

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 often** 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.**

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

**CDC:** <https://www.cdc.gov/coronavirus/2019-ncov/>

**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>

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## 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>

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## Employee and worker resources for our county

### Wages/Pay Reduction Resources

\* <https://www.labor.ca.gov/coronavirus2019/>

### Unemployment Resources

\* <https://www.labor.ca.gov/coronavirus2019/>

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## Emergency food assistance resources for our 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.

### CalFresh (SNAP) application

\* <https://www.getcalfresh.org/>

### Food banks & other sites

\* Call 211 to find distribution sites  
\* <https://findhelp.org/>

### Women, Infants, & Children (WIC)

\* <http://www.capk.org/programs/wic/enroll-in-wic-form/> or call to make appointment 1-866-327-3074

\* WIC Clinica Sierra Vista Call number 661-862-5422

### Meals on Wheels & Senior Meals

\* <https://www.goldenempirecleaners.com/senior-sack-sites>

\* <https://bakersfieldseniorcenter.org/lunch-menu/>

\* <https://www.kerncounty.com/government/aging-adult-services/services/senior-nutrition/senior-nutrition-sites>

### School meal sites

\* Bakersfield City School District Sites  
\* All Kern High School District sites except Centennial High  
\* All Arvin Schools  
\* <https://Schoolmealfinder.hoonuit.com>

### 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/>

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## Educational resources for our county

### Educational sites

\* PBS Learning Media: Standards-aligned videos, interactives, and lesson plans!  
<https://www.pbslearningmedia.org>

\* eLearningForKids: Free and fun digital education for children worldwide.  
<https://www.e-learningforkids.org/>

### Nutrition Education Sites

\* Free online mini course for adults/parents: Available in English and Spanish  
<https://eatfresh.org/eatfreshorg-mini-course>

\* <https://www.choosemyplate.gov/quiz>

\* <https://www.choosemyplate.gov/coronavirus>

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## Housing and rental assistance resources for our county

\* <https://kernha.org/menus/how-to-apply.html>

\* <https://findhelp.org/>

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## Outdoor access resources for our county

### Physical Activity

\* <https://www.nia.nih.gov/health/exercise-physical-activity>

\* <https://www.youtube.com/user/NatlInstituteOnAging>

\* CosmicKidsYoga YT: Mostly suited for Pre-K Students (~3yrs). Fun way for exercise for parent and child.

<https://www.youtube.com/user/CosmicKidsYoga>

\* **Physical Activity for Families:**

<https://health.gov/moveyourway#>

Get moving as a family! (Video)

<https://www.youtube.com/watch?v=zNs8srnJ95U&feature=youtu.be>

\* <https://www.catch.org/pages/health-at-home>

regarding ANR's nondiscrimination policies may be directed to John Fox, Affirmative Action Compliance Officer and Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1343. Website: [http://ucanr.edu/sites/anrstaff/Diversity/Affirmative\\_Action/](http://ucanr.edu/sites/anrstaff/Diversity/Affirmative_Action/).

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