

AEGIS Security & Investigations Inc.

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Covid19 Los Angeles Community Resources

The information contained here is not guaranteed to be accurate but is based on the best available information.

** All restaurants (sit in), gym, fitness studios, theaters, and bars closed starting MONDAY, MARCH 16 at 12am** (Read more [here](#))

Populations

Categories under this heading include: **food***, **housing**, **health**, **transportation**, and **education** and are separated into three general categories: **children and youth**, **adults**, and **elderly**.

* For the closest food pantry/bank to you, visit: [Los Angeles Food Bank Pantry Locator](#)

Children and Youth (0-17)

- **Food:** Free breakfast (8am-10am) provided by Eastside Riders for student in Watts community starting Monday, March 16, 2020 and ending Friday, March 20, 2020 (For more info, click [here](#)!)
- **Food:** Free breakfast (730-930am), lunch (1130-130pm), and dinner (430-630) for all LAUSD students starting Monday, March 16, 2020 from 7:30am to 6:30pm at 2301 Bellevue Ave., Los Angeles 90026 (For more information, click [here](#)!)
- **Food:** Beginning Monday, March 16th, Hugo's kids menu will be free for guests 12 and under throughout the LAUSD closure. (For more information, click [here](#)!) Updated lists of family support centers coming soon [here](#)
- **Food:** Los Angelitos Bakery offering 1 free bread to each child, aged 5-13 years old, Monday-Friday from 12pm-2pm (For more information, click [here](#)!)
- **Food:** Starting Monday, March 16, 2020, the city of Lynwood is offering supper meals for kids ages 1-18 (For more information, click [here](#)!)
- **Education:** Free access to Spectrum Broadband and Wi-Fi For 60 Days For New K-12 and College Student Households (For more information, click [here](#)!)
- **Education:** Free access to L'il Libros worksheets for kids

- (For more information, click [here!](#))
- **Education:** Starting Monday, March 16, students in Pre-K through 12th grade will have the opportunity to access free, educational PBS daytime programming designated for each grade level weekdays
(For more information, click [here!](#))
- **Food:** Free Breakfast Burritos for children ages 6-12 years old. Pick up Monday-Friday 7am-8am
 - Toast: 11119 first ave los angeles ca
 - The Benediction: 17501 Colima Road, City of Industry
 - The Dylan: 190 S. State College Blvd, Brea
- **Education:** [FB Group](#) for parents to get support with home learning

Adults (18-64)

- **Housing:** STUDENTS/ FOSTER YOUTH
 - If you are or know of a foster youth that is staying at a college dorm room that is going to be closed due to the coronavirus, please email info@togetherwerise.org and they will provide or help you find housing during this transition.
- **Food/housing:** HOMELESS/LOW-INCOME INDIVIDUALS AND FAMILY
 - St. Francis Center provides meal services, clothing closets, showers/bathroom services, and rental and utility assistance programs (over the phone) for homeless and low-income individuals in Los Angeles
(For more information, click [here!](#))

Eldery (65+)

Food

- Elderly Meal Program Map
 - <https://www.google.com/maps/d/viewer?mid=1paBMfsRqsS4r9Px4xiOGY-CfxA4-J9y2E&ll=34.029728592186366%2C-118.13568714999201&z=10>
- Gloria Molina YWCA food distribution
 - 7515 Pacific Blvd, Walnut Park, CA 90255
 - (213) 516-3575
 - Starting Wednesday march 18th
- Community and Senior Centers Senior Lunch Programs
 - https://wdacs.lacounty.gov/wp-content/uploads/2020/03/CentersUpdate_SeniorLunches_3.13.20.pdf
- FYI: Effective Monday, March 16th, LA County Department of Parks and Recreation will cancel programs and gatherings larger than 10 people.

LAUSD Family Resource Centers

The Family Resource Centers will open on Wednesday, March 18 and will be staffed weekdays from 6 a.m. to 6 p.m. with trained professionals. Children will be able to have a warm meal, engage with their peers and pursue their different studies. And they'll be safe.

40 Family Center Sites COVID-19

revised 3-13, 9 p.m.

Local District	Community of School	School Name	Location Code
Central	Jefferson	Carver MS	8094
Central	Eagle Rock-Franklin	Eagle Rock HS	8614
Central	Belmont	Liechty MS	8058
Central	Marshall-Sotomayor	Sotomayor Art/Sci Mag	8577
Central	Manual Arts-West Adams	Manual Arts SH	8743
Central	RFK	RFK UCLA Comm Sch	7780
East	Maywood/Bell/Cudahy	Bell SH	8536
East	Huntington Park/Vernon	Gage MS	8151
East	East Los Angeles	Garfield SH	8679
East	Lincoln Heights/El Sereno	Wilson SH	8618
East	Boyle Heights	Hollenbeck MS	8179
East	South Gate	South Gate SH	8871
NorthEast	Sun Valley	Byrd MS	8080
NorthEast	North Hollywood/Valley Village	East Valley SH	8607
NorthEast	Panorama City	Fulton College Prep	8142
NorthEast	San Fernando/Sylmar	San Fernando SH	8843
Northeast	Sunlad/Tujunga	Verdugo Hills SH	8914
NorthEast	Van Nuys/Valley Gen	Van Nuys SH	8893
NorthWest	Taft/Hale	Hale MS	8169
NorthWest	Reseda	Mulholland MS	8259
NorthWest	Monroe	Sepulveda MS	8363
NorthWest	Cleveland	Sutter MS	8406
NorthWest	Canoga Park/Chatsworth	Chatsworth CHS	8583
NorthWest	Kennedy/VAAS	Porter MS	8354
South	Wilmington	Banning SH	8529
South	Carson	Curtiss MS	8103
South	San Pedro	Dana MS	8104
South	Rivera	Edison MS	8113
South	Fremont	Fremont SH	8650
South	Achievement	Gompers MS	8160
South	Gardena	Peary MS	8352
South	Harbor City/Lomita	Narbonne SH	8779
West	Hollywood	Bernstein SH	8696
West	Venice	Marina Del Rey MS	8235
West	South Mid-City	Muir MS	8255
West	Hamilton	Palms MS	8340
West	West LA	University HS Charter	8886
West	H.E.E.T. (W)	Washington Prep SH	8928
West	Westchester	Wright Eng Des Mag	8493
West	LA Mid-City	Cochran MS	8245

Employment

Employment Issues

- Please visit https://www.edd.ca.gov/about_edd/coronavirus-2019.htm for BENEFITS FOR WORKERS IMPACTED BY COVID-19 and also check out the EDD's Frequently Asked Questions: https://edd.ca.gov/about_edd/coronavirus-2019/faqs.htm

Paid Family Leave

****Paid family leave** is available for those who stay home because they need to take care of someone who has contracted the virus (Covid-19) or who has been quarantined (must be certified by a medical professional). [Learn how to file a Paid Family Leave Claim HERE.](#)

Disability Benefits/Paid Sick Leave

****Disability benefits** are available for those who have actually contracted the virus themselves or who have been exposed to it and are quarantined (must be certified by a medical professional in the case of Disability Benefits). [Learn how to file a Disability Insurance Claim HERE.](#)

Unemployment Benefits

****Unemployment benefits** are available to those whose hours have been reduced or who have lost their job due to coronavirus measures (and it also applies to those who choose to stay home due to underlying health issues making them more vulnerable). The Governor has waived the 1 week wait time and the person may not be required to be actively looking for work (as is usually required). [Learn how to file an Unemployment Insurance Claim HERE.](#)

- SCHOOL CLOSURES: If your child's school is closed and you have to miss work to care for them. You might qualify for Unemployment Insurance benefits. [Learn how to file an Unemployment Insurance Claim HERE.](#)

Service Planning Areas

Categories under this heading include: **food, housing, health, transportation, and education** and are separated into [8 Service Planning Areas](#)

Service Planning Area 1: Antelope Valley (includes Acton, Agua Dulce, Gorman, Lake Hughes, Lake Los Angeles, Lancaster, Littlerock, Palmdale, Quartz Hill, and others.)

- Food
 - Grace Resource Center, Inc.
 - 45134 N. Sierra Hwy
 - Lancaster, CA. 93534
 - Phone: 661-940-5272
 - Shekinah Worship Center
 - 42640 10th Street West
 - Lancaster, CA. 93534

- Phone: 661-940-8378
- Salvation Army – Lancaster Corp
 - 44517 Sierra Highway
 - Lancaster, CA. 93534
 - Phone: 661-940-8378
- Palmdale Community Foundation-S.A.V.E.S.
 - 1012 East Avenue Q-12
 - Palmdale, CA. 93550
 - Phone: 661-267-5191
- SA-Mountain View Mobile Home Park
 - 3255 E. Avenue R
 - Palmdale, CA. 93550
 - Main Office in the Mobile Home Park
 - Phone: 661-947-4700
- Twin Lakes Community Church
 - 17213 Lake Los Angeles
 - Lake Los Angeles, CA. 93591
 - Phone: 661-264-1215

Service Planning Area 2: San Fernando Valley (includes Burbank, Calabasas, Canoga Park, Canyon Country, Encino, Glendale, LA Cañada-Flintridge, San Fernando, Sherman Oaks, Sun Valley, Van Nuys, Woodland Hills, and others.)

- Food
 - SOVA – Community Food and Resource Program
 - 16439 Vanowen Street
 - Van Nuys, CA. 91406
 - Phone: 818-988-7682
 - House of Light Church Corporation
 - 19359 Londelius Street
 - Northridge, CA. 91324
 - Phone: 818-988-2931
 - Congregational Church of Chatsworth
 - 20440 Lassen Street
 - Chatsworth, CA. 91311
 - Phone: 818-882-2474
 - Burbank – Temporary Aid Center- B-TAC
 - 1304 West Burbank Boulevard
 - Burbank, CA. 91506
 - Phone: 818-848-2822
 - Loaves & Fishes-Glendale
 - 4322 San Fernando Road
 - Glendale, CA. 91204
 - Phone: 818-409-3080

Service Planning Area 3: San Gabriel Valley (includes Alhambra, Altadena, Arcadia, Azusa, Baldwin Park, Claremont, Covina, Diamond Bar, Duarte, El Monte, Glendora, Irwindale, Monrovia, Monterey Park, Pasadena, Pomona, San Dimas, San Gabriel, San Marino, Temple City, Walnut, West Covina, and others.)

- Food

- Foothill Unity Center
 - 191 North Oak Avenue
 - Pasadena, CA. 91107
 - Phone: 626-584-7420 / FAX: 626-584-7422
- Friends In Deed Food Pantry
 - 444 East Washington Boulevard
 - Pasadena, CA. 91104
 - Pantry Phone: 626-797-6072, email- pantry@ecpac.net
 - Agency Phone: 626-797-2402, Fax: 626-797-7353
- Foothill Unity Center – Monrovia
 - 415 West Chestnut Avenue
 - Monrovia, CA. 91016
 - Phone: 626-358-3486
 - Fax: 358-8224
- El Monte and South El Monte
 - El Monte Emergency Resources – Food Bank
 - 10900 Mulhall Street
 - El Monte, CA. 91731
 - Phone: 626-444-7269
- Salvation Army Food Bank – Pomona
 - 490 East LaVerne Avenue
 - Pomona, CA. 91767
 - Phone: 909- 623-1579 x201

Service Planning Area 4: Metro (includes Boyle Heights, Central City, Downtown LA, Echo Park, El Sereno, Hollywood, Mid-City Wilshire, Monterey Hills, Mount Washington, Silverlake, West Hollywood, and Westlake.)

- Food/housing
 - St. Francis Center
 - 1835 South Hope Street, Los Angeles CA 90015
 - Phone: 213-747-5347
 - Services: breakfast service, case management, clothing closet, showers/bathroom services, pantry services, rental and utility assistant program (over the phone)
- Food
 - Wilshire Boulevard Temple
 - 3663 Wilshire Boulevard, Los Angeles, CA. 90005
 - Phone: 213-388-2401
 - Silver Lake Community Church
 - 2930 Hyperion Avenue., Los Angeles, CA. 90010
 - Phone: 323-663-3151
 - Our Lady Queen of Angels Catholic Church
 - 535 North Main Street, (cross street- Cesar Chavez)., Los Angeles, CA. 90012
 - Phone: 213-629-3101
 - Sova- Community Food and Resource Program
 - 1140 North La Brea Avenue, West Hollywood, CA. 90038
 - Phone: 818-988-7682
 - Food Net- Centro Maravilla
 - 4716 East Cesar Chavez Avenue, Los Angeles, CA. 90022

- Phone: 323-260-2805
- Sova – Community Food and Resource Program
 - 8846 West Pico Boulevard, Los Angeles, CA. 90035
 - Phone: 818-988-7682

Service Planning Area 5: West (includes Beverly Hills, Brentwood, Culver City, Malibu, Pacific Palisades, Playa del Rey, Santa Monica, and Venice.)

- Food
 - St. Augustine's SAVES- Saint Augustine's Volunteer
 - Emergency Services
 - 3820 Jasmine Avenue, Culver City, CA. 90232
 - Phone: 310-838-2702
 - St. Anne's Church and Social Services
 - 2013 Colorado Avenue, Santa Monica, CA. 90232
 - Phone: 310-829-4411
 - WSFB – St. Joseph's Center
 - 2034 Hampton Drive, Venice, CA. 90291
 - Phone: 310-396-6468

Service Planning Area 6: South (includes Athens, Compton, Crenshaw, Florence, Hyde Park, Lynwood, Paramount, and Watts.)

- Food
 - Food Net - East Rancho Dominguez
 - 4513 East Compton Boulevard, Compton, CA. 90221
 - Phone: 310-603-7401
 - Shields for Families-Social Service Agency–Food Bank
 - 11705 Deputy Yamamoto Place, Lynwood, CA. 90262
 - Phone: 323-242-5000
 - Paramount Care Foundation
 - 8303 Alondra Boulevard, Paramount, CA. 90723
 - Phone: 562-272-7647
 - LYNWOOD UNIFIED SCHOOL DISTRICT
 - Lynwood High School
 - 4050 E Imperial Hwy, Lynwood, CA 90262
 - In the back of the campus, off of Harris St. Drive up/walk up
 - Firebaugh High School
 - 5246 Martin Luther King Jr. Blvd, Lynwood, CA 90262
 - Front parking lot drive up/walk up
 - Cesar Chavez Middle School
 - 3898 Abbott Rd, Lynwood, CA 90262
 - Front parking lot drive up/walk up
 - Rosa Parks Elementary
 - 3900 Agnes Ave, Lynwood, CA 90262
 - Parking lot drive up/walk up
 - Helen Keller Elementary
 - 3521 Palm Ave, Lynwood, CA 90262
 - Student drop off area drive up/walk up

Service Planning Area 7: East (includes Artesia, Bell, Bellflower, Bell Gardens, Cerritos, City of Commerce, City Terrace, Cudahy, Downey, East Los Angeles, Hawaiian Gardens, Huntington Park, La Habra Heights, Lakewood, La Mirada, Los Nietos, Maywood, Montebello,

Norwalk, Pico Rivera, Santa Fe Springs, Signal Hill, South Gate, Vernon, Walnut Park, Whittier, and others.)

- Food
 - Food Pantry – LAX
 - 355 East Beach Street , Between – LaBrea and Centinela Streets.
 - South Gate, CA. 90280
 - Phone: 310-677-5597
 - Hawaiian Gardens Food Bank
 - 21411 Norwalk Boulevard
 - Hawaiian Gardens, CA. 90716
 - Phone: 562- 860-9097
 - Southeast Churches Service Center
 - 2780 East Gage Avenue
 - Huntington Park, CA. 90255
 - Phone: 323-585-8254
 - St Mary's Place
 - 7215 Newlin Avenue
 - Whittier, CA. 90602
 - Phone: 562-698-0107
- Family Resource Centers *beginning March 18*
 - Bell High School
 - 4328 Bell Ave, Bell CA 90201
 - 6 a.m - 6 p.m
 - South Gate High School
 - 3351 Firestone Blvd, South Gate CA 90280
 - 6 a.m - 6 p.m
 - Other locations:
 - Garfield HS, Southgate MS, El Sereno, Roosevelt HS, and Lincoln HS

Service Planning Area 8: South Bay (includes Athens, Avalon, Carson, Catalina Island, El Segundo, Gardena, Harbor City, Hawthorne, Inglewood, Lawndale, Lennox, Long Beach*, Hermosa Beach, Manhattan Beach, Palos Verdes Estates, Rancho Dominguez, Rancho Palos Verdes, Redondo Beach, Rolling Hills, Rolling Hills Estates, San Pedro, Wilmington, and others.)

** City of Long Beach has its own Health Department*

- Food
 - WSFB –Salvation Army
 - 324 E. Queen Street
 - Inglewood, CA. 90301
 - Phone: 310-677-3375
 - Helping In Services, Inc.
 - 1535 Gundry Avenue
 - Long Beach, CA. 90813
 - Phone: 562-591-8778
 - St Margaret's Center
 - 10217 Inglewood Avenue
 - Lennox, CA. 90304
 - Phone: 310-672-2208

Services

Categories under this heading include: **food, housing, utilities, health, transportation, and education**

Utilities

- Southern California Energy Responds to COVID-19 Emergency, Suspends Service Disconnections
 - <https://www.businesswire.com/news/home/20200313005559/en/SCE-Responds-COVID-19-Emergency-Suspends-Service-Disconnections>
- Southern California Gas will not disconnect services to customers who can't pay bills amid coronavirus outbreak
 - <https://www.google.com/amp/s/ktla.com/news/local-news/socalgas-will-not-disconnect-services-to-customers-who-cant-pay-bills-amid-coronavirus-outbreak/amp/>
- SPECTRUM Internet- offering 60 days of free wifi for low income families.
 - <https://www.google.com/amp/s/amp.fdlreporter.com/amp/5042351002>
- Verizon will help customers and small businesses disrupted by impact of coronavirus
 - <https://www.verizon.com/about/news/verizon-help-customers-and-small-businesses>
- Charter COMCAST - Free Internet Service for Households with Children - to enroll: 844.488.8395
- Los Angeles Department of Water & Power still offering payment plan and suspending utility shut off for March (for now)
 - <https://www.ladwpnews.com/a-message-from-ladwp-regarding-power-water-service-during-coronavirus-covid-19-pandemic/?fbclid=IwAR2WQSOvsnvwy7Ho6hkEvoRIHF3VJLvJHmruG1w6mKBZIQtqiV5AJxHdjo4>

WIC Services

- WIC clinics under South Los Angeles Health Projects will remain open to the community. We will be remotely issuing participants food benefits onto their WIC cards to avoid families from going out given our COVID-19 pandemic. For those families that have not yet gotten the new WIC card and wish to locate the nearest WIC clinic to them please call or visit the following website for further guidance and assistance:
 - <http://www.slahp.org/wic-centers-by-city/>
 - **323-905-7810**

Mental Health

- Los Angeles County Department of Mental Health
 - Access Center 24/7 Helpline
 - (800) 854-7771
 - (562) 651-2549 TDD/TTY
 - <https://dmh.lacounty.gov>

Other Resources

- [Mutual Aid and Advocacy Resources Google Doc](#)
- [Mutual Aid Application \(Volunteers\)](#)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and 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.

Wear a facemask

You should wear a facemask 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 are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate. When working with your local health department check their available hours.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



Share Facts About COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT
1

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT
2

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age with underlying health conditions, such as diabetes, lung disease, or heart disease, are at greater risk of severe illness from COVID-19.

FACT
3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT
4

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT
5

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
 - Cough
 - Shortness of breath
- Seek medical advice if you
- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

