



STATE AND LOCAL SERVICES

Texas Health and Human Services/Texas Department of State Health Services

For Testing information, Symptoms, what to do if you're sick and Prevention tips
www.dshs.texas.gov/coronavirus

Fort Bend County Covid-19 Information

www.fbchealth.org/ncov

Harris County Covid-19 Information

publichealth.harriscountytexas.gov/Resources/2019-Novel-Coronavirus

Ready Harris

self-assessment tool, recovery resources, coronavirus information
www.readyharris.org

Harris County Coronavirus Self-Assessment Tool

checkforcorona.com/harris-county#/welcome

Coronavirus Helplines

Fort Bend County

281-633-7795 M-F 8am-5pm

Harris County

832-927-7575 • 9am-7pm

TX Dept of Health

1-877-570-9779
 Mon- Fri 7am-8pm

Contact your local health department to find out how to get tested
www.dshs.texas.gov/regions/2019-nCoV-Local-Health-Entities

CORONAVIRUS RESOURCES

CDC-Centers for Disease Control and Prevention

www.cdc.gov/coronavirus/2019-ncov/index.html

FOOD ASSISTANCE

Grab and Go Lunches and Food Pantry

Houston Food Bank

www.houstonfoodbank.org/covid19

*Many local school districts are offering free lunch and breakfast. Please check with your school district for more details.

Crowdsource

Crowdsource connects volunteers to assist with no contact food deliveries to high risk Houston residents.
crowdsourcerescue.com

Delivering food to the Home-Bound

Fort Bend Seniors Meals on Wheels

281-633-7049

<https://fortbendseniors.org>

Meals on Wheels Greater Houston

713-533-4900

www.imgh.org/meals-wheels-greater-houston/

If you or someone you know needs help during these uncertain times, Call the United Way HELPLINE -211 They can connect you with food, child care, transportation, and other critical information and resources.

WANT TO HELP?

Volunteer and host a Virtual Food Drive!

[Click here to get started!](#)

Make and Donate Masks

[Watch a How To Video Click Here!](#)

Donate items local food banks:

Items needed include:

canned foods, toiletries and hygiene items, feminine hygiene products, toilet paper, paper towels, diapers (all sizes) and wipes, pet food
 monetary donations are also crucial

[Click here to find Food Banks in the Fort Bend Area](#)

[Click here to find Food Banks in the Katy Area Food Banks](#)

NEED INTERNET SERVICES?

[Click Here for Help With Internet Access from Comcast for low income assistance](#)