

COVID-19 (Novel Coronavirus) Resources and Relief in Sacramento County

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For latest version, follow www.sacramentocovered.org/covid19

TRANSMISSION/CONTAGION



Between people in close contact



Air transmission when an infected person coughs/sneezes



Touching contaminated objects or surfaces, then own mouth, nose or eyes



Fecal-oral: touching infected stool and then own mouth, nose or eyes

PREVENTION



Wash your hands with soap and water. Use alcohol-based hand sanitizer when soap and water are not available.



Wear a mask when around others and in public and community settings.



Avoid touching your eyes, nose and mouth.



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



Disinfect frequently touched objects and surfaces

PREVENTION



Avoid crowds. Keep a 6 ft. distance between yourself and others.



Stay home. Remain in tents/sleeping areas. Keep tents 12 ft. apart.



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

IF YOU ARE SICK



Call your doctor and stay home/in your tent and sleeping area.



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



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



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



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



COVID-19

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

SYMPTOMS



Cough



Shortness Of Breath



Fever

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.

HEALTH RESOURCES

Sacramento County Department Of Health Services

- Leading health agency for COVID-19 in the Sacramento area

www.saccounty.net/COVID-19/Pages/default.aspx

211 Sacramento

- General information for COVID-19 and resources in the Sacramento area
- Call 2-1-1 or (916) 498-1000

www.211sacramento.org

Sacramento Covered

- Connect to health coverage, a doctor or dentist, and other community resources
- (916) 414-8333

FOOD RESOURCES

Sacramento Covered

- Help with CalFresh enrollment and connecting to food resources
- (916) 414-8333

Salvation Army Sacramento: Drive-thru Pickup

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

Sacramento Food Bank And Family Services

- (916) 456-1980

www.sacramentofoodbank.org/find-food

FOOD RESOURCES

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.
 - Elmo Slider Clubhouse: 7815 35th Ave, Noon to 1 p.m.

Sacramento SPCA Paw Pantry: Drive-thru Pet Food

- 6201 Florin Perkins Road, Tues & Fri, 11am - 1pm

SCHOOL MEALS

Sacramento Unified School District

- (916) 643-7400
- <https://bit.ly/scusd-meals>

Elk Grove Unified School District

- (916) 686-5085
- <https://bit.ly/egusd-meals>

Twin Rivers Unified School District

- (916) 566-1600 ext. 36276
- <https://bit.ly/trusd-meals2>

Natomas Unified School District

- (916) 567-5472
- <https://bit.ly/nusd-meals2>

Robla Unified School District

- (916) 649-5248
- <https://bit.ly/rusd-meals>

RENTERS 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

HAND WASHING STATIONS

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

UNEMPLOYMENT

Sacramento Central Labor Council

- Help with navigating the unemployment process
 - 916-905-1625
- 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
- www.labor.ca.gov/coronavirus2019/

Department Of The Treasury Internal Revenue Service (Irs)

- Tax relief information.
- 800-829-1040, www.irs.gov/coronavirus

UTILITIES

SMUD

- 888-742-7638 for payment arrangements

PG&E

- For outages, call 800-743-5000

LEGAL RESOURCES

Legal Services Of Northern California

- Legal aid for affordable housing, public benefits, health, education, & civil rights.
- (916) 551-2150