



Greater Boston Labor Council

AFL-CIO

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Greater Boston Labor Council Covid-19 Crisis Resource Guide for Union Members 大波士頓勞工委員會 新冠病毒Covid-19 危機資源 工會會員指南

This document will be updated and edited regularly as new information becomes available. We have done our best to provide the most accurate and current information and links and our goal is to keep this guide up-to-date. If you see an error or would like to add additional resources, please contact GBLC Communications Organizer, Rachael Running at rrunning@gblc.us. Please share this guide.

随着新信息的发布，这文档将定期更新和编辑。我们会尽力提供最准确，最新的信息和链接，我们的目标是尽量透过这指南向你提供最新的消息。如果您找到有任何错误或想要添加其他资源，请通过rrunning@gblc.us与GBLC Communications Organizer Rachael Running与我们联系。请分享此指南。

We are in a rapidly-changing and very serious public health crisis. The Greater Boston Labor Council recognizes that union members and non-union workers across sectors are facing monumental levels of crisis in some of the most fundamental areas of our lives: health and safety risks, job or pay loss, healthcare insecurity, immigration status, food and water security, childcare shortage, shelter stability and more. The scope of the crisis is overwhelming for those workers on the frontlines and for those unknown numbers who have been left in the lurch of sudden unemployment.

我们正处于一个瞬息万变，非常严重的公共卫生危机中。大波士顿劳工委员会认识到跨部门的工会会员和非工会工人在生活中一些最基本的需要正面临巨大的危机：健康与安全风险，工作或工

资损失，医疗不牢靠，移民身份，食品和食水的安全，托儿服务的短缺，住房的稳定性等。对于那些在一线工作的工人以及那些因突然失业而留下来的未知人数，危机的范围是巨大的。

Our local governments are working in partnership with unions to bring relief but information can be hard to access. **The Greater Boston Labor Council offers the following guide to help workers in the greater Boston area navigate these unprecedented times.**

我们的地方政府正在与工会合作以减轻压力，但信息很难获取。大波士顿劳工委员会提供以下指南，以帮助大波士顿地区的工人度过这前所未有的时光。

Above all, please remember that both the State of Massachusetts and the City of Boston have declared public health emergencies. **We must all practice social distancing** to help slow the spread of this disease. <http://bit.ly/2IVTes8>. Grocery stores and pharmacies remain open but you must avoid groups greater than 10 people and preferably avoid all people outside of your immediate household entirely.

尤其是，请记住马萨诸塞州和波士顿市都宣布为紧急公共卫生事件。我们都必须实行社交隔离，以帮助减缓这种疾病的传播。<http://bit.ly/2IVTes8>。杂货店和药房仍然开放，但您必须避免超过有10个人的团体，最好是完全避免与您直属家庭以外的所有人接触。

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I. Unemployment 失业

Apply for unemployment online: <http://bit.ly/2QGlylx>

If you get stuck because you can't remember an old password or Telecert PIN number, call 617-626-6422.

在线申请失业：<http://bit.ly/2QGlylx>

如果由于忘记了旧密码或Telecert PIN码而被卡住，请致电617-626-6422。

You can Apply for unemployment over phone: (617) 626-6800 if you need to CHECK A CLAIM call (617) 626-6800

您可以通过电话申请失业：(617) 626-6800，如果您需要检查索赔电话 (617) 626-6800

- The Department of Unemployment Assistance (DUA) may now pay unemployment insurance (UI) benefits if a worker is quarantined due to an order from an employer, local health official, any civil authority or medical professional or leaves employment due to reasonable risk of exposure or infection to the worker or to care for an immediate family member or household member and does not intend to or is not allowed to return to work. The worker need not provide medical documentation and need only be available for work when and as able.
- 失业援助局（DUA）现在向那些需要隔离的工人支付失业保险（UI）福利，该工人无论是因接获雇主，当地卫生官员，任何民政部门或医学专家的命令，或由于有暴露的风险或避免感染其他工人而失去工作，或要照顾直系亲属或家庭成员，并无刻意或不允许重返工作岗位等都可。工人无需提供医疗文件，仅在有能力的前提下才可以返回岗位工作。
- Governor Baker has filed emergency legislation that will allow new claims to be paid more quickly by waiving the one week waiting period for UI effective March 10, 2020.
- 省长贝克（Baker）已提交紧急法，通过从2020年3月10日开始免除失业保险金（UI）的一周等候期，因此可以更快地支付新的索赔要求。
- All requirements regarding attending seminars at the MassHire Career Centers have been suspended.
- 有关参加MassHire职业中心研讨会的所有要求已被暂停。
- The Office of Labor & Workforce Development and DUA have issued emergency regulations that allow people impacted by COVID-19 to collect UI if their workplace is shut down and expects to reopen in up to 4 weeks with the possibility of an extension. The following conditions apply:
- 劳工和劳动力发展办公室和失业援助局发布了紧急法规，允许受新型冠状病毒COVID-19影响的人士在工作场所关闭时领取失业金，并有望在长达4周的时间内重新开放，并且可能会延长。适用以下条件：
 - Workers must remain in contact with their employer during the shutdown.
 - Workers must be available for any suitable work their employer may have for them that they are able to do. Suitable work is work that does not cause substantial risk to the worker's health or safety. If a claimant or member of claimant's immediate family or household member is quarantined due to

COVID-19, then they qualify as not having suitable work even if there is not a diagnosis of COVID-19.

- An employer may request to extend the period of the covered shut-down to eight weeks, and workers will remain eligible for the longer period under the same conditions described above.
- If necessary, DUA may extend these time periods for workers and employers.

- 停工期间，工人必须与雇主保持联系。
- 工人必须有能力进行雇主可能为他们安排的任何适当工作。适当的工作是指不会对工人的健康或安全造成重大的风险。如果领取失业金者或其直系亲属或家庭成员因感染COVID-19而被隔离，则即使该领取失业金者没有被诊断出有COVID-19，他们也有资格不接受所安排的适当工作。
- 雇主可以要求将有保证的停工期限延长至八周，而在上述相同条件下，工人将有资格获得更长的停工期限。
- 如有必要，失业援助局DUA可以将这些时间延长给工人和雇主。

- To apply for unemployment, you need to provide personal information including your Social Security number, birth date, home address, email address (optional), and phone number.
- You also need information about your employment history from the last 15 months, including:
 - 要申请失业保险金，您需要提供个人信息，包括您的社会安全号码，出生日期，家庭住址，电子邮件地址（可选）和电话号码。
 - 您还须具备有关过去15个月的工作经历的资料，包括：
 - Names of all employers, plus addresses and phone numbers
 - Reasons for leaving those jobs
 - Work start and end dates
 - Recall date (if you were laid off but have a set date to return to work)

 - 所有雇主的姓名，以及地址和电话号码
 - 离开这些工作的原因
 - 工作开始和结束日期
 - 召回日期（如果您已经下岗，但有设定的日期可以恢复工作）

II. Childcare 托儿

All public and private schools in Massachusetts are closed. All daycares are closed except Emergency Childcare Centers.

The Department of Early Education and Care has announced a set of emergency child care sites that will offer free childcare starting on Monday 3/23/20 to families who still need to work while child care and schools are closed. As of right now, this will remain in effect until April 6th. Priority access will be given (but not limited to) health care workers, essential state workers,

COVID-19 health workers, grocery store employees, emergency response personnel, law enforcement, transportation and infrastructure workers, sanitation workers, DCF-involved families, and families living in shelters. More information is available online here:
https://eeclead.force.com/apex/EEC_ChildCareEmergencyProcedure
Parents who receive subsidies will not lose their vouchers. Click here for more information from the State of MA including Frequently Asked Questions - for Parents:
<https://sforce.co/3992Z0x>

Child support

1. Child Support: Call 211 or go to <http://bit.ly/2UnxRW2>
2. Child care support: Call 211 or go to <http://bit.ly/3d6v386>

新的有关托儿信息：

马萨诸塞州的所有公立和私立学校都关闭。所有日托服务均关闭，除了紧急儿童托儿中心外。早期教育与护理部宣布了一系列紧急儿童托儿场所，将从2020年3月23日（星期一）开始，为那些在托儿所和学校关闭期间仍需要工作的家庭提供免费托儿服务。此服务将一直至4月6日有效。优先使用（但不限于）卫生保健工作者，必要的州工作人员，COVID-19卫生工作者，杂货店雇员，应急人员，执法人员，运输和基础设施工人，环卫工人，涉及DCF的家庭，以及住在庇护所的家庭。你可在此处在线获取更多信息
：https://eeclead.force.com/apex/EEC_ChildCareEmergencyProcedure

领取补贴的父母不会丢失其代金券。点击此处以获取马萨诸塞州的更多信息，包括家长常见问题
：<https://sforce.co/3992Z0x>

子女抚养费

1. 儿童抚养费：致电211或访问<http://bit.ly/2UnxRW2>
2. 托儿支持：致电211或访问<http://bit.ly/3d6v386>

III. Food Assistance 粮食援助

- **Apply for SNAP/Food stamps.** (877) 382-2363 or go online <http://bit.ly/2Wvus9Y>

To apply for SNAP benefits, you need to provide personal information. This includes your Social Security number, birth date, home address (if you have one), income, and expenses. SNAP has certain income guidelines. You can [view the SNAP eligibility charts](#) to find the guideline that applies to your household.

- 申请SNAP /粮食券。（877）382-2363 或上网 <http://bit.ly/2Wvus9Y>

要申请SNAP福利，您需要提供个人信息。这包括您的社会保险号，出生日期，家庭住址（如果有的话），收入和支出。SNAP有某些收入准则。您可以查看SNAP资格表以找到适用于您家庭的准则。

- Healthy Incentives Program: earn money when buying healthy food <http://bit.ly/2wjkn5l>
- WIC: <http://bit.ly/3947fyg>
- Find a food bank: <http://bit.ly/2TXA5wa>
- 健康激励计划：在购买健康食品时赚钱 <http://bit.ly/2wjkn5l>
- WIC： <http://bit.ly/3947fyg>
- 寻找食物银行： <http://bit.ly/2TXA5wa>

4. City Resources:

Boston

- The City of Boston, in partnership with Project Bread, YMCA of Greater Boston, Boston Centers for Youth and Families, and other community organizations, will provide **free meals to all youth and teens** at various locations and times across the City. Map and full list of meal sites for children and youth: <http://bit.ly/33qfBz4>
- The City of Boston list of food resources by neighborhood with map (translated): <http://bit.ly/2x564Bo>

4.城市资源：

波士顿 (Boston)

- 波士顿市将与面包计划，大波士顿基督教青年会，波士顿青年和家庭中心以及其他社区组织合作，为全市各地和所有青少年提供免费餐点。请参考儿童和青少年用餐地点的地图和完整列表：<http://bit.ly/33qfBz4>
- 波士顿市按邻里划分的食品资源列表和地图（翻译）：<http://bit.ly/2x564Bo>

Arlington

- Arlington Public Schools is distributing lunches to students. Meals will be distributed "to-go" in the lobby of the Thompson School, 187 Everett St., from 10:30 a.m. to noon.
- Arlington EATS Market at St. John's Church, located at 75 Pleasant St., expects for their regular hours: 9 a.m. to 10:30 a.m. and 5:50 p.m. to 7 p.m. They are receiving extra deliveries from the Greater Boston Food Bank in anticipation of need. Attendees must be Arlington residents and need to provide photo ID and proof of residency. <http://bit.ly/2J6P153>

阿灵顿 (Arlinton)

- 阿灵顿公立学校正在向学生分发午餐。餐食将从上午10:30到中午在“汤普森学校（187Everett St.）”的大厅派发。
- 位于 75 Pleasant 的圣约翰教堂的阿灵顿EATS市场预计正常营业时间：上午9时至上午10:30时，及下午5:50至晚上7时。；由于需求大增，他们已收到大波士顿食品银行的额外

递送。有需要者必须是阿灵顿居民，并且需要提供带照片的身份证件和居住证明。
<http://bit.ly/2J6P153>

Cambridge

- Every weekday, Cambridge Public Schools will be packing and distributing bagged breakfasts and lunches to locations throughout the city. Cambridge families who are facing food challenges are all welcome to pick up one bag per child/youth, regardless of Free/Reduced Price Lunch status. For more information, click here:
<http://bit.ly/2WmvMfB>

剑桥 (Cambridge)

- 每一个工作日，剑桥公立学校都会向全市各地点打包和分发袋装早餐和午餐。不论是否有免费/降低价格午餐情况，都欢迎那些面临食物短缺的剑桥家庭，给每位儿童/青少年领取一个食物袋。有关详细信息，请单击此处：<http://bit.ly/2WmvMfB>

Chelsea

- While Chelsea schools are closed, free lunch and breakfast for children and youth will be provided on week days 11:30am - 1pm. Food will be "grab and go." Go to the site closest to your home: Early Learning Center courtyard (Shurtleff Street side), Mary C. Burke Complex Parking Lot, Williams Middle School Parking Lot, Clark Avenue Middle School front entrance, Chelsea High School front entrance, St. Rose School courtyard, Voke Park (Washington Avenue) <http://bit.ly/39Zn62E>

切爾西 (Chelsea)

- 当所有在切尔西学校都关闭时，但在每个工作日的上午11:30-下午1点为儿童和青少年提供免费午餐和早餐。食物将以“拿及走”到形式派发。请到离您家最近的地点领取：早期学习中心的院子（Shurtleff街一侧），Mary C. Burke综合大楼停车场，Williams中学停车场，Clark Avenue中学正门，切尔西 沃克公园（华盛顿大街）圣罗斯学校院子的高中正门
<http://bit.ly/39Zn62E>

Everett

- Meals to go program: Everett Public Schools will be providing meals-to-go for children from the Everett High School lobby from 11 a.m. to 1 p.m. Monday through Friday. These lunches will be available starting Monday, March 16th until Friday, April 17th, with the exception of Good Friday, April 10th. To be eligible, students must be enrolled in the Everett Public Schools or Saint Anthony's School. <http://bit.ly/38Uobrf>

埃弗里特 (Everett)

- 外带餐計劃：埃弗里特公立学校将从上午11时至下午1时，从埃弗里特高中大厅为儿童提供外带餐。从星期一到星期五。这些午餐将在3月16日星期一至4月17日星期五之间提供，4月10日耶稣受难日除外。要符合资格，学生必须就读埃弗里特公立学校或圣安东尼学校。<http://bit.ly/38Uobrf>

Malden/Medford

- Malden YMCA: Hot lunches for kids are available at the Malden YMCA Mountain Ave entrance. 11:30-12:30 daily.

摩頓/梅德福 (Malden/Medford)

- 摩頓YMCA：在摩頓YMCA Mountain Ave 的入口處為兒童提供熱午餐。每天上午11:30至下午12:30。
- Malden: Breakfast and lunch available to all children in Malden. Available at High School and Salemwood schools daily 10am-1pm - both meals can be picked up at once, one breakfast and lunch each per child, grab and go, students do not need to be present, children do not need to be MPS students just Malden residents. <http://bit.ly/394b9HP>
- 摩頓：在摩頓市的所有兒童均可享用早餐和午餐。派發地點是在高中High School和塞勒姆伍德學校 Salemwood schools，每天由上午10時至下午1時提供餐食，兩種餐一次過領取都可以，每個孩子可獲一個早餐和午餐，取了便走，學生不需要在場，孩子不需要是摩頓市公立學校的學生，是摩頓居民便可以。 <http://bit.ly/394b9HP>
- Malden YMCA Food pantries. All locations will have a sheet of what is available for you to select and then they will bring food out to those in need. <http://bit.ly/2QpzLnM>
- 摩頓YMCA食品儲藏室。所有地點都會有一張可供選擇的菜，然後他們會將食物帶給有需要的人。 <http://bit.ly/2QpzLnM>
 - 291 Mystic Ave., Medford- will be open 10-2 Monday, Tuesday, Wednesday and Friday, Tuesday and Wednesday and Saturday from .
 - 99 Dartmouth St., Malden - reduced hours 10-2 Monday-Friday and Saturday 9-1
 - 548 , Everett from Monday through Friday 10-1.
 - 梅德福市Mystic Ave. 291號- 將於週一，二，三及五上午10時至下午二時開放，週二及週三下午4:30-7:30 和週六上午9時至下午1時開放。
 - 摩頓市Dartmouth街99號--將縮短營業時間，週一至週五由上午10時至下午二時，和週六，由上午9時至下午1時
 - 548, Everett 週一至週，上午10時至下午1時。
- Medford: Bagged lunches will be available for seniors at the Medford Senior Center, AMonday – Friday, from 10 a.m. to 2 p.m. Please call the Senior Center at least one day in advance to book your lunch. 781-396-6010 <http://bit.ly/33x5nwX>
- 梅德福 (Medford)：週一至週五，上午10時至下午2時，將在梅德福老年人中心為老年人提供袋裝午餐。請至少提前一天致電老人中心以預訂午餐。電話：781-396-6010 <http://bit.ly/33x5nwX>

Needham

- The Needham Public Schools Nutrition Services Dept. is partnering with the Needham Community Council (570 Hillside Ave.) to provide much needed fresh food for Needham students and families. For info, call: 781.444.2415

李約瑟 (Needham)

- Needham公立学校营养服务部正在与Needham小区理事会 (Hillside Ave. 570) 合作, 为Needham学生和家庭提供急需的新鲜食品。有关信息, 请致电: 781.444.2415

Newton

- Grab 'n Go meals will be available to NPS students in need at both Newton North and Newton South High Schools between 10 a.m. and 12 p.m. Location at South: Front parking loop Location at North: Parking area near auditorium entrance

纽頓 (Newton)

- 上午10时至下午12时之間, Newton North和Newton South High School的纽頓公立学校學生均可享用外帶餐點。南部位置: 前停車區北部位置: 禮堂入口附近的停車區

Revere

- Grab-and-go food services at all schools. From 10:00-11:00 (breakfast) and 11:00-1:00 (lunch). <http://bit.ly/33rNkZ8>

列维尔 (Revere)

- 所有學校都提供外賣食品服務。從上午10时至11时 (早餐) 和上午11时至下午1时 (午餐)。 <http://bit.ly/33rNkZ8>

Somerville

- Students and families in need can pick up breakfast and lunch meals Monday through Friday between 9:00 and 11:00 a.m. at 3 central locations across the city -- East Somerville Community School, Winter Hill Community Innovation School, and West Somerville Neighborhood School. SPS staff and volunteers will be outside each school to hand out packaged breakfasts and lunches. <http://bit.ly/2QqLYNA>

薩默維爾 (Somerville)

- 有需要的学生和家庭可以在周一至周五, 上午9:00至11:00在全市3个中心地点 (East Somerville Community School, Winter Hill Community Innovation School 和 West Somerville Neighborhood School) 享用早餐和午餐。SPS的工作人员和志愿者将在每所学校外面分发打包的早餐和午餐。 <http://bit.ly/2QqLYNA>

Waltham

- Free grab-and-go meals for all students, breakfast, lunch and dinner. For location and times, click here: <http://bit.ly/391e1oM>
- Food pantries: Immanuel Church Food Pantry, Middlesex Human Services Agency, All Welcome, 545 Moody Street (Enter from Cherry Street), Wednesdays, 9am - 12pm. Sacred Heart Food Pantry, proof of residency and picture ID required, Thursdays, 4-5 pm, 350 River Street (corner of River St and Clarke St.) Enter through the side door. Christ Church- Grandma's Pantry, Waltham residents aged 60+, 2nd and 4th Saturdays, 9:00am-11:00am, 750 Main St, Waltham, MA, 02451. Waltham YMCA grab and go

breakfast and lunch daily 8am-12pm for youth and teens, open to all, 725 Lexington St., Waltham. For more details on Waltham food assistance, click here: <http://bit.ly/2UksDKt>

沃爾瑟姆 (Waltham)

- 所有学生均可免费享用外带餐，包括早餐，午餐和晚餐。有关位置和时间，请点击此处：<http://bit.ly/391e1oM>
- 食品储藏室：Middlesex人文服务局Immanuel Church食品储藏室，全部欢迎，在Moody街545号（从Cherry街入场），星期三，上午9点至下午12点。圣心食品储藏室，需要出示居住证明和附有照片的身份证，星期四，下午4-5点，River街350号（River St和Clarke St.的拐角处）通过侧门进入。基督教堂-奶奶的餐具室，必须是Waltham的居民，年龄60岁以上，第二个和第四个星期六，上午9:00-11:00，在Main St 750号。Waltham基督教青年会每天早上8点至下午12点为青年和青少年提供早餐和午餐，并向所有人开放，地点是Lexington街725号。有关Waltham食品援助的更多详细信息，请点击此处
- : <http://bit.ly/2UksDKt>

Watertown

- Will distribute grab and go lunches for students in the Watertown High School rear parking lot on Barnard Ave, Monday - Friday, 11:00 am - 1:00 pm.

水城 (Watertown)

- 週一至週五上午11:00至下午1:00，將在Barnard Ave的Watertown高中後方停車場為學生分發即食午餐。

Winthrop

- Grab and Go meals for all students K-12, regardless of their status related to eligibility for free or reduced meal service. Pick up at Winthrop High School, rear parking lot next to baseball field and at the loading dock area, 11:00am to 1:00pm.

溫思羅普 (Winthrop)

- 为所有K-12的学生提供外带餐，无论他们是否有资格享受免费或减餐服务。可以在温思罗普高中（Winthrop High School），棒球场旁边的后停车场和装卸码头区（11:00 am至1:00 pm）处领取。

Woburn & Winchester

- Woburn: Free grab and go breakfast and lunch at Altavesta Elementary and Woburn High School, 8:30-10am or 11-1pm. Grab both at once.
- Council of Social Concern Food Pantry, 2 Merrimac Street, Woburn. Open to Woburn and Winchester Residents. Click here for appointment information: <http://bit.ly/33uEwBT>

沃本和溫徹斯特 (Woburn & Winchester)

- 沃本（Woburn）：由上午8:30至10时或由上午11时至下午1时，在Altavesta小学和Woburn高中免费派发早餐和午餐。可以一次过取两份。
- 社会关注食品储藏室理事会，在Merrimac街2号。向沃本和温彻斯特居民开放。点击此处获取约会信息：<http://bit.ly/33uEwBT>

IV. Housing - Rent/Mortgage Support

IV。 房屋 - 租金/供屋支持

Evictions

If you are facing unemployment, get a copy of the letter from your employer or union to let your landlord or mortgage holder know you are out of work. There is an eviction moratorium in effect in Boston for 90 days starting the week of 3/16. Massachusetts has an effective eviction moratorium in place because the MA Housing Courts are closed. This section will be updated.

驱逐

如果您面临失业，要求雇主或工会出示一封信函副本，让您的房东或抵押持有人知道您失业。从3月16日该星期开始，波士顿将实行90天的暂停迁离措施。由于马萨诸塞州房屋法院已经关闭，马萨诸塞州实行了有效的驱逐令。本节将进行更新。

Resources:

- **City Life / Vida Urbana Covid-19 Housing Emergency Hotline.** If you are facing displacement and need advice and consultation call
 - (617) 934-5006 for English or
 - (617) 397-3773 for Spanish/Español
- **Rental assistance and rehousing: MA Division of Housing Stabilization:** 877-418-3308
- **Boston Renters:** For Boston residents, go to <http://bit.ly/2x4P91Z>
- In addition the following landlords will not be evicting Boston tenants throughout the crisis: Trinity Financial, WinnCompanies, The Community Builders, and all CDCs, 7.
- **Other renters:** <http://bit.ly/2QsZXhn>
- If you need mediation services to provide conflict resolution with a landlord call Community Dispute Settlement Center, Inc: (617) 876-5476 or Somerville Mediation Program: (617) 625-6600

資源：

- 城市生活/ Vida Urbana Covid-19住房紧急热线。如果您正面临流离失所并需要建议和咨询电话
 - 617 (617) 934-5006英文或
 - 617 (617) 397-3773西班牙文/西班牙文
- 租金援助和安置：麻省房屋稳定局：877-418-3308
- 波士顿租房者：对于波士顿居民，请访问 <http://bit.ly/2x4P91Z>
- 此外，在整个危机中，以下房东将不会驱逐波士顿的房客：Trinity Financial, WinnCompanies, The Community Builders和所有CDC，7。
- 其他租户：<http://bit.ly/2QsZXhn>
- 如果您需要调解服务以与房东联系，以解决冲突，请致电社区争议解决中心：(617) 876-5476或萨默维尔调解计划：(617) 625-6600

Mortgage

If you are facing unemployment, get a copy of the letter from your employer or union to let your landlord or mortgage holder know you are out of work.

Resources

- Federal HUD helpline, available 24 hours a day: 888-995-HOPE
- **Local Mortgage Councilors** <http://bit.ly/2Qu0nEe>

供屋

如果您面临失业，要求雇主或工会给予一封信函副本，让您的房东或抵押持有人知道您失业。

资源

- 联邦HUD热线服务电话，每天24小时可用：888-995-HOPE
- 当地抵押议员 <http://bit.ly/2Qu0nEe>

V. Utilities

Heat Assistance

National Grid is suspending all collections until further notice.

Eversource is suspending all disconnections until further notice

- Apply for Fuel Assistance. (800) 632-8175 <http://bit.ly/2w9jSep>
- City of Boston resources: <http://bit.ly/2whvcF9>
- Other cities and towns: Service Providers by Town

V. 公用事务

燃油补助

国家电网公司 (National Grid) 将暂停所有收费，直到另行通知。

Eversource公司暂停所有断开连接，直到另行通知。

申请燃油协助。请致电 (800) 632-8175 <http://bit.ly/2w9jSep>

波士顿市资源：<http://bit.ly/2whvcF9>

其他城镇：按镇分类的服务提供商

Electric

- Neighbor energy fund: <http://bit.ly/3b7Bwhj>
- Other financial assistance: Mass SAVE <http://bit.ly/2Ukypfd> or Citizens Energy: <http://bit.ly/3dcfaNh>
- Pay something. Pay what you can. Depending on your bill and your account, even making a partial payment may cause them to just roll over the rest of the bill to the next month.
- Defer your payments. Once you miss a payment, you can call and arrange for a payment plan where they will take your current bill and split it up over six months.

电力

- 邻居能源基金 (Neighbor energy fund) : <http://bit.ly/3b7Bwhj>
- 其他财务援助 : Mass SAVE <http://bit.ly/2Ukypfd> 或 Citizens Energy <http://bit.ly/3dcfaNh>
- 尽你所能, 可付多少就多少。根据您的账单和帐户, 即使是部分付款, 也可能导致他们只将账单的其余部分结转到下个月。
- 延迟付款。一旦您错过付款, 您可以致电并安排付款计划, 他们将把您当前的账单分摊到六个月内。
- 有线/电话/互联网公司

Cable/Phone/Internet Companies

- Lower your bill. If you qualify for any type of assistance from state or federal government, you can apply for and receive a 12-month low income discount on your cable bill.
- Call to negotiate a lower rate. Tell them you will cut off the cable if you can't negotiate a lower rate. They will move you to a different number where you will get new, lower options for your service.
- Defer your payments. Call and explain you are on strike and will win, and be back to work with a better contract, but you need to negotiate a different, lower payment for now.
- Comcast is offering new, low-income Internet Essentials customers with two months of free internet. <http://bit.ly/2x3aUiK>

有線/電話/互聯網公司

- 降低你的账单付款额。如果您有资格获得州或联邦政府提供的任何类型的帮助, 则可以申请并获得12个月的有线账单低收入折扣。
- 致电以协商较低的费率。告诉他们, 如果您无法协商较低的价格, 则将切断电缆。他们会将您转移到其他号码, 您将在其中获得新的, 较低的服务选择。
- 延迟付款。打电话并说明您正在罢工, 并且会获胜, 并且会以更好的合同重新工作, 但是现在您需要协商另外一笔较低的付款。
- Comcast为新的低收入Internet Essentials客户提供了两个月的免费Internet。
<http://bit.ly/2x3aUiK>

VI. MASS HEALTH

VI。大眾健康

- Eligibility is extended to April 25th
- Call (800) 841-2900 or go online <http://bit.ly/3b3wClt>
- 有效資格延長至4月25日
- 致電 (800) 841-2900或上網 <http://bit.ly/3b3wClt>

VII. Other Resources:

VII. 其他資源：

Assistance for non-profits providing direct assistance

Boston Relief Fund: <http://bit.ly/3b5Bdn5>

Hosted by the Boston Foundation, The COVID-19 Response Fund will award one-time operating grants on a rolling basis to non-profits whose operations in support of elders and other vulnerable populations have been stressed by the outbreak. The Boston Foundation encourages institutions, companies and other funders to contribute to the Fund.

为非牟利组织提供直接帮助的援助

波士顿救济基金：<http://bit.ly/3b5Bdn5>

由波士顿基金会托管的 COVID-19 应急基金，将向非牟利组织提供一次性运营赠款，这些非牟利组织曾支持老年人和其他弱势人群在疫情爆发中所遭受的困扰。波士顿基金会鼓励机构，公司和其他出资者向该基金捐款。

United Way Workers COVID-19 Family Support Fund helps hourly, low-wage workers weather the losses from this epidemic. <http://bit.ly/3d6v386>

新资源部分的文字：

联合径工人COVID-19家庭支持基金帮助时薪和底薪工人度过这一流行病带来的损失。
<http://bit.ly/3d6v386>

Massachusetts WorkShare Program

WorkShare is a program that offers a smart alternative to layoffs. Employees work reduced hours while collecting unemployment benefits to supplement their lower wages.

<http://bit.ly/3b1iIAa>

马萨诸塞州工作共享计划

WorkShare是一个提供裁员的明智选择的程序。员工减少工作时间，同时领取失业救济金以补充较低的工资。

<http://bit.ly/3b1iIAa>

Links to Covid-19 resources - Union-specific

- AFL-CIO COVID-19 Pandemic Resources: www.aflcio.org/covid-19
- MA Building Trades Coronavirus Best Practices for Building Trades Unions: <http://bit.ly/3dkjTNg>
- Boston Teachers Union Volunteer Corp: <http://bit.ly/3de2ndA>
- UFCW: Filing for Unemployment Due to COVID-19? A Step-by-Step Resource for Workers in Massachusetts (Rhode Island & Connecticut links included): <http://bit.ly/2UfbySh>

链接到Covid-19资源 - 特定是针对工会的

- AFL-CIO COVID-19大流行资源 : www.aflcio.org/covid-19
- 麻省建筑业(MA Building Trades) 为建筑业工会(Building Trades Unions)而设的冠状病毒最佳做法 : <http://bit.ly/3dkjTNg>
- 波士顿教师工会志愿者公司 : <http://bit.ly/3de2ndA>
- UFCW : 由于COVID-19而提交失业申请吗? 马萨诸塞州工人的分步资源 (包括罗得岛和康涅狄格州链接) : <http://bit.ly/2UfbySh>

Links to Covid-19 resources - Government

- OSHA Covid-19: <http://bit.ly/2w6Ohdf>
- CDC Coronavirus: <http://bit.ly/38VxUNS>
- WHO Coronavirus disease (COVID-19) outbreak: <http://bit.ly/33r2s94>
- Center for Infectious Disease Research and Policy Novel Coronavirus (COVID-19) Resource Center: <http://bit.ly/3bcDywn>

链接到Covid-19资源 - 政府

OSHA Covid-19 : <http://bit.ly/2w6Ohdf>

CDC冠状病毒 : <http://bit.ly/38VxUNS>

世界卫生组织冠状病毒病 (COVID-19) 爆发 : <http://bit.ly/33r2s94>

新型冠状病毒传染病研究与政策中心 (COVID-19) 资源中心 : <http://bit.ly/3bcDywn>

Census

Getting a complete count is still vital during this crisis. The Census Bureau has suspended its field operation until April 1 so self-response online or by phone at www.my2020census.gov

is critical for a complete count.

人口普查

在这场危机中，获得完整的计算仍然至关重要。人口普查局已将其出勤行动暂停到4月1日，因此可以在线或通过电话 www.my2020census.gov 进行响应，获得完整计数至关重要。

Please use and share these resources for completing the 2020 census.

- Video guide for completing the 2020 census - 60 languages: <http://bit.ly/2xJvm8x>
- PDF guide for completing the 2020 census - 60 languages: <http://bit.ly/2U3fhDD>

请使用并共享这些资源以完成2020年的人口普查。

- 用于完成2020年人口普查的视频指南-60种语言 : <http://bit.ly/2xJvm8x>
- 用于完成2020年人口普查的PDF指南-60种语言 : <http://bit.ly/2U3fhDD>

Crisis Support

- **Crisis Text Line** - Text from anywhere in the USA to text with a trained Crisis Counselor: <http://bit.ly/2WrVeQI>
- **Suicide Prevention Lifeline** - Emotional Well-being During the COVID-19 Outbreak: <http://bit.ly/392MZ07>
- **National Domestic Violence Hotline** - Staying Safe During COVID-19: <http://bit.ly/393zQDZ>
- **Online AA Meetings During COVID-19:** <http://bit.ly/3b8rfBs>

在危機时给予的支持

- 危机文本行 - 来自美国任何地方的文本，以及经过培训的危机顾问的文本 : <http://bit.ly/2WrVeQI>
- 预防自杀的生命线 - COVID-19 爆发期间的情绪健康 : <http://bit.ly/392MZ07>
- 全国家庭暴力热线 - 在COVID-19期间保持安全 : <http://bit.ly/393zQDZ>
- 在COVID-19期间的在线 AA会议 : <http://bit.ly/3b8rfBs>

General Budget Advice

Living on a reduced income requires your utmost caution and skill in managing your money. There are many resources to help you, but first you must plan ahead.

在一般财政上的预算建议

靠低收入生活需要您在管理资金方面的最大谨慎和技巧。有很多资源可以帮助您，但首先您必须提前计划。

- ✓ **Set up a realistic budget plan** allowing for basic needs such as: food, shelter, utilities and medical care.
- ✓ 制定切合实际的预算计划，以满足基本需求，例如：食物，住房，水电和医疗。
- ✓ **Prioritize your bills.** When you do not have enough money to pay all the bills, pay these first: rent or mortgage, utilities, food and transportation.
- ✓ 优先考虑您的账单。如果您没有足够的钱来支付所有账单，请先支付以下费用：房租或抵押，公用事业，食品和交通。
- ✓ Before your bills become due, **notify your creditors, lenders and/or landlord** that you are unemployed and cannot meet your payments. Explain your situation truthfully and ask for a written payment plan or discuss other ways to pay off your obligations. .
- ✓ 在您的账单到期之前，**通知您的债权人，贷方和/或房东**您正在失业，无法支付您的款项。真实地说明您的情况，并要求制定书面付款计划或讨论其他方式来清还债务。
- ✓ **Maintain accurate files.** Before mailing your letters, make copies to keep for your files. If you must negotiate over the phone, keep detailed notes including the representative's name, title, and phone number. Follow up any phone conversations in writing.
- ✓ **保存准确的文件。** 在邮寄信件之前，请先进行复印以保存文件。如果您必须通过电话进行协商，请保留详细的注释，包括代表的姓名，职务和电话号码。跟进任何书面形式的电话交谈。
- ✓ **Stay organized.** Keep everything in one place. Write a summary list of your financial plan for quick reference.
- ✓ 保持井井有条。将所有内容都放在一个地方。写下您的财务计划摘要列表，以供快速参考。
- ✓ **Keep your end of the bargain.** If you are unable to make agreed upon payments, contact your creditors immediately to renegotiate.
- ✓ 讨价还价。如果您无法同意付款，请立即与您的债权人联系以重新谈判。
- ✓ **Avoid making unnecessary purchases on credit.**
- ✓ 避免进行不必要的信用购买。
- ✓ **Get budget counseling** if you are having difficulty. For financial counseling, debt management and consumer education, call:
- ✓ 如果您遇到困难，请寻求预算咨询。有关财务咨询，债务管理和消费者教育的信息，请致电：

Action for Boston Community Development

Credit Advising and Financial Coaching

617-348-6583

波士頓社區發展行動

信用諮詢和財務輔導

617-348-6583

✓ If you need help with a consumer problem contact:

MA Attorney General's Consumer Hotline
(617) 727-8400

如果您需要有关消费者问题的帮助，请联系：

麻省总检察长的消费者热线
(617) 727-8400

Your rights under the Fair Debt Collection Practices Act

根据《公平债务追收实务法》您所享有的权利

While debt collectors do have the right to demand payment, and eventually take legal action if necessary, the Fair Debt Collection Practices Act (FDCPA) prohibits any kind of harassment.

收债员确实有权要求你付款，并最终在必要时采取法律行动，但《公平债务追收实务法》（FDCPA）禁止对当事人有任何形式的骚扰。

The FDCPA applies to any personal, family, or household debt and covers debt collectors who regularly collect debt for others, but not the creditors themselves or their lawyers. FDCPA适用于任何个人，家庭或家庭债务，并涵盖定期为他人收取债务的收债员，但不适用于债权人本人或其律师。

If you find yourself on the receiving end of a collection call, you might wish to know:
如果您发现自己在催收债项电话的接收端，你可能会希望知道：

- **When can a collector contact me?** Unless you give them permission to do otherwise, debt collectors can only contact you between 8:00 a.m. and 9:00 p.m. They may not communicate with you by postcard.
- **收债员甚么时候可以联系我？** 除非您允许他们这样做，否则收债员只能在上午8:00至下午9:00之间与您联系。他们可能不会通过明信片与您联系。
- **Can collectors contact me at work?** A collector may not contact you at work if they know your employer disapproves.
- **收债员可以在工作期间与我联系吗？** 如果托收人知道您的雇主不赞成，他们可能不会与您联系。
- **What constitutes harassment under the FDCPA?** Collectors may not use profane language or threaten you with violence. In many instances, it prohibits the publication of a list of consumers who allegedly refuse to pay debts. Collectors may not threaten to take your property unless they are actually able to do it.
- **FDCPA之下的骚扰是什么？** 收集者不得使用亵渎性语言或以暴力威胁您。在许多情况下，它禁止公布涉嫌拒绝偿还债务的消费者名单。收款人除非真正能够做到，否则不得威胁要夺走您的财产。

- **Can collectors contact my family or friends?** Debt collectors can contact other people but only to ask for information on how to locate you. In most cases, the collector may not divulge the reason for the call to anyone other than you or your attorney.
- **收债员可以联系我的家人或朋友吗？** 收债员可以与其他人联系，但只能索取有关如何找到您的信息。在大多数情况下，收债人可能不会向您或您的律师以外的任何人透露电话的原因。
- **Can I get a collector to stop contacting me?** Debt collection agencies are required to honor written requests to stop contacting consumers. Please be aware that sending a “cease and desist” letter does not relieve you of your responsibility. You will still owe the money, and the company may pursue collection efforts.
- **我可以请收债员停止与我联系吗？** 收债公司必须履行书面要求，停止联系消费者。请注意，发送“停止和终止”信并不能免除您的责任。您仍然会欠钱，公司可能会继续追收款项。