



March 2020

Dear HOPE comunidad,

We hope this special edition of the Latina Brief brings you useful resources and information to help you weather the storm that we are facing globally and that has impacted each and every one of our lives. **Now more than ever, it's important to stay connected with the people and organizations we hold dear.**

HOPE is about bringing the Latina community together through education, advocacy and leadership. Even though we can't physically bring you together for the time being, we commit to continue sharing information on ways to educate and advocate on behalf of our communities, and to continue supporting our leaders and celebrating their accomplishments and milestones.

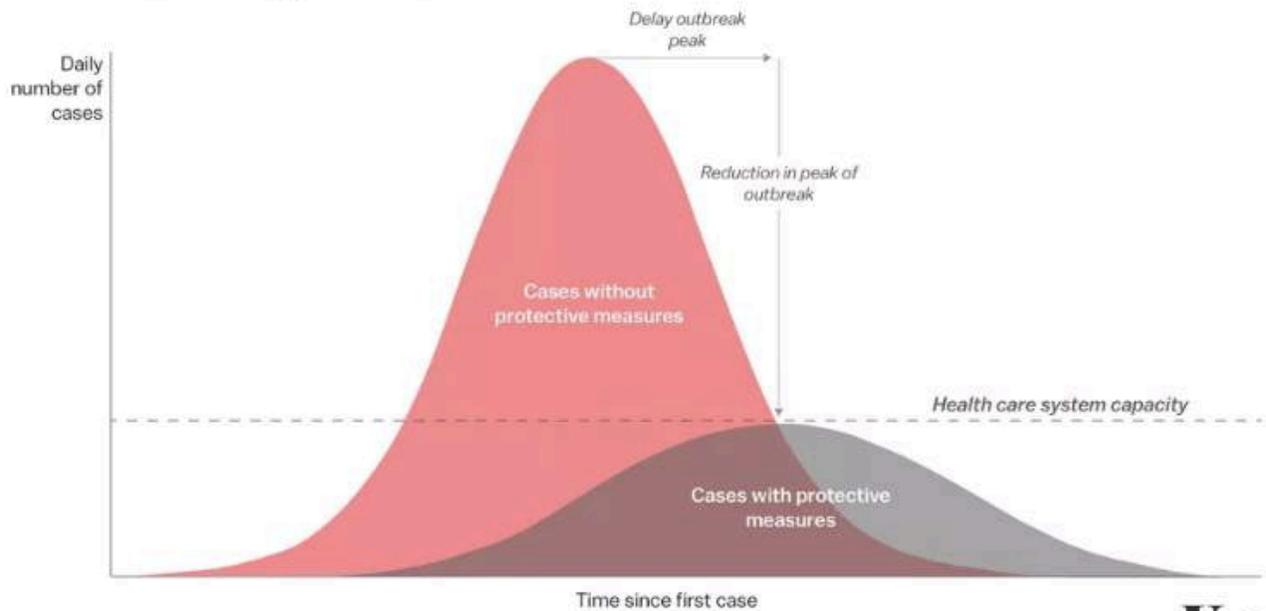
These times are unprecedented, and so we must show an unprecedented amount of inter-connectivity and support.

Now more than ever, **we encourage you to keep sharing the work you are doing within your communities**, whether it be in the face of the coronavirus pandemic, or an inspiring anecdote about your day-to-day work. We also hope you will share resources and information you think will be helpful to our network, as we work to keep everyone informed and engaged over the coming months.

Thank you for all you do,

The (working from home) HOPE Team

Flattening the curve



Vox

Why Outbreaks like Coronavirus Spread Exponentially, and How to “Flatten the Curve”

This Washington Post simulator highlights the importance of social distancing, and how everyone can do their part to flatten the curve, or slow the spread, of people diagnosed with COVID-19 so that the U.S. hospital system has the capacity to adequately treat all those who need life-saving treatment.

[Read More Here](#)

Legislature Passes \$1.1 Billion in Emergency Coronavirus Funding

As cities across California begin exercising public health measures to decrease the spread of COVID-19, the California Legislature funded an unprecedented ramp-up of ventilators, hospital beds and potential quarantine hotels.

[Read More Here](#)

California Utilities Suspend Shutoffs

Six utilities across California serving more than 21 million Californians will not shut off customers' power for non-payment as the coronavirus continues to disrupt daily life.

[Read More Here](#)

RESOURCES



Q&A: I have a cough and fever. Should I get checked for coronavirus?

When should you get checked for coronavirus? The LA times provides answers for how health experts weigh a patient's options.

[Read More Here](#)

When it's all too much, here's how to quell coronavirus anxiety, according to experts

In times like these, it can be easy to feel overwhelmed and anxious about the future. Here are some ways to cope with that anxiety and stay calm during the pandemic.

[Read More Here](#)

The best at-home workout streaming services to try during COVID-19

Working out and getting in some exercise are great ways to boost your immune system and relieve some stress. CNBC has curated a list of workout streaming services to try during this stay-at-home period.

[Read More Here](#)

For Families

School districts across California will continue to provide free meals to students amid school closures

With schools closing as officials try to slow the spread of the coronavirus, several school districts across California will be setting up Grab and Go centers to provide meals for students in need. Below we have compiled a list of meal pick-up centers by region.

[Los Angeles](#)

[Bay Area](#)

[Sacramento Region](#)

[Orange County](#)

[San Diego](#)

30 Fun, Indoor Activities for Kids and Families

Running out of things to do indoors? Here are 30 family-friendly activities to keep you and your family engaged during the stay at home period.

[Read More Here](#)

For Small Business Owners

Small Business Majority National Webinar: Resources and Policy Updates for Small Businesses Impacted by COVID-19

Join our friends at Small Business Majority for a national webinar this Thursday, March 19 where they'll cover updates from Capitol Hill, resources related to COVID-19 and policy recommendations to bolster small business owners right now. They have also launched a [new portal on their website](#) to keep you up to date with the latest resources for small businesses, as well as information about other upcoming events and policy recommendations.

[Learn More Here](#)

2020 Census

Let's make our Voices Heard!

The 2020 Census is here! Last week marked the beginning of the self-response period as many households received their invitation letters as of last Thursday. As we all take precautions regarding COVID-19, we know that Census outreach may have to shift and it's more important than ever we share how easy it is to self-respond by the April 30th deadline! Below we provide a few tools from our friends at NALEO Educational Fund and their *¡Hágase Contar!* campaign to continue to ensure a full count of all our communities throughout these next few months.

How can people respond?

- **Internet:** The Census response website is live! Visit <https://my2020census.gov>
- **Phone:** To respond via phone, all phone lines are listed [here](#)
- **Mail:** 20% of households will receive a paper form in the first wave of mailings (Internet Choice), while the remaining 80% will receive an invitation to respond online (Internet First). All homes will receive a paper questionnaire if they do not first respond online or by phone.

Who counts?

- **Everyone!** Remember to include **babies and young children** (including foster children and any children in their care), **relative and non-relatives**.

Key Tools and Resources:

Hotline Numbers:

- Lawyers' Committee for Civil Rights Under Law Census Protection Hotline: **888-COUNT20 or 888-268-6820**
- For Spanish, NALEO's hotline number is **(877)-EL-CENSO or (877)-352-3676**

Video Guides for Online Response:

- English [here](#)
- Spanish [here](#)



For daily COVID-19 updates from the California Department of Public Health [visit their site here](#).