**COVID-19 Help Sheet**

**Staying Safe**

There is currently no vaccine for COVID-19. The best way to stay healthy is to take preventative measures to avoid exposure to the virus, which is typically spread through Human-to-Human contact. How to protect yourself and your community:

- Wash your hands regularly with soap and water
- Disinfect commonly touched surfaces
- Avoid touching your face, mouth, nose, and eyes
- Avoid close contact with sick individuals
- Stay away from public areas, work, and school *especially if you develop symptoms*

For more information: [CDC Website](https://www.cdc.gov)

**Symptoms and Healthcare**

![Symptoms](image)

If you develop *emergency warning signs* for COVID-19 get *medical attention immediately*. Emergency warning signs include*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.*

No Health Insurance and need treatment for COVID-19?

- [Find your nearest Health Center](https://www.hhs.gov) and ask if testing can be waived.
- See if you are eligible for [Medi-Cal](https://www.medicalassistance.ca.gov)
- See if you are eligible for [Covered California](https://www.coveredca.com)

More information:

- [Get Tested for COVID-19](https://www.cdc.gov)
- [CDC Website](https://www.cdc.gov)
- [CDPH Website](https://www.cdph.ca.gov)

**Available Resources**

- [OneDegree Reference Sheet](#)
- [COVID-19 FAQs](#)
- [211 Website](#)
- [Bay Area and COVID-19](#)