

Wasatch County Community Resources
Recursos comunitarios en el condado de Wasatch



1. Coronavirus Information (Información del Coronavirus)

- a. **Utah Coronavirus Information Line:** If you have symptoms, stay at home and call 1-800-456-7707 to see if you can be tested and where to go. You can also call your primary healthcare provider

Línea de Información del Coronavirus de Utah: Si tiene síntomas, quédese en casa y llame al 1-800-456-7707 para ver si puede hacerse la prueba y recibir instrucciones a dónde ir. También puede llamar a su proveedor de atención médica.

- b. **Wasatch County:** For up-to-date information, we invite you to follow the Wasatch County coronavirus webpage

Para obtener información actualizada, lo invitamos a seguir la página web de coronavirus del condado de Wasatch

coronavirus.wasatch.utah.gov

- c. **Centers for Disease Control and Prevention** <https://www.cdc.gov>

Centros para el Control y Prevención de Enfermedades <https://www.cdc.gov/spanish/>

2. Urgent Health Center and Open Clinics (Centros de atención médica y clínicas abiertas)

- a. **5 Minute Clinic (La clínica de 5 minutos)**

(435) 654-1377

- b. **Heber InstaCare**

(435) 657-4500

- c. **Wasatch County Health Departamento (El departamento de salud del condado de Wasatch)**

(435)

- d. **People's Health Clinic (La clínica de la gente)**

(435) 333-1850

3. Holly Cross Ministries

- a. **Carlos Flores, Community Health Worker (Promotor)**

(385) 257-2421

cflores@hcmutah.org

- b. **Veronica Farjado, Therapist (Terapeuta)**

(385)257-2442

vfajardo@hcmutah.org



4. Christian Center (Centro Cristiano)

a. Food pantry (Despensa de Alimentos)

For Heber Valley/Wasatch County residents: sign up here:

Para los residentes del Condado de Heber Valley/Wasatch: regístrate aquí:

<https://signup.com/mobileweb/2.0/vspot.html...>

b. Counseling Center (Centro de Asesoramiento)

a. call 435-649-2260 ext 1 or email counseling@ccofpc.org

c. **Donations:** If you are interested in helping, you can give here and select "Basic Needs Assistance".

Donaciones: interesado en ayudar, puede dar aquí y seleccione "Asistencia para necesidades básicas".

<https://app.etapestry.com/.../Christ.../onlinedonations.html>

3. Unemployment Insurance (Seguro de Desempleo)

a. If you are an employee negatively impacted by COVID-19 because you are sick or otherwise unable to go to work due to the virus, you can apply for unemployment insurance.

Si usted es un empleado afectado negativamente por COVID-19 porque está enfermo o no puede ir a trabajar debido al virus, puede solicitar un seguro de desempleo

<https://jobs.utah.gov/ui/home>

<https://www.benefits.gov/benefit/1823>

4. Banks Offering Relief to Customers Affected by Coronavirus

(Bancos que ofrecen alivio a los clientes afectados por el coronavirus)

<https://www.forbes.com/sites/advisor/2020/03/12/list-of-banks-offering-relief-to-customers-affected-by-coronavirus/#7ed949b03ee3>

5. Summit County Mental Wellness Alliance (Alianza de Bienestar Mental del Condado de Summit)

a. Emergency Hotline 1-800-273-8255 (if you are experiencing emotional distress or suicidal thoughts)

Línea directa de emergencia 1-800-273-8255 (si usted está experimentando angustia emocional o pensamientos suicidas)

6. At-home internet options at low cost and/or free (Opciones de internet en casa a bajo costo y/o gratuitas)

a. Comcast/Xfinity has offered a number of solutions for its customers during this time. A rundown of their efforts is located here:

Comcast/Xfinity ha ofrecido varias soluciones para sus clientes durante este tiempo. Un resumen de sus esfuerzos se encuentra aquí:



<https://corporate.comcast.com/covid-19>

- b. They are offering a low-cost plan at approximately \$10/month. Households with students on free or reduced lunch will likely qualify:

Esta empresa está ofreciendo un plan de bajo costo, a aproximadamente \$10 al mes. Los hogares con estudiantes que tienen almuerzo gratis o a precio reducido probablemente califiquen:

<https://www.internetessentials.com/>

- c. Comcast/Xfinity has also opened up local hotspots for free. A helpful guide for finding and logging on to your local hotspot can be found here:

Comcast/Xfinity también ha abierto puntos de acceso locales (hotspots) gratuitos. Una guía útil para encontrar sus puntos de acceso locales se puede encontrar aquí:

<https://wifi.xfinity.com/xwod.php>

- d. Wasatch County School District is offering hot spots for students so they can have internet to do online school when the schools close. Wasatch High School contact for hot spots: Administrative Secretary Elena Hansen 435-657-3100 ext. 4117 elena.hansen@wasatch.edu

7. **Peace House, a domestic violence agency (Peace House, Agencia para la violencia doméstica)**

- a. Emergency Housing, Counseling and Case Management (**Vivienda de emergencia, consejería y manejo de casos**)

Help Line (**Línea de ayuda**): (800) 647-9161

8. **Other resources in Spanish:**

- a. **Grupo de Facebook de Pregúntale a Heber** (Pregúntale a Heber is the Spanish version of "Ask Heber") <https://www.facebook.com/groups/552901192193162/>

- b. **Wasatch Latino Coalition** wasatchlatinocoalition@gmail.com

- ❑ **Facebook Page**, updating the latest news regarding the COVID-19 (**Página de Facebook del WLC, actualizando las últimas noticias del COVID-19**)

<https://www.facebook.com/wasatchlatinocoalition/>

9. **Utah Strong Recovery Project - text or call 385-386-2289**

- a. Provides services in spanish.
- b. Provides emotional support and mental health education to help people find strength and resilience through the COVID-19 Pandemic.
- c. Services include individual and family emotional support, education presentations, and support groups.
- d. The services are free and no appointment is needed. You can call or text 385.386.2289 or email utahstrong@utah.gov daily from 7am to 7pm

10. **Emotional Relief Hotline - call 833-442-2211**

- a. Offers callers guidance, tools, and referrals for people experiencing issues related to their mental well-being. It's free and can be reached seven days a week from 10 am to 10 pm at 833-442-2211

