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**
- Avoid crowds. Keep a 6 ft. distance between yourself and others.
- Stay home.
- 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.

**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.asp](http://www.saccounty.net/COVID-19/Pages/default.asp)

**211 Sacramento**
- General information for COVID-19 and resources in the Sacramento area
  - Call 2-1-1 or (916) 498-1000
  - [www.211sacramento.org](http://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](http://www.sacramentofoodbank.org/find-food)

# SCHOOL MEALS

**Sacramento Unified School District**
- (916) 643-7400

**Elk Grove Unified School District**
- (916) 686-5085

**Twin Rivers Unified School District**
- (916) 566-1600 ext. 36276

**Natomas Unified School District**
- (916) 567-5472

**Robla School District**
- (916) 649-5248

# RENTERS RESOURCES

**City Of Sacramento Tenant Protection Program**
  - (916) 808-8121

# 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

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# RENTERS RESOURCES

**City Of Sacramento Tenant Protection Program**
- (916) 905-1625, [www.sacramentolabor.org](http://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

**City of Sacramento Small Business hotline**
- Help with finding business assistance
  - (916) 808-7196

**Paycheck Protection Program loan**
- Help to keep your workforce employed

**Pandemic Unemployment Assistance**
- Unemployment benefits for self-employed

# UNEMPLOYMENT

**SMUD**
- 888-742-7638 for payment arrangements

**PG&E**
- For outages, call 800-743-5000

# UTILITIES

**Department Of The Treasury Internal Revenue Service (irs)**
- Tax relief information.

**City Of Sacramento Tenant Protection Program**
  - (916) 808-8121

**Sacramento Central Labor Council**
- Help with navigating unemployment
  - (916) 905-1625, [www.sacramentolabor.org](http://www.sacramentolabor.org)

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