



Middlesex Social Services Resources for COVID-19

I am worried I have coronavirus.

Three Rivers Health District has an information line set up to answer your questions at **804.313.1638**. If you are having a medical emergency, please dial 911.

I need food.

- Residents can apply for **SNAP** by calling **1-855-635-4370** or apply online at www.commonhelp.virginia.gov, Or contact **Middlesex Social Services** at **804.758.2348** and they can email, fax, or mail you an application for SNAP.
- **Hands Across Middlesex (Hands) Food Pantry** <https://www.handsacrossmiddlesex.org/>

The Food Pantry will continue to operate on the 2nd and 4th Tuesdays of the month along with the Mobile Pantries.

I am a senior or disabled individual who needs help at home.

- Contact **Middlesex Department of Social Services** at **804.758.2348** who can make referrals for services.
- Contact **Bay Aging** and ask about the Helping Neighbors Program **800.493.0238** or visit <https://bayaging.org/>

I need shelter.

- Contact **Middlesex Social Services** at **804.758.2348**.
- Contact the **GUEST Shelter** at **804.792.5046**.

I need help staying in my home.

Evictions will not be executed in Virginia through April 26, according to the court system. Therefore, you will not be evicted for not paying your rent. **Your landlord cannot legally force you out of your home without an eviction.** If your landlord is threatening to do so, call **1.800.944.6624** to speak to Legal Aid.

If you have received your economic stimulus money or tax refund, you should use that money to pay

towards your rent and power. Just because evictions are not taking place, does not mean that you do not owe the money to your landlord. Just because Dominion Energy is not issuing cut off notices, does not mean you will not owe the money for your power.

Someone is making me feel unsafe in my home.

- **Call 911**. This is an emergency, even if you know them well.
- Call **Avalon** at **757.258.5051** for 24-hour help.
- **To report child or adult abuse or neglect, contact Middlesex Social Services Monday – Friday from 8:30 AM to 4:30 PM at 804.758.2348**. Outside of those hours, for child abuse/neglect call 1.800.552.7096. Outside of those hours, for adult abuse/neglect call 1.888.832.3858.

I have lost some or all of my income because of the coronavirus.

To apply for **Unemployment** benefits call **1.866.832.2363** or apply online at www.vec.virginia.gov

I need medical insurance.

To apply for **Medicaid** call **1-855-242-8282** or apply online at www.commonhelp.virginia.gov. If you need an application emailed, faxed or mailed to you, please call **Middlesex Social Services** at **804.758.2348**.

I need supplies for my baby/child.

- Contact the **Middlesex Health Department** to see if you qualify for WIC benefits at **804.758.2381**.
- Contact **Middlesex Social Services** at **804.758.2348** regarding other needs for your baby/child.

Download the COVID-19 Virginia Resource App in either the App Store or Google Play