



# CITY OF PORTLAND COVID-19 RESOURCE GUIDE

For updates, visit: [portlandmaine.gov/COVID19](https://portlandmaine.gov/COVID19)

Sign up for "Stay Connected" and get alerts via email or text message in any language: <https://www.portlandmaine.gov/2366/Stay-Connected>

## Need food?



- For pick up times and locations, go to: <https://www.waysidemaine.org/community-resources> or call 2-1-1 for the schedule.
- If you have previously been denied SNAP benefits, you may be eligible now. Call 207.822.2000

## Questions about your job?

### Unemployment, Family and Medical Leave (FMLA), or other info:

Visit Maine Department of Labor (MDOL) website: [www.maine.gov/labor/covid19](http://www.maine.gov/labor/covid19)

Unemployment: [www.reemploye.maine.gov](http://www.reemploye.maine.gov) or 1-877-594-5627

Labor Law Information (Bureau of Labor Standards) 207-623-7900

## Feel sick?



Do you have symptoms of Coronavirus?  
Fever, difficulty breathing, tiredness, dry cough

Don't immediately go to the hospital.



Call your primary care\*\*, Portland Public Health (207-874-8633), or 211

**\*\*If you do not have a primary care physician, call Greater Portland Health. (207) 874-2141**

## Feel depressed?



Times like these are stressful and difficult, and there are resources you can turn to. Call your doctor or if in crisis, call (207) 774-4357

## Questions about Portland Public Schools?

- Visit their online information center <https://tinyurl.com/PPSCOVID>
- Email: [ppshelpline@portlandschools.org](mailto:ppshelpline@portlandschools.org)
- Or call 1-207-874-8159 and leave a message with your question

English Press 1, Portuguese Press 2, French Press 3, Spanish Press 4, Arabic Press 5, Somali Press 6



For statewide resources, call 211 (or 1-866-811-5695)

Press 5 for an interpreter in any language.

For more detailed information about these and many other local resources visit:

[www.portlandofopportunity.com/COVID19](http://www.portlandofopportunity.com/COVID19)