

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

Last updated: April 30, 2020

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



COVID-19

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

SYMPTOMS



Cough



Shortness Of Breath



Fever

Chills
Repeated shaking w/chills
Muscle pain
Headache
Sore throat
New loss of taste/smell

You can also have no symptoms and still carry and transmit the virus to others.

TRANSMISSION/CONTAGION



Between people in close contact.



Air transmission when an infected person coughs/sneezes.



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



Fecal-oral: touching infected stool and then your 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.

IF YOU ARE SICK



Call your doctor and stay home.



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



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.

HEALTH RESOURCES

Sacramento County Department Of Health Services

- Leading health agency for COVID-19 in the Sacramento area
- 916-498-1000

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 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

UNEMPLOYMENT

Sacramento Central Labor Council

- Help with navigating unemployment
- 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

City of Sacramento Small Business hotline

- Help with finding business assistance
- (916) 808-7196

Paycheck Protection Program loan

- Help to keep your workforce employed
- <https://bit.ly/ppp-sba>

Pandemic Unemployment Assistance

- Unemployment benefits for self-employed
- <https://bit.ly/pua-edd>

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