

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**.

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>

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>

Find local services and resources by dialing 211 or visiting: <https://www.211la.org/>

Los Angeles County Coronavirus resource guide: <https://about.1degree.org/covid-19-la-en>

Employee and worker resources for California

Unemployment Resources

OnwardCA.org is a new one-stop resource for the people of California impacted by job loss during the COVID-19 pandemic: <https://onwardca.org/>

Unemployment Benefits

State of California Employment Development Department <https://edd.ca.gov/claims.htm>
Call 1-800-300-5616

Emergency food assistance resources for Los Angeles 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

Food assistance for low-income individuals and families. Apply to CalFresh: use [GetCalFresh.org](https://www.getcalfresh.org) web portal or app, or call 866-613-3777

Food banks & other sites

Find a food pantry online at: www.lafoodbank.org/find-food/pantry-locator/
Dial 211 to find a pantry, <https://www.211la.org/>

Women, Infants, & Children (WIC)

Food assistance for low-income pregnant women or caretakers for children under 5.
Apply online at www.phfewic.org
Call WIC at 888-942-2229 or text "apply" to 91997
Applications and assistance processed and delivered remotely.

Meals on Wheels & Senior Meals

- St. Vincent Meals on Wheels, call 213-484-7775 or e-mail ifyouneedmeals@stvincentmow.org
- [WDACS](http://www.wdacs.org) Critical Delivery Service delivers groceries and necessities: call: 888-863-7411
- [Department of Aging's Meal Program](http://www.cityofla.org/aging): call 213-482-7252 or e-mail: age.webinfo@lacity.org

School meal sites

Call your local school district for up-to-date information about their meal program.
Find a school meal site near you at: <https://tinyurl.com/uxpbtt2>

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 at: www.cdc.gov/foodsafety

Childcare and Education resources for Los Angeles County

Subsidized childcare for low-income families

Pathways LA processes payments for the childcare provider of choice. Parents can apply online at <https://pathwaysla.org/> or call: 213-427-2710

Free/Low Cost Internet

EveryoneOn: Low-cost offers on internet services and computers for low-income individuals or families with K-12 students.
More info: <https://www.everyoneon.org/find-offers>

Housing and rental assistance resources for Los Angeles County

COVID-19 Renter Protections LA City

Temporary moratorium on evictions for non-payment of rent for tenants who are unable to pay rent due to circumstances related to the COVID-19 pandemic. To learn more call 866-557-7368 or visit: <https://hcidla2.lacity.org/covid-19-renter-protections>

Homeless Support

Los Angeles LGBTQ Center
Receive showers, meals, and more
Call (888) 255-2429 or (323) 860-2280 before visiting to inquire about available services.
1220 N. Highland Ave., Los Angeles CA 90038