foods like fruits and vegetables into their diets. CalFresh is the name of the USDA-funded Supplemental Nutrition Assistance Program (SNAP) in the state of California. Recipients receive and “spend” CalFresh benefits electronically, via personal Golden State Advantage electronic benefits transfer (EBT) cards that look just like any other credit/debit cards.

Students can receive pre-screening and application assistance from the team at the Student Cupboard. To find out if you are eligible, go to your Student Portal and click on the “CalFresh Interest” link on the bottom right side. After completing the interest form you will receive an email letting you know if we think you are eligible or not. If we think you are eligible, you will be able to make an online Zoom appointment with a member of our team who will help you out.

For more on CalFresh, visit: fresnostate.edu/foodsecurity/calfresh.html

Local Support

The Central California Food Bank provides food to agencies and organizations in the Central Valley. To find a food pantry near you, visit: ccfoodbank.org/food-locator/

Students can also visit 211.org or call 2-1-1 to get up to date community resource information.

Good Samaritan Grant

The Good Samaritan Grant was created to assist Fresno State students who encounter an unforeseen financial emergency or catastrophic event which would otherwise prevent them from continuing their education at Fresno State.

These funds are not intended to be used for routine expenses or as a consistent supplement to a student's education funding sources. Requests must be urgent in nature.

In the past, we have assisted students who were victims of apartment fires, thefts and various other unexpected loss of income where short term help was needed for basic items, including food. Thanks to the Good Samaritan Grant, we now have an important resource to help students who have nowhere else to turn in times of extraordinary need.

For more information, visit: fresnostate.edu/health/counseling/project-hope

Financial Aid

Worried about financial aid? The Office of Financial Aid and Scholarships is taking phone appointments. If you need to submit documents, email them as attachments to 5592784833@fax.csufresno.edu or fax them to 559.278.4833.

559.278.2182

fresnostate.edu/financialaid

Bulldog Retention Grants

As part of the Fresno State Graduation Initiative, limited funding is available to assist students who have a financial aid shortfall and are subject to being dropped from classes. The maximum award will be \$1,500 per student.

For more information on eligibility requirements visit:

fresnostate.edu/studentaffairs/financialaid/finaid101/grants101.html

California Unemployment

The Unemployment Insurance (UI) program pays benefits to workers who have lost their job and meet the program's eligibility requirements. If you have become unemployed or partially unemployed, you may file a UI claim. After you have filed a claim, you must continue to certify for benefits and meet eligibility requirements each week in order to receive benefit payments.

For more information, visit: edd.ca.gov/Unemployment/

Rent Relief

Governor issued an executive order that authorizes local governments to halt evictions for renters and homeowners, slows foreclosures, and protects against utility shutoffs for Californians affected by COVID-19 through May 31, 2020. If you can pay rent, you should. This order will not eliminate your rate, but will simply postpone it's due date.

To read further, visit: gov.ca.gov/2020/03/27/governor-newsom-takes-executive-action-to-establish-a-statewide-moratorium-on-evictions/

More information can be found at the U.S. Department of Housing and Urban Development at: hud.gov/states/california/renting

Emergency Housing (Campus Resource)

Short-term emergency housing is available for students who are leaving an unsafe situation, have been "couch surfing," have been evicted or kicked out of their residence, and students without a consistent, safe and affordable housing option. Students in need of emergency housing options should meet with a Case Manager to assist with housing options, which can include the assistance of meal vouchers to the Residence Dining Hall and toiletries.

If you are homeless or at risk of homelessness, contact the Case Manager at 559.278.6736.

College Student Discounts

- collegeinfo geek.com/student-discounts
- retailmenot.com/blog/college-student-discounts.html
- retailmenot.com/blog/tag/covid-19
- thesimpledollar.com/save-money/60-awesome-student-discounts-on-clothes-tech-travel-and-more/

Counseling Services

The Student Health and Counseling Center remains open and Counseling Services including Case Management services continue to be offered to Fresno State students. Students can call the Student Health and Counseling Center to schedule an appointment. They will be sent a Zoom link to connect with a counselor at their appointment time.

559.278.2734

fresnostate.edu/health/counseling

Fresno State's Student Guide to Mental Health and Well-being Services booklet contains on campus and off campus services and resources, 24 hour resources, and well-being tips.

fresnostate.edu/studentaffairs/health/documents/Mental_Health_Resources_2020.pdf

Fresno County Behavioral Health Warm Line

The Fresno County Department of Behavioral Health has established a COVID-19 Warm Line, to provide non-emergency emotional and coping support to community members.

559.600.WARM(9276)

Question, Persuade and Refer (QPR) Suicide Prevention Training

Learn to recognize and respond to the warning signs of suicide. Attend a QPR training and earn a certificate. Trainings are available by request for Fresno State students, staff and faculty.

For more on QPR, visit: fresnostate.edu/studentaffairs/health/counseling/suicide-prevention.html

Greater Good in Action

Berkley's Greater Good in Action offers science based practices for a meaningful life. The practices are for anyone who wants to improve their social and emotional well-being, or the well-being of others. Practices address optimism, coping, resilience to stress, connection and more. Practices are free and include how-to's, why it works, difficulty ratings and reviews.

ggia.berkeley.edu

Active Minds

A Fresno State student club that encourages students to openly speak about mental health, seek help and to reduce stigma. Follow @FSActiveMinds on Facebook and Instagram.

Confidential Campus Advocate

The Survivor Advocate provides confidential support for those who have experienced sexual violence/misconduct, dating/domestic violence, and/or stalking for any student, staff, or faculty at Fresno State. The Survivor Advocate is working remotely during the COVID-19 crisis and is available by phone, Zoom, or email; Monday through Friday, 8:00 a.m. to 5:00 p.m.

The Survivor Advocate can assist you with crisis counseling, safety planning, academic accommodations, referrals for resources needed, information about the criminal justice system and Title IX, a safe place to discuss reporting options, and emotional support.

Survivor Advocate: Mindy Kates, M.S.W.

24 Hotline: 559.278.6796 (after work hours will connect to community agencies)

survivoradvocate@csufresno.edu

fresnostate.edu/studentaffairs/survivoradvocate

Title IX

Fresno State does not discriminate on the basis of sex, gender, or sexual orientation in its education programs or activities. Title IX of the Education Amendments of 1972, and certain other federal and state laws, prohibit discrimination on the basis of sex in all education programs and activities operated by the university (both on and off campus). Title IX protects all people regardless of their gender or gender identity from sex discrimination, which includes sexual harassment and violence. The following are covered by Title IX:

- Sexual Discrimination
- Sexual Harassment
- Gender Discrimination
- Sexual Misconduct
- Stalking
- Domestic Violence
- Rape and Sexual Assault
- Gender Equality in Athletics

If you have experienced sex or gender based discrimination, sexual harassment, sexual misconduct, dating violence, domestic violence, stalking and/or retaliation and wish to make a report for yourself please visit the Title IX website and report online.

fresnostate.edu/adminserv/title-ix

Marjaree Mason Center (MMC)

Marjaree Mason Center is Fresno County's dedicated provider of domestic violence shelter and support services, including education for victims and youth. MMC provides emergency shelter and longer term shelter, crisis support, counseling, legal assistance (help with restraining orders), and education. If you are a victim of domestic violence and need assistance, their services continue to be available 24/7.

559.233.4357

crt@mmcenter.org

mmcenter.org

Rape Counseling Services (RCS)

Rape Counseling Services provides confidential help to sexual violence survivors that is trauma-informed and culturally competent for the Fresno County community. They provide crisis support, accompaniment to sexual assault forensic exams and criminal justice meetings/hearings (during the COVID-19 crisis services are by phone), referrals to resources, counseling, and education. Their staff are currently working remotely. Their counselors are still available 24-hours/day to assist you by telephone.

559.497.2900

rcsfresno.org

24 Hour Crisis Line | 559.222.7273

Centro La Familia

Centro La Familia Advocacy Services helps Fresno County residents through life-changing programs that provide support, resources, outreach and education. Their nonprofit organization assists families and individuals through targeted, culturally sensitive and bilingual programs that promote health and wellness, strengthen families, help victims of crime and encourage civic engagement. Through the Victim Assistance Program, their staff supports non-citizen victims of domestic violence, human trafficking, sexual assault, and other serious crimes throughout Fresno County. Their direct services include help with legal protective orders, mental health counseling and immigration-related assistance.

559.237.2961

centrolafamilia.org

Fresno State Veteran's Resource Center

Assists veterans, reservists/guard/active duty service members and dependents to receive their educational benefits. Our website has information about the different types of VA educational programs and instructions on how to use them at Fresno State. The Veterans Resource Center is proud to help veterans and their families succeed at Fresno State! We recognize and honor their sacrifices and value our veterans' life experiences as they broaden the diversity of our university.

559.278.6036

fsveterans@mail.fresnostate.edu

fresnostate.edu/studentaffairs/registrar/veterans/

Veteran Unemployment Relief

Disabled veterans who have lost employment due to the COVID-19 pandemic can now apply for aid through DAV's COVID-19 Unemployment Relief program.

The COVID-19 Unemployment Relief program was established to provide assistance to service-connected disabled veterans who have lost employment as a direct result of the COVID-19 pandemic, including veterans who are self-employed as contractors or small business owners. This critical aid is meant to help veterans pay bills, obtain food and provide for their families during this challenging time.

All applicants must upload and submit documented proof of service-connected disability and documentation that shows loss of employment as a direct result of the pandemic.

dav.org/covidrelief

Dream Success Center

The Dream Success Center is dedicated to serving our AB540/Dream students at Fresno State. They are committed to empowering students through a welcoming and supportive environment. They ensure access and success through advocacy and outreach and holistic services on personal, social, and academic support.

559.278.1554

dreamsuccess@mail.fresnostate.edu

<https://www.fresnostate.edu/studentaffairs/dsc/>

Centro La Familia

Centro La Familia Advocacy Services helps Fresno County residents through life-changing programs that provide support, resources, outreach and education. Their nonprofit organization assists families and individuals through targeted, culturally sensitive and bilingual programs that promote health and wellness, strengthen families, help victims of crime and encourage civic engagement. Through the Victim Assistance Program, their staff supports non-citizen victims of domestic violence, human trafficking and other serious crimes throughout Fresno County. Their direct services include help with legal protective orders, mental health counseling and immigration-related assistance. They have a cultural broker program and assist with language needs. They have a strengthening family program, parent/child engagement program, Cultural Based Access Navigation and Peer Support Services, Consumer/Family Advocacy Services, Health Insurance Enrollment, CalFresh Outreach and Education, and Telecommunications Education and Assistance in Multiple-languages (TEAM).

559.237.2961

centrolafamilia.org

Diapers for Degrees

For students who have a diaper wearing child in the household, you can visit the Student Cupboard to receive diapers. Each month the Student Cupboard receives sizes 1-6 to distribute to students. To find out if we have a size you're in need of, contact the Student Cupboard.

559.278.6621

Lil Bulldog Boutique

The Lil Bulldog Boutique is a children's clothing closet. For information on how to receive clothing, contact Brittany Randolph at brandolph@mail.fresnostate.edu.

A registered dietitian is available to provide individual counseling sessions on a wide range of nutrition concerns. Appointments can be scheduled online or over the phone.

559.278.2734

fresnostate.edu/health

Planning a Healthy Balanced Diet

The MyPlate Plan shows your food group targets - what and how much to eat within your calorie allowance. Your food plan is personalized, based on your age, sex, height, weight, and physical activity level.

choosemyplate.gov/resources/MyPlatePlan

Planning, Shopping and Preparing Healthy Meals

Can't find an ingredient for your favorite recipe? Need help stretching your dollars? Finding healthy recipes on a budget? Check out these resources:

- allrecipes.com/article/common-ingredient-substitutions
- choosemyplate.gov/eathealthy/budget
- spendsmart.extension.iastate.edu
- choosemyplate.gov/coronavirus
- eatright.org/coronavirus/videos
- bit.ly/2RCRCYK
- leanebrown.com/cookbooks
- eatingwell.com

Online Grocery Delivery Services

If you choose to do online delivery for groceries, here is a list of services. Make sure to take note of each company's minimum order requirements and delivery fees.

bit.ly/3abFTXF

Nutritional Supplements and Claims for Cures

Currently there are no known cures for COVID-19, though research is underway to develop treatments and a vaccine. Untested supplements are being promoted as a way to boost immunity or cure COVID-19. These are not regulated by the FDA and are potentially dangerous.

Learn more at: fda.gov/consumers/consumer-updates/beware-fraudulent-coronavirus-tests-vaccines-and-treatments

Physical Activity Resources

The Fresno State Student Recreation Center is offering FREE group fitness classes via Instagram Live @FresnoState_GroupFitness. Here's some other great resources to get you started.

- New to exercise? For tips for starting an exercise program, visit: acefitness.org/education-and-resources/lifestyle/blog/6648/before-you-start-an-exercise-program/
- The American College of Sports Medicine (ACSM) offers tips for staying active: acsm.org/read-research/newsroom/news-releases/news-detail/2020/03/16/staying-physically-active-during-covid-19-pandemic
- Working out at home? Here's some advice: bit.ly/2xwo4p1
- Check out resources from the National Institute of Health Exercise and Physical Fitness here: medlineplus.gov/exerciseandphysicalfitness.html
- Check out resources from the U.S. Department of Health and Human Services here: hhs.gov/fitness/resource-center/physical-activity-resources/index.html
- Here's a Beginner's Guide to Exercise: webmd.com/fitness-exercise/features/fitness-beginners-guide#1
- No Gym Required, The Five Elements of Fitness: webmd.com/fitness-exercise/features/no-gym-required-how-to-get-fit-at-home#1

Physical Activity Apps

- **Seven:** Small habits lead to big changes. Seven minute workouts based on scientific studies to give you the maximum benefits of exercise using only a chair, a wall or your own body weight. Try the app challenge or compete with friends for extra encouragement and accountability.
- **Fitocracy:** Using gamification to help users improve their fitness. Log your activity to earn points in order to level up. Complete quests for additional points and earn badges. You can also follow other users, view and comment on their workouts and join groups.

FREE Workout Videos

- National Fitness Campaign: youtube.com/channel/UCWiGnqxYp71_SsuUF7r8Avg
- Fitness Blender: fitnessblender.com/videos
- Be Fit: youtube.com/user/BeFit
- Active by Pop Sugar Fitness: active.popsugar.com/?utm_source=YouTube&utm_medium=YouTubebanner&utm_campaign=active-free-launch
- MyFitnessPal: blog.myfitnesspal.com

Other Physical Activity Tips:

- Gyms are offering live access or extended trial memberships. Planet Fitness streams live each day at 4:00 p.m. on their Facebook page, but you can watch them anytime after. Crunch Live is offering a free 45 day trial membership.
- 567 Broadway offers at home cardio workouts featuring some of Broadway's greatest hits [youtube.com/user/JoeRC2007](https://www.youtube.com/user/JoeRC2007)
- Blogilates with Cassie Ho is a fun channel that offers a variety of at home workouts inspired by yoga, dancing, pilates, and more to add some variety to your routine. [youtube.com/channel/UCIjwWYOfsCfz6PjxbONYXSg](https://www.youtube.com/channel/UCIjwWYOfsCfz6PjxbONYXSg)
- Tom Merrick's channel is mobility and yoga inspired to get you flexible and moving [youtube.com/channel/UCU0DZhN-8KFLYO6beSaYljg](https://www.youtube.com/channel/UCU0DZhN-8KFLYO6beSaYljg)
- Athlean-X is a science based channel focusing on mobility and optimizing workouts whether in the gym or at home [youtube.com/user/JDCav24](https://www.youtube.com/user/JDCav24)
- ThenX is a calisthenics focused exercise channel that uses mainly body weight workouts [youtube.com/user/TheMiamiTrainer](https://www.youtube.com/user/TheMiamiTrainer)

YOU@FresnoState

Explore the NEW free and anonymous well-being platform, YOU@FresnoState. This online well-being portal can help you set goals, take self-assessments and more. To create a confidential account, log in with your campus credentials at: you.fresnostate.edu.

With your new account you can:

- Find tips to adjust to online learning
- Learn tools for coping with stress and anxiety in a changing world
- Explore ways to maintain and grow social connections while practicing physical distancing

Sleep Hygiene

- The National Sleep Foundation has been the preeminent expert voice in the world of sleep science and health for nearly thirty years. sleepfoundation.org
- Centers for Disease Control (CDC) Sleep and Sleep Disorders program was created to raise awareness about the problem of sleep insufficiency and sleep disorders and the importance of sleep health for the nation's overall health. cdc.gov/sleep/index.html
- Sleep Health and Wellness Blog is a great resources provided by the American Academy of Sleep Medicine. sleepeducation.org
- The National Institute of Health offers sleep health resources: nhlbi.nih.gov/health-topics/education-and-awareness/sleep-health
- The National Institute of Health offers a Guide to Healthy Sleep here: nhlbi.nih.gov/health-topics/all-publications-and-resources/your-guide-healthy-sleep
- The Division of Sleep Medicine at Harvard Medical School and WGBH Educational Foundation created a healthy sleep resource here: healthysleep.med.harvard.edu/healthy/
- Check out Headspace for sleep hygiene tips: headspace.com/sleep/sleep-hygiene

Get Social

Join the Mighty's staff and community for a series of events designed to keep us social. We've got workshops, meditations, art hangouts and more.

themighty.com/2020/03/online-events-for-people-stuck-inside-during-coronavirus-outbreak/

Participate in the Student Health and Counseling Center's Alone Together group Thursdays at 11:00 a.m. This is a confidential space for Fresno State students to stay connected and discuss mental health throughout the COVID pandemic. bit.ly/alonetogetherfall20

Additional Resources

- [Free Coronavirus Anxiety Workbook](#)
- [Free Guide to Living with Worry and Anxiety Amidst Global Uncertainty](#)
- [Mental Health Toolkit for Managing the Impact of the Novel Coronavirus](#)
- [Free Mindfulness Exercises from Therapy Assistance Online](#)
- [30 Ideas to Help You Pass the Time](#)
- [Yale COVID-19 Self-Care](#)
- [Watch How to Self Care: The Ultimate Checklist on YouTube](#)