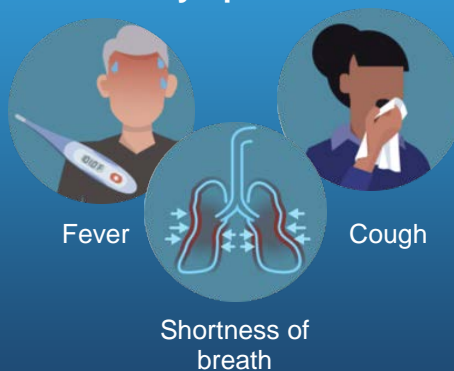


Coronavirus COVID-19: What You Need to Know

What is coronavirus 2019 (COVID-19)?

- Started as an animal infection that spread to people
- NOT the same as other coronaviruses that cause the common cold

Symptoms



When to seek medical attention

Seek medical attention right away, if you have:

- trouble breathing or unable to speak in a full sentence
- pain or pressure in the chest that doesn't go away
- new confusion or not waking up
- bluish lips or face

*does not include all symptoms

About COVID-19

How does Coronavirus spread?

- Mainly from person-to-person
 - Between people in close contact (within 6 feet).
 - When an infected person coughs or sneezes, droplets are sent into the air, and these can land in the mouths or noses of people who are nearby or be inhaled into their lungs.
- It's possible to get the virus by touching a surface/object with the virus on it and then touching your face (mouth, nose, eyes).

How to Protect Yourself

1. AVOID exposure!
2. Wash your hands often with soap and water for at least 20 seconds OR use hand sanitizer containing at least 60% alcohol
 - a. After you have been in a public place
 - b. After blowing your nose, coughing, or sneezing.
3. Do not touch your face with unwashed hands
4. Avoid close contact with people who are sick
5. Stay 6 feet apart from other people
6. Stay at home unless you have essential travel needs



How to Protect Others

- Stay home if you're sick
- Do not wear a mask if you are not sick.
- Cover coughs and sneezes, then clean your hands
- Clean and disinfect frequently touched surfaces daily

Who may need to get tested?

If you have COVID-19 symptoms and you are:

- Older than 65
- Have medical conditions (such as lung disease, diabetes, cancer)
- Pregnant

You may not need to get tested if you...

- Are young and healthy
- Have no or mild symptoms

Please call ahead before visiting your doctor, especially if you are sick.

DO YOUR PART TO SLOW THE SPREAD



Do work and school **from home**



If you work in a critical infrastructure industry, **keep your normal work schedule** and follow CDC guidance



Avoid social gatherings of 10+ people



Practice **good hygiene**



Use **drive-thru, pickup, or food delivery** options



Avoid nonessential travel, shopping trips, and social visits



Do not visit nursing homes or long-term care facilities unless to provide critical help



Follow the directions of your state and local authorities.

For more information, visit: **CORONAVIRUS.GOV**

HHS.gov

So you may have COVID-19...

If you have mild symptoms and are young and healthy or tested positive:

- Stay home for 7 days OR 72 hours after symptoms go away, whichever is LONGER

While at home, please follow these precautions:

- Stay in your home and minimize contact with other people to avoid spreading this infection.
- Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.
- Please wait for several days after your symptoms have resolved before returning to your regular activities, work, or school.
- Separate yourself from other people and animals in your home. If available, use a separate bathroom.
- You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
- Clean your hands frequently.
- Clean all "high-touch" surfaces (like counters, doorknobs, phones, etc.) every day.
- Cover your mouth and nose with a tissue when you cough or sneeze. Throw the used tissues into a lined trash can.
- Wear a facemask, if possible, when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office.
- If you can't wear a facemask, then people who live with you should not be in the same room with you, or they should wear a facemask if they enter your room.

...where to get tested

If you have a primary care doctor, call his/her clinic office first.

If you have a medical appointment already, tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

If you do not have a doctor, go here to see if you need testing:

Project Baseline:

<https://www.projectbaseline.com/study/covid-19/>

Should I take my medications?

- Yes, keep taking your prescribed medications.
- There is no evidence that taking NSAIDs, like ibuprofen or naproxen will worsen COVID-19 symptoms.
- There is no evidence that you should stop taking your blood pressure medications like ACEIs/ARBs (lisinopril, losartan, etc) because of COVID-19.
- If you have any questions or concerns, please contact your primary care physician.

What medications can I take to treat COVID-19?

- There are no medications that treat COVID-19. There are medications that are being tested now.
- DO NOT take something at home unless prescribed to you by a healthcare provider.
- You can take over the counter medications for your symptoms. Please read the instructions on the bottles before using these medications.

Sacramento Resources

Job/Welfare Resources

- Unemployment: https://edd.ca.gov/about_edd/coronavirus-2019.htm
- California Welfare website: <https://www.benefits.gov/help/fag/Coronavirus-resources>

If you are facing unemployment or a lapse in employment due to the coronavirus, the following resources may be available to you:

- [Unemployment Insurance](#) provides unemployment benefits to those who lose their job through no fault of their own.
- You may qualify for [Disaster Unemployment Assistance](#) if you do not qualify for other types of unemployment benefits.
- Browse the [Unemployment Assistance](#) category and filter by state for unemployment benefits near you.
- Visit the Department of Labor's [Coronavirus Resources](#) page for information to help employers and employees.

- If you need to delay rent payment due to income loss: <http://www.cityofsacramento.org/-/media/Corporate/Files/CDD/Cod-e-Compliance/Programs/FINAL-TPP-Delay-of-Rent-Payment-Form.pdf>
- Covered California has extended enrollment until June 30: <https://www.coveredca.com/individuals-and-families/getting-covered/special-enrollment/>

Transportation Resources

- Sacramento Regional Transit will be working on a reduced schedule: <https://www.sacrt.com/apps/sacrt-precautions-against-coronavirus/>

Food Resources

- CA Meals for Kids App: <https://www.cde.ca.gov/re/mo/ca-meals.asp>
- Sacramento Food Bank: <https://www.sacramentofoodbank.org/response-to-covid-19>


Continued...

Together we can beat COVID-19!


Managing Stress/Anxiety

- [Disaster Distress Helpline](#): Call 1-800-985-5990
- [National Domestic Violence Hotline](#): Call 1-800-799-7233 and TTY 1-800-787-3224
- How To Cope With Anxiety, Loneliness During California's Stay At Home Order: capradio.org
- Free Yoga Sacramento: <https://www.freeyogasacramento.com/>
- CDC Mental Health and Coping: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>





Free School Meal Sites During COVID-19 Closures



Sacramento County

School District	Link To School Closure Feeding Program Information (Information will be included as provided)	Notes
Arcohe Union School District (K-8)	https://www.arcohe.net/o/arcohe-school/live_feed	
Center Joint Unified School District	https://4.files.edl.io/2906/03/17/20/212532-b2305c9a-20b8-4cd4-866c-dcb82049d42f.pdf	
Elk Grove Unified School District	http://blogs.egusd.net/pressroom/2020/03/13/elk-grove-unified-steps-up-to-provide-important-student-nutritional-needs-using-a-drive-through-meal-service-during-school-closures/	
Folsom Cordova Unified School District	https://www.fcusd.org/coronavirus	
Galt Joint Union Elementary School District	https://gnewsd-ca.schoolloop.com/pf4/cms2/news_themed_display?id=1584-092135073	
Galt Joint Union High School District	https://4.files.edl.io/23bf/03/17/20/155819-85a89d7-3a7d-4cc1-bb88-77b89aa6ebdc.pdf	
Natomas Unified School District	https://natomasunified.org/community-update-on-covid-19-3-13-20-part-two/	
River Delta Unified School District	https://rdusd-ca.schoolloop.com/pf4/cms2/view_pageId=x&group_id=1516177873188&vtd=153d2f0b23a7	
Robla School District	https://www.robla.k12.ca.us/apps/pages/index.jsp?uREC_ID=1692774&uPEM=d&uREC_ID=1853536	
Sacramento City Unified School District	https://www.scusd.edu/e-connections-post/sac-city-unified-will-continue-provide-meals-affected-students	
San Juan Unified School District	https://www.facebook.com/SanJuanUnified/posts/10157080722738601	

1418 N. Market Blvd., Suite 500 | Sacramento, CA 95834 | 916.263.3560 phone | 877.324.7901 toll free

Oroville YMCA
 1684 Robinson Street
 Oroville, CA 95965
 530.533.9622
spierce@ymcasuperiorcal.org

Plumas Lake at Cobblestone Elementary
 1718 Churchill Way
 Plumas Lake, CA 95961
 530.933.9935
smasters@ymcasuperiorcal.org

- Sacramento Crisis Nursery:
<https://www.kidshome.org/what-we-do/crisis-nursery-program/>
 North Crisis Nursery
 4533 Pasadena Avenue
 Sacramento, CA 95821
 (916) 679-3600

South Crisis Nursery
 6699 South Land Park Drive
 Sacramento, CA 95831
 (916) 394-2000

Childcare Resources

- YMCA Emergency Child Care Services:
<https://www.ymcasuperiorcal.org/childcare2020>
 Sacramento Central YMCA - Child Development Center
 Primary Child Care Site
 Ages: 2 years through 6th Grade
 2021 W Street
 Sacramento, CA 95818
 916.231.7288
alester@ymcasuperiorcal.org

East Sac YMCA
 Secondary Child Care Site
 Ages: Kindergarten through 6th Grade
 3600 J Street
 Sacramento, CA 95816
 916.737.0442
lcourter@ymcasuperiorcal.org

Yolo County YMCA
 1300 College Street
 Woodland, CA 95695
 530.662.1086
kguinan@ymcasuperiorcal.org

What to do while you're at home

- Fill out the census: 2020census.gov
- Sacramento 4 Kids:
<https://sacramento4kids.com/>

Helpful Websites for more COVID19 information

- <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>
- COVID19 in California:
<https://covid19.ca.gov/?fbclid=IwAR1er4bSdv2Fjrm78WrQHMsS0e-xEVHYYeGp0jfUZBdq64Jnzc3a9ZDv88>
 - In Spanish:
<https://covid19.ca.gov/quedese-en-casa-excepto-por-necesidades-esenciales/?fbclid=IwAR2XZ2Krfx4zulbRmuC6fdpDG1nhKgHSCXMe-oUQ6HnjQsLMGzYT0WpRiA8>

Sacramento Building Healthy Communities:
<https://www.facebook.com/SacramentoBhc>