

COVID19 RESOURCES PORTLAND

Here are some resources to provide information and assistance at this time.

By Save First Financial Wellness



1 IF YOU THINK YOU HAVE IT

Main Symptoms: fever, sore throat, cough and shortness of breath.

- Contact your county health department directly, 503-988-3674 for Multnomah.
- Remain home and call your primary care provider. Calling ahead helps to determine the most appropriate care.
- Refrain from visiting hospital emergency departments, urgent care or outpatient clinics to avoid spreading the virus.

2 WHERE TO FIND INFORMATION

- Multnomah County Info
- Multnomah County FAQs
- WHO FAQs
- Oregon Health Authority Fact Sheet
- Harvard Coronavirus Resource Center

3 FOOD AID

- Oregon Food Finder
- Catholic Charities Food Pantry:
Wednesday and Friday 12:00pm-2:00pm
- Multnomah County Library - Meal Resources for Families
- School Lunch Pick Up Information
- School Meals and Free Food Distribution
- Meals for Kids Map

4 HOME INTERNET

For those who do not have internet or cannot afford to maintain it:

- Comcast Internet Essentials
- Access from AT&T

5 RENT AND UTILITY ASSISTANCE

- Oregon Tenant Rights: 503-288-0130
 - Eviction Freeze For Oregon State
 - Eviction Freeze for Multnomah County
- The following providers have suspended disconnection due to non-payment
- Portland Water Bureau 503-823-7770
 - PGE - 503-228-6322
 - Pacific Power - 888-221-7070
 - NW Natural - 800-422-4012

6 PUBLIC TRANSIT

- Trimet - 503-238-ride

7 MORE RESOURCES

- 2-1-1
- Multnomah County Community Resources
- State of Oregon: COVID-19 Information and Resources
- Oregon.gov: Unemployment concerns
- Consumer Financial Protection Bureau
 - Prioritizing Bills