

# 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](#)

## Symptoms and Healthcare



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](#) and ask if testing can be waived.
- See if you are eligible for [Medi-Cal](#)
- See if you are eligible for [Covered California](#)

More information:

[Get Tested for COVID- 19](#)

[CDC Website](#)

[CDPH Website](#)

## Available Resources

[OneDegree Reference Sheet](#)

[COVID-19 FAQs](#)

[211 Website](#)

[Bay Area and COVID-19](#)