

# COVID-19 Resource for Employment

## **If you are out of work:**

California's Employment Development Department (EDD) provides a variety of support services to individuals affected by COVID-19 in California:

**Disability Insurance:** "If you're unable to work due to having or being exposed to COVID-19 (certified by a medical professional), you can file a Disability Insurance (DI) claim. DI provides short-term benefit payments to eligible workers who have a full or partial loss of wages due to a non-work-related illness, injury, or pregnancy. Benefit amounts are approximately 60-70 percent of wages (depending on income) and range from \$50-\$1,300 a week. [How to file a disability claim](https://edd.ca.gov/Disability/How_to_File_a_DI_Claim_in_SDI_Online.htm)  
[https://edd.ca.gov/Disability/How\\_to\\_File\\_a\\_DI\\_Claim\\_in\\_SDI\\_Online.htm](https://edd.ca.gov/Disability/How_to_File_a_DI_Claim_in_SDI_Online.htm)

**Paid Family Leave:** *If you're unable to work because you are caring for an ill or quarantined family member with COVID-19 (certified by a medical professional), you can file a Paid Family Leave (PFL) claim. PFL provides up to six weeks of benefit payments to eligible workers who have a full or partial loss of wages because they need time off work to care for a seriously ill family member or to bond with a new child. Benefit amounts are approximately 60-70 percent of wages (depending on income) and range from \$50-\$1,300 a week. [How to file a PFL claim](https://edd.ca.gov/Disability/How_to_File_a_PFL_Claim_in_SDI_Online.htm)  
[https://edd.ca.gov/Disability/How\\_to\\_File\\_a\\_PFL\\_Claim\\_in\\_SDI\\_Online.htm](https://edd.ca.gov/Disability/How_to_File_a_PFL_Claim_in_SDI_Online.htm)*

**Unemployment Claim:** *"If your employer has reduced your hours or shut down operations due to COVID-19, you can file an Unemployment Insurance (UI) claim. UI provides partial wage replacement benefit payments to workers who lose their job or have their hours reduced, through no fault of their own. Workers who are temporarily unemployed due to COVID-19 and expected to return to work with their employer within a few weeks are not required to actively seek work each week. However, they must remain able and available and ready to work during their unemployment for each week of benefits claimed and meet all other eligibility criteria. Eligible individuals can receive benefits that range from \$40-\$450 per week." [How to file an unemployment claim](https://edd.ca.gov/Unemployment/Filing_a_Claim.htm)  
[https://edd.ca.gov/Unemployment/Filing\\_a\\_Claim.htm](https://edd.ca.gov/Unemployment/Filing_a_Claim.htm)*

**Federal Unemployment Assistance:** The Department of Labor gave states leeway to amend their laws so people impacted by COVID-19 could get unemployment insurance: *"Under the guidance, federal law permits significant flexibility for states to amend their laws to provide UI benefits in multiple scenarios related to COVID-19. For example, federal law allows states to pay benefits where: (1) An employer temporarily ceases operations due to COVID-19, preventing employees from coming to work; (2) An*

*individual is quarantined with the expectation of returning to work after the quarantine is over; and (3) An individual leaves employment due to a risk of exposure or infection or to care for a family member. In addition, federal law does not require an employee to quit in order to receive benefits due to the impact of COVID-19." More details on [the Department of Labor's website](https://www.dol.gov/newsroom/releases/eta/eta20200312-0) https://www.dol.gov/newsroom/releases/eta/eta20200312-0*

### **If you are in need of Food:**

**The ASI Food Pantry** will be open for limited hours and will offer pre-packaged bags of groceries for student with a one-card.  
Hours of operation are as follows:

**Tuesday:** 10:00am-1:00pm

**Wednesday:** 1:00pm-4:00pm

**Thursday:** 10:00am-1:00pm

### **River City Food Bank**

1800 28th St.

Sacramento, CA 95816

(916) 446-2627

**Monday-Friday:** 11:30am-3:00pm

### **CalFresh Food**

You may qualify for CalFresh, the governments food assistance program, if you are at least a half-time student (6+ units) and meet any of the following:

- Age 18-49
- Work at least 20 hrs. per week
- Awarded any of the following: Cal Grant A or B, Federal Work Study
- In any of the following Qualifying Programs: EOP, Guardian Scholars, Project Rebound, MESA engineering, UC McNair, Puente Project, EOPS, WIOVA, DSPS, CARES, Chafee, FYSI, or Extended Foster Care)
- Participating in the CalFresh Employment and Training Program (CFET) or be a recipient of CalWorks or JOBS.
- Be exerting parental control over a dependent household member under the age of 6.
- Be exerting parental control over a child between the age of 6-12 with no adequate childcare (as determined by the county on a case by case basis)
- Be a single parent of a dependent household member under the age of 12

If you would like to apply for CalFresh, please visit the [CalFresh Website](http://getcalfresh.org) [getcalfresh.org](http://getcalfresh.org)

### **Career Center: COVID-19 employment resources**

Because of the rapid changes to the job market that the COVID-19 pandemic has created for Sacramento State students and alumni, this resource focuses on immediate and remote job opportunities, virtual career events, online learning and career development resources such as how to prepare for a remote interview, and resources if your employer has reduced hours or shut down operations or if you are self-employed or a small business owner in need of support due to COVID-19.

Be aware that COVID-19 is a fluid situation. The Career Center updates this resource weekly and as new information becomes available.

[COVID-19 employment resources](https://www.csus.edu/student-life/career-center/spotlight/covid19-career-resources.html) <https://www.csus.edu/student-life/career-center/spotlight/covid19-career-resources.html>

### **Additional Resources:**

#### **[California Department of Health](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx)**

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

#### **[California virus guidance for schools](https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/School%20Guidance_ADA%20Compliant_FINAL.pdf)**

[https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/School%20Guidance\\_ADA%20Compliant\\_FINAL.pdf](https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/School%20Guidance_ADA%20Compliant_FINAL.pdf)

#### **[City of Sacramento](https://www.cityofsacramento.org/Emergency-Management/COVID19)**

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#### **[From school lunches to utility bills, here's where to get help](https://engagesac.org/blog-civic-engagement/2020/3/13/b6sm0v2sx22zmal9oh414uvq9pac1z)**

<https://engagesac.org/blog-civic-engagement/2020/3/13/b6sm0v2sx22zmal9oh414uvq9pac1z>

#### **[Internet Essentials through Comcast- new customers will receive 2 free months of service](https://www.internetessentials.com/)**

<https://www.internetessentials.com/>