

As the COVID-19 pandemic is rapidly changing and evolving, we want to provide you with the latest news from the State and the County of Los Angeles, as well as locally available services to manage daily needs during these difficult times.

With the Safer at Home order for Los Angeles extended through May 15, we will send out updated information as it comes.



## Testing

To learn more about new COVID-19 testing from LA City and to see if you're eligible, go to: <http://Coronavirus.LACity.org/Testing>

## Stay in the know with NotifyLA:

**NotifyLA** is an opt-in emergency alert service provided by the City of Los Angeles.

For more information about emergency alerts from NotifyLA, click here:

<https://emergency.lacity.org/blog/emergency-alerts-sign-emergency-alerts-notifyla>

For more information about emergency alerts, including Wireless Emergency Alerts, visit <https://www.ready.gov/alerts>

To sign up for emergency alerts with **NotifyLA**, text READY to 888-777 to automatically sign up for emergency text alerts from the City of Los Angeles through **NotifyLA**, or click the link above to fill out a brief form (example below) to register for email and voice alerts.

Sign up for alerts from the  
**City of Los Angeles - Emergency Management Department**

Mobile #	<input type="text" value="Public safety Text messages sent here"/>
Home #	<input type="text" value="Public safety voice messages sent here"/>
Voice Msgs	<input type="button" value="Do not send Voice Messages"/>
Email	<input type="text" value="Public safety email sent here"/>
Zip Code	<input type="text" value="Selects messages for your location"/>
Language	<input type="button" value="English"/>

I accept the [Terms & Conditions](#) and [Privacy Policy](#)

Sign Up!

## What useful services are available to you locally:

**NextDoor.com** <https://nextdoor.com/>

Connect with your neighbors! If you need assistance with things like grocery shopping or picking up prescriptions, this can be a great way to connect with neighbors able to help.

### Restaurant Food Delivery services:

**UberEats:** <https://www.ubereats.com/>

**GrubHub:** <https://www.grubhub.com/lets-eat>

**Postmates:** <https://postmates.com/>

### Grocery delivery:

**Ralphs:** <https://www.ralphs.com/i/ways-to-shop/delivery>

Go to the Ralphs landing page and choose Delivery as your way of shopping. Delivery orders are payable by credit or debit card only; cash, check and gift card are not accepted forms of payment.

**Yummy.com:** <https://www.yummy.com/>

A neighborhood market delivering to **Silver Lake, Hollywood, Playa Vista and Santa Monica**.

It's basically everything you'd want from a convenience store with a not-bad produce selection, all delivered in "about 30 minutes," from 8 a.m. to midnight. Delivery is free for orders over \$100; otherwise, prices depend on your location. Unlike most e-grocery stores, you can also order by phone.

**Pink Dot:** <https://pinkdot.com/>

Offers groceries delivered to your home within 30 to 45 minutes for \$3.50. Like Yummy.com, Pink Dot has the option to order by phone. Unlike Yummy.com, they'll deliver until 3 a.m. Delivery polka-dotted vans will only drive to **Beverly Hills, Century City, Wilshire Corridor, Westwood, Bel Air, West Hollywood, Hollywood, Park La Brea, and Hollywood Hills**. Selection isn't huge but should cover all your basic needs, and the website is fairly user friendly.

### Amazon Fresh:

Amazon's grocery delivery service boasts a shocking 500,000 items. Amazon Fresh operates on an annual membership system, where \$299 a year will get you free early morning and same-day delivery on all orders over \$35 (plus an Amazon Prime membership, which means you really never have to leave your house again). You can try a 30-day trial if you're not ready to make the annual commitment. They cover a large swath of Southern California, including most of L.A. and the South Bay.

**Costco:** [sameday.costco.com](https://sameday.costco.com)

Delivery via Instacart. Non-members can still shop, but pay a higher price than members.

**Shipt:** <https://www.shipt.com/los-angeles-grocery-delivery/>

**Gelsons, Target, Ralphs, Vons, Pavillions, CVS, PetCo, Office Depot, Smart & Final**

A Shipt Shopper will deliver from the above stores to your door in as little as one hour.

### Many stores are offering dedicated hours for disabled people, pregnant women, and shoppers who are 65+.

**Target:** first hour of shopping every Wednesday (varies by store)

**Whole Foods:** 7-8am (for 60+)

**Ralphs:** 7-7:30am

**Vons/Albertsons/Pavillions:** Tuesday & Thursday, 7-9am

## Do-It-Yourself meal delivery service (necessary groceries & coordinating recipes)

Sun Basket: <https://sunbasket.com/>

Hello Fresh: <https://www.hellofresh.com/>

Blue Apron: <https://www.blueapron.com/>

Fresh and Easy: <https://www.freshandeasy.com/>

## Be Aware

Please be aware that there has been an increase in fake emails and texts, phishing scams, and hacking attempts related to COVID-19. To protect yourself, do not click on links or open attachments from a sender you don't recognize. Do not provide personal information such as: account numbers, Social Security numbers, log in ID's, usernames, or passwords in response to an email or robocall. Additionally, be careful when donating to charities- never click on an unknown link; instead enter the URL address of your preferred charity yourself. Legitimate charities will not request donations by gift card or wire transfer.

## Additional miscellaneous information:

Should any of the below topics be of interest to you, we do have additional information available regarding:

- **Meals for LAUSD Students** [achieve.lausd.net/resources](https://achieve.lausd.net/resources)
- **Meals for Seniors in LA County (County of Los Angeles)** [wdacs.lacounty.gov](https://wdacs.lacounty.gov)
- **Disability/Paid Family Leave Benefits for COVID-19**  
([California Employment Development Department – EDD, COVID-19 FAQ](#))
- **Unemployment Insurance Benefits for COVID-19**  
([California Employment Development Department – EDD, COVID-19 FAQ](#))

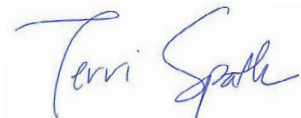
Please contact Gira Patel at 424-231-6723 for additional information.



Kenneth L. Sleeper, MBA, PhD  
Managing Director



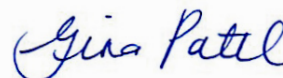
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