

## Councilmember Charles Allen's Ward 6 Resident Resource Guide

coronavirus.dc.gov | CharlesAllenWard6.com/COVID\_19\_info | Call Us! 202-724-8072

**Free Daily Meals:** For seniors and students, there are locations across Ward 6 for free takeaway meals.

- *Students (All sites serve Monday-Friday):* Benning Courts Community Center (1-2 pm), Eastern High School (10 am – 2 pm), Friendship Chamberlain Public Charter School (8:30-11:30 am), Howard University Middle School of Math and Science PCS (12-1 pm), Miner Elementary School (10 am – 2 pm), Jefferson Middle School (10 am – 2 pm), Kingsman Academy PCS (11 am – 1 pm), The Pentacle Community Center (2:15 - 3:15 pm), Walker-Jones Education Campus (10 am – 2 pm).
- *Seniors (call 202-724-5626 for more information on delivery):* Asbury Dwelling (1-2 pm), Arthur Capper Senior Center (10 am – 2 pm), Greenleaf Senior Building (8:30-11:30 am), Hayes Senior Wellness Center (12-1 pm), Sibley Plaza (10 am – 2 pm).

**Free Groceries:** Ward 6 residents who need assistance with food can pick-up free groceries, including fresh produce, from Eastern High School every Monday from 12:30-2 pm. Martha's Table also does a daily distribution at 2<sup>nd</sup> and H, NW. The H Street Food Drive: Daily groceries available at Maketto (1351 H St., NE | If in need of delivery assistance, text 202-681-3532).

*Assistance for Homebound Residents:* Residents who cannot or should not leave home for health reasons can request help with delivery by calling 1-888-342-8323.

**How to File for Unemployment Insurance:** The Council has expanded who is eligible for unemployment, including those who have lost income due to the coronavirus health emergency. Be prepared for long wait times if you call. The number is 202-724-7000 or toll free 1-877-319-7346. You can also apply online, by visiting: <https://does.dc.gov/service/start-your-unemployment-compensation-process>

**Neighbors Ready to Help:** Several groups have come together to help Ward 6 residents who need assistance, especially with immediate needs: *Table Church DC:* Neighbors volunteering with a wide-range of needs. Call Allison McGill at (202) 322-9904. *Greater DC Diaper Bank:* Get help with diapers from the Greater DC Diaper Bank at Martha's Table (Monday + Friday, 2375 Elvens Rd, SE) and CentroNia (202-394-4873).

### Know Your Rights:

**Office of People's Counsel (Utilities): 202-727-3017 and Office of Tenant Advocate: (202) 719-6560.**

*No Evictions During this Public Health Emergency:* You cannot be evicted right now.

*No Debt Collection:* Debt collectors cannot contact you or attempt collect payment. You can reach out to a debt collection agency to get answers, however.

*Defer Mortgage Payments:* You can defer mortgage payments with the company that services your mortgage. They cannot require a lump sum repayment after and you have up to 5 years to repay deferred payments.

*No Rent Increases:* Your landlord cannot increase the rent right now. Even if it was noticed prior to the public health emergency.

*No Utility or Internet/Phone Cut-offs:* No water, power, gas, phone, or internet can be cut-off right now.

## Common Questions About COVID-19 and DC's Response

Here are some common questions and answers from Councilmember Charles Allen. If you have other questions, you can call 202-724-8072 or email [CAllen@DCCouncil.us](mailto:CAllen@DCCouncil.us).

### **Who is affected by the novel coronavirus?**

Everyone can catch and have a serious or fatal reaction to COVID-19. It is common to have a dry cough, shortness of breath, and a fever. All age groups can be harmed. The novel coronavirus is very contagious. Even more troubling, you can have the virus and be contagious and not have any symptoms. Please note – there is no cure or vaccine. Do not trust anyone trying to sell a treatment or home remedy. Consult your doctor instead.

### **What should I do?**

As much as you can, please stay inside and stay away from groups. Wash your hands using soap and hot water. If you don't have access to soap, hand sanitizer works. Most businesses and restaurants are closed to slow the spread of the virus, but grocery stores are open. The CDC advises wearing a cloth face covering or a mask when outdoors. It is required to enter grocery stores. Residents do not need to wear an N-95 mask, which should be reserved for medical staff and first responders. Bandanas and homemade masks work well.

### **During the Stay-at-Home order, am I allowed to go outside?**

The Stay-at-Home order is effective until May 15. Yes, enjoy some fresh air, but parks, playgrounds, basketball, and tennis courts are closed. Please don't gather at your favorite community space or visit friends or family. The more we limit our exposure to other people, the faster we can reduce restrictions. If you are in line, please stand 6 feet away from other people to avoid the spread of the virus.

### **I'm worried I have COVID-19. What do I do next?**

Call your doctor or medical provider. Tests are available with a doctor's referral. You can call the United Medical Center's hotline to get screened for a test: 1-855-363-0333. If you are having any symptoms, do not wait. In many cases, the illness can turn very serious in a matter of a few days. Don't wait too late to call and ask for help or a test.

### **What if I need to take public transit to get around?**

Metro is running trains and buses at a very reduced schedule. All bus boarding is via the back door. Check schedules to plan your trip. Plan to wear a face mask and wash your hands immediately before and after riding.

### **Can I vote in the June 2 Presidential and Local Primary Election?**

If you are a registered voter, yes (to register to vote, call 202-724-2525). DC will mail you a ballot if you fill out the request form and you can vote from your couch! There are several ways to do this right now:

- 1) Download the "Vote 4 DC" app from your App Store and follow instructions to request a ballot.
- 2) Call 202-727-2525 to have a ballot request form mailed to you with a pre-paid return envelope.
- 3) Send an email to: [DCAbsentee@vote4DC.com](mailto:DCAbsentee@vote4DC.com)

*If Councilmember Charles Allen or our team can help with anything, call us at 202-724-8072.*

*We are going to get through this crisis together!*