

COVID-19 (NOVEL CORONAVIRUS) RESOURCES AND RELIEF IN SACRAMENTO COUNTY

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FOLLOW WWW.SACRAMENTOCOVERED.ORG/COVID19

Please send updates to info@sacramentocovered.org

BACKGROUND:

WHAT IS COVID-19 (NOVEL CORONAVIRUS)?

The COVID-19 virus is a respiratory illness that can spread from person to person.



WHAT ARE THE MOST COMMON SYMPTOMS?



Fever



Cough



Shortness of breath

May lead to more severe symptoms and conditions like pneumonia in the lungs.

You can also have no symptoms and still carry and transmit the virus to others.

HOW IS IT TRANSMITTED?



Through respiratory droplets when an infected person coughs or sneezes.



Between people in close contact with one another.



Touching a surface or object with the virus on it and then touching your own mouth, nose, or eyes.



Fecal-oral from infected stool, like touching fecal contamination of items, food and water, and then own mouth.

WHAT CAN I DO TO PROTECT MYSELF AND OTHERS?



Wash your hands with soap and water for 20 seconds.



Use an alcohol-based hand sanitizer when soap and water are not available.



Cover your cough with a flexed elbow or a tissue. Throw away used tissue immediately and wash your hands.



Avoid touching your eyes, nose and mouth.



Avoid crowds and keep a 6 ft. distance between you and other people.



Disinfect frequently touched surfaces and objects.



Stay home/remain in tents/sleeping area. Keep tents and sleeping quarters 12 ft. apart from one another.



Don't share clothing, bedding, cooking supplies, utensils, food, drinks, or tobacco products.

WEAR A CLOTH MASK

Wear a cloth mask in public settings. Cloth masks should be routinely washed daily or after each use. Be careful to not touch your eyes, nose and mouth when removing your mask. Surgical and N95 masks are crucial for health workers and in short supply. Surgical and N95 masks should be saved for caregivers and medical/emergency personnel. Go to <https://bit.ly/cdc-mask> for more information.

WHAT DO I DO IF I'M SICK?



Stay home/remain in your tent/sleeping area and call your doctor.



If you live with others, isolate yourself in a separate tent or room.



Wear a mask when around others and before entering buildings or medical facilities.



Monitor your symptoms, drink plenty of water, and follow instructions from your doctor.



Before visiting your doctor or the hospital, call ahead and tell them of your symptoms. Wear a mask.



Continue practicing social distancing, washing your hands, cleaning surfaces, and covering your cough.



Call **911** if your symptoms worsen and you need emergency medical attention. Let the operator know that have or may have COVID-19.

If you don't know who your doctor is or need help finding one, call **(916) 414-8333** for free assistance from a Sacramento Covered health navigator.

HEALTH RESOURCES

SACRAMENTO COUNTY DEPARTMENT OF HEALTH SERVICES

- Leading health agency for COVID-19 in the Sacramento area
- <http://www.saccounty.net/COVID-19/Pages/default.aspx>

211 SACRAMENTO

- General information for COVID-19 and resources in the area
- Call 2-1-1 or (916) 498-1000
- info@211sacramento.org, <http://www.211sacramento.org/>

SACRAMENTO COVERED

- Help with health coverage, finding a doctor, and connecting to community resources
- (916) 414-8333 or info@sacramentocovered.org

MY NAVIGATOR RESOURCES LIST

- Find general health-related programs and services near you
- www.sacramentocovered.org/resources



FOOD RESOURCES

SACRAMENTO COVERED

- Help with CalFresh enrollment and connecting to food resources
- (916) 414-8333 or info@sacramentocovered.org

SALVATION ARMY SACRAMENTO: DRIVE-THRU FOOD PICKUP

- Family Services: 3213 Orange Grove Ave, North Highlands, CA
 - Tuesdays, Wednesdays & Thursdays from 9:00 a.m. to 3:00 p.m.
- Sacramento Citadel Alhambra Campus: 2550 Alhambra Blvd, Sacramento, CA
 - Wednesdays from 10:00 a.m. to 2:00 p.m.
- Rancho Cordova Community Center: 10309 Folsom Blvd, Rancho Cordova, CA
 - Mondays from 10:00 a.m. to 2:00 p.m. in the parking lot
- Salvation Army DHQ: 3755 North Freeway Boulevard, Sacramento, CA
 - Fridays from 10:00 a.m. to 2:00 p.m.



SACRAMENTO FOOD BANK AND FAMILY SERVICES

- www.sacramentofoodbank.org/find-food or (916) 456-1980

YMCA SACRAMENTO: LUNCH MEALS FOR CHILDREN

- Child must be present. Lunch offered Monday through Friday at:
 - Sacramento Central YMCA: 2021 W St., noon to 12:30 p.m.
 - Maple Neighborhood Center: 3301 37th Ave., From 11 a.m. to 1 p.m.
- <https://www.ymcasuperiorcal.org/meals>

SACRAMENTO SPCA PAW PANTRY: DRIVE-THRU FREE PET FOOD

- 6201 Florin Perkins Road, every Tuesday and Friday from 11 a.m. to 1 p.m.
- <https://www.sspca.org/pawpantry>

LEGAL RESOURCES

LEGAL SERVICES OF NORTHERN CALIFORNIA

- Legal aid and resources for affordable housing, public benefits, health, education, and civil rights.
- <https://lsnc.net/> or (916) 551-2150

HAND WASHING STATIONS

- North 18th St and Basler St.
- 21st Street between X and Y
- Northgate Exit & 160 Freeway
- Cesar Chavez Plaza
- Roseville Road Light rail Station
- Morris Utility Station



UTILITIES

SMUD

- Will not disconnect power due to non-payment through March 31.
- Call 888-742-7638 to make payment arrangements

PG&E

- Will not disconnect for nonpayment.
- For outages, call 800-743-5000



SCHOOL MEALS FOR STUDENTS

SACRAMENTO UNIFIED SCHOOL DISTRICT

<https://bit.ly/scusd-meals>

NATOMAS UNIFIED SCHOOL DISTRICT

<https://bit.ly/nusd-meals2>

ELK GROVE UNIFIED SCHOOL DISTRICT

<https://bit.ly/egusd-meals>

ROBLA UNIFIED SCHOOL DISTRICT

<https://bit.ly/rusd-meals>

TWIN RIVERS UNIFIED SCHOOL DISTRICT

<https://bit.ly/trusd-meals2>



UNEMPLOYMENT/EMPLOYER/EMPLOYEE RESOURCES

SACRAMENTO CENTRAL LABOR COUNCIL

- Help with navigating the unemployment process.
- 916-905-1625 or <http://www.sacramentolabor.org/>

LABOR & WORKFORCE DEVELOPMENT AGENCY (LWDA)

- Help with paid family leave, disability insurance, unemployment insurance, paid sick leave and workers compensation.
- (916) 653-9900 or <http://www.labor.ca.gov/coronavirus2019/>

DEPARTMENT OF THE TREASURY INTERNAL REVENUE SERVICE (IRS)

- Tax relief information. Tax day has now been moved to July 15, 2020.
- 800-829-1040 or <http://www.irs.gov/coronavirus>



GOVERNOR'S OFFICE OF BUSINESS AND ECONOMIC DEVELOPMENT

- General information for employers, employees and all Californians as it relates to COVID-19
- <https://business.ca.gov/coronavirus-2019/>

RENTERS AND HOMEOWNERS RESOURCES

CITY OF SACRAMENTO TENANT PROTECTION PROGRAM:

- Renters with a loss of income due to COVID-19 can provide this delay of rent payment form (<https://bit.ly/delayrent>) to their landlord.
- (916) 808-8121