

What you need to know about COVID-19

01/10/2021

To Prevent COVID



Wear a facemask



Stay 6 feet apart



Stay at home when sick



Avoid large gatherings



Travel only if needed

Symptoms of COVID-19



Cough



Headache



Fever



Sore throat



Muscle pain

Additional symptoms:

- Chills
- Runny nose
- Nausea
- Vomiting
- Diarrhea



Shortness of breath or difficulty breathing



New loss of smell or taste

Symptoms can range from mild to severe illness and appear 2 to 14 days after you are exposed to the virus that caused COVID-19.

SEEK IMMEDIATE MEDICAL ATTENTION IF YOU HAVE:

- Persistent pain or pressure in the chest
- New confusion
- Inability to wake up or stay awake
- Bluish lips or face
- Difficulty/trouble breathing

What to do if you have the virus or been exposed to COVID-19

For Cases– People diagnosed with COVID-19

- Stay at home for 10 days after you start feeling sick, or for 10 days after your positive test if you don't feel sick
- Treat yourself with over-the-counter remedies to reduce your symptoms, drink plenty of fluids and get plenty of rest
- Stay away from the rest of your household members and do not go out in public – including going to the grocery store, gas stations or other public areas
- Do not get retested – your test may remain positive for some time, but most people cannot infect others after 10 days

If you live with others, stay in a specific “sick room” or area away from other people or animals, including pets. Use a mask if you need to go out of your room and clean any shared spaces between uses. Use a separate bathroom if available.

For Contacts; People who have been around someone with COVID-19

- Stay at home for at least 10 days after your last contact with the sick person
- Do not go out in public – including going to the grocery store, gas stations or other public areas
- Watch for symptoms and get tested right away if you have any symptoms
- Even if you don't develop symptoms, get tested at least 8-9 days after your last contact with the sick person to make sure you are not infected



NEED HELP? CONTACT US!

01/10/2021

FOOD SERVICES: LOCAL AND STATE SPONSORED

Sonoma County:

- Food for Thought - 707-887-1647
- Pandemic EBT - 877-328-9677
- Redwood Empire Food Bank - 707-523-7903
- Catholic Charities - 707-528-8712
- Living Room - 707-579-0138
- Ceres Community Project - 707-829-5833, ext. 201
- Santa Rosa City Schools - 707-890-3807

60 + Food Services

- Council on Aging - 707-525-0143
- Petaluma People Service Center - 707-765-8488
- Coastal Senior Meals to Go - 707-882-2137 or 707-882-2237

West Sonoma County

- River Coast Children's Services - 707-869-3613

North Sonoma County

- Corazon Healdsburg - 707-395-0938
- Windsor Service Alliance Food Pantry - 707-838-6947

Sonoma Valley

- Friends in Sonoma Helping - 707-996-0111
- La Luz Center - 707-938-5131
- Food For All- Available via email or Facebook only
 - svcomidaparatodos@gmail.com
 - facebook.com/FoodForAllComidaParaTodos

Santa Rosa

- Via Esperanza - 707-481-1781

Federal

- CalFresh - 1-877-847-3663
- WIC (Women, Infant, Children) - 707-565-6590

FINANCIAL ASSISTANCE (*Resources are limited, call for more information*)

Re-Housing & Eviction Protections

- Nations Finest - 707-578-8387
- Sonoma County Tenant Union - 707-387-1968
- Sonoma County COVID-19 Eviction Defense Ordinance - 707-528-9941

Utility Support

- Salvation Army - 707-542-0981
- Northern Coast Energy Services - 707-495-4417
- Reach for Homes - 707-433-6161

Additional Assistance

- Unemployment - 1-800-300-5616
- Paid Family Leave Claim - 1-877-238-4373
- CURA Project - 707-309-8972
- Call 211

ADDITIONAL SUPPORT

Infant and Child Care Supplies and Services

- 4C's Child Care - 707-544-3077 x. 132
- Child Parent Institute - 707-585-6108
- Better Beginnings - 707-902-3031

Mental Health Services

- Sonoma County Secure Families Collaborative - 707-819-2272
- Mental Health Support - 707-565-6900
- Sonoma County Warm Line - 707-565-2652

Crisis Hotline

- Suicide Prevention - 855-587-6373
- Domestic Violence Crisis Hotline - 707-546-1234

Housing support for Isolation and Quarantine

- Alternative care site - 707-791-0059

Recovery Services

- Alcoholics Anonymous - 707-544-1300
- Narcotics Anonymous - 818-773-9999 x771
- Al-Anon - 1-888-425-2666
- Life Ring (non-religious based recovery) - 1-800-811-4142

Counseling

- Family Justice Center - 707-565-8255
- Men Evolving Non-Violently (M.E.N.) - 707-528-2636

Legal Aid

- Legal Aid of Sonoma County - 707-872-7076 (has Disaster Relief Team helping people with employment-related issues affected by COVID-19)
- Sonoma Immigrant Services - 707-996-6669
- California Rural Legal Assistance - 1-800-357-9513

Community Medical Clinics (* May include dental services)

- *Santa Rosa Community Health Center - 707-358-6809
- *Sonoma County Indian Health Project, Inc.- 707-521-4500
- *Russian River Health Center - 707-869-2849
- *Petaluma Health Center - 707-559-7500
- *Alliance Medical Center - 707-433-5494
- *Alexander Valley Healthcare - 707-894-4229
- *Sonoma Valley Community Health Center - 707-939-6070
- Jewish Community Free Clinic - 707-585-7780
- *Gravenstein Community Health Center - 707-823-3166
- *Occidental Area Health Center- 707-874-2444
- *St. Joseph Mobile Health Clinics - 707-547-4612