

**COVID-19 Community Resources**
\*\*insert county name\*\* County

Coronavirus disease 2019, also known as COVID-19, is spreading in the United States. The disease causes respiratory illness such as cough, fever, and in more severe cases, trouble breathing. The best way to prevent illness is to avoid being exposed to this virus:

* **Wash your hands** with soap and water for at least 20 seconds.
* **Avoid touching your eyes, nose, and mouth** with unwashed hands.
* **Stay home** if you can. If you must go out, **maintain a distance of at least 6 feet from others and cover your mouth and nose with a cloth face cover**

More information and advice on COVID-19 prevention can be found below:

**CDC:** [https://www.cdc.gov/coronavirus/2019-ncov/](https://www.cdc.gov/coronavirus/2019-ncov/%20)
**CA:** <https://covid19.ca.gov/>
**CDPH:** <https://www.cdph.ca.gov/covid19>

Specific information for **pregnant and breastfeeding women** can be found below:

**WHO:** <https://www.who.int/news-room/q-a-detail/q-a-on-covid-19-pregnancy-childbirth-and-breastfeeding>

Specific information for **those caring for children** can be found below:

**CDC:** <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html>

**What to do if you feel sick**

If you are sick with COVID-19 or think you might have it, follow the steps below to help protect others:

* Call ahead before visiting the doctor and stay home except to get medical care. Most people who are mildly ill with COVID-19 are able to recover at home.
* Clean your hands often and cover your coughs and sneezes.
* Avoid sharing household items and separate yourself from others in your home.

If you develop any of the following **emergency warning signs, get medical attention immediately**.

* Difficulty breathing or shortness of breath.
* Persistent pain or pressure in the chest.
* New confusion or inability to arouse.
* Bluish lips or face.

For more information, visit <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

**Employee and worker resources for your county**

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| **Wages/Pay Reduction Resources**\*insert resource information\*\*text\*text\*text\*text |  | **Unemployment Resources**\*insert resource information\*\*text\*text\*text\*text |

**Emergency food assistance resources for your county**

**Grocery stores and many farmers markets will remain open and stocked** throughout the statewide stay-at-home order. There is no need to stockpile grocery items or household goods. Buy only what you need. Many grocery stores and farmers markets have adjusted their hours, and some have designated priority shopping hours for seniors. Potable tap water is safe to drink and is not a carrier of COVID-19.

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| **CalFresh (SNAP) application**\*insert resource information\*\*text\*text\*text\*text\*text |  | **Food banks & other sites**\*insert resource information\*\*text\*text\*text\*text\*text |
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| **Women, Infants, & Children (WIC)**\*insert resource information\*\*text\*text\*text\*text\*text |  | **Meals on Wheels & Senior Meals**\*insert resource information\*\*text\*text\*text\*text\*text |
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| **School meal sites**\*insert resource information\*\*text\*text\*text\*text |  | **Food safety and storage**It may be possible that a person can get COVID-19 by touching a surface with the virus on it and then touching their mouth or nose. Read more on food safety and food storage below: <https://www.cdc.gov/foodsafety/> |

**Childcare resources for your county**

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| **Resource heading**\*insert resource information\*\*text\*text\*text\*text\*text |  | **Resource heading**\*insert resource information\*\*text\*text\*text\*text\*text |

**Housing and rental assistance resources for your county**

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| **Resource heading**\*insert resource information\*\*text\*text\*text\*text\*text |  | **Resource heading**\*insert resource information\*\*text\*text\*text\*text\*text |

**Outdoor access resources for your county**

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