

April 2020

Staying Well and Staying Informed during the COVID-19 Pandemic

Resources to stay informed:

California Department of Public Health - COVID-19

Website: [cdph.ca.gov/covid19](https://www.cdph.ca.gov/covid19)

COVID 19 Information Line:

For General Public Information:

(916) 558-1784

COVID 19 Information Line:

1-833-544-2374

What should you do if you think you're sick?

Call ahead: If you are experiencing symptoms of COVID-19 and may have had contact with a person with COVID-19, or recently traveled to countries with apparent community spread, call your health care provider before seeking medical care so that appropriate precautions can be taken.

[Necesito Hacerme La Prueba Del Covid-19? \(PNG\)](#)



What if I don't have health insurance and I need screening or treatment for COVID-19?

- Check with your local [community health center](#) or hospital to see if fees for testing can be waived
- See if you're eligible for [Medi-Cal](#)
- See if you're eligible for [Covered California](#)

<https://www.sandiegocounty.gov>

Relevant and Informative Resources

- County of San Diego: [Coronavirus Disease 2019 \(COVID-19\) Website](#)
- CDC: [Mental Health & Coping During COVID-19](#)
- CDC: [Stigma and Resilience During COVID-19](#)
- CDC: [Helping Children Cope with Emergencies](#)
- SAMHSA: [Taking Care of Your Behavioral Health: Social Distancing](#)
- California Department of Public Health: [Guidance Documents](#)
- Administration for Community Living: [Adults with Disabilities and Seniors](#) (also available in [Spanish](#))
- [CDC.gov](#)

Online and Phone Supports

[Access & Crisis Line](#): If you need support or are actively seeking services, please call the ACL at 1 (888) 724-7240, and an experienced counselor will provide you with a referral to meet your needs and help determine eligibility.

- [2-1-1 San Diego](#): Dial 2-1-1, or visit www.211sandiego.org, for access to community, health, social, and disaster services. The call is free, confidential, and available in more than 200 languages with access to 6,000+ services, resources and programs through our online database.
- [SAMHSA's Disaster Distress Line](#): Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor
- [Teen Line](#): Phone lines will temporarily be closed starting Friday March 13th, text lines and email will remain open. Text "TEEN" to 839863 between 6:00pm-9:00pm PST to receive person teen-to-teen education and support.
- [The Peer-Run Warm Line](#): Call 1-855-845-7415 for peer-run non-emergency emotional support.

Local and health authorities on Twitter

Twitter Results



CDC
@CDCgov



Most people who get #COVID19 will get better at home. If you are caring for someone who is sick: Have the person stay in a separate room and use a separate bathroom (if possible). • Check how they are feeling but limit face-to-face contact. More tips: bit.ly/3a5uKZo.

Twitter · 1 hour ago



Office of the Governor of California
@CAgovernor



CA is fighting to protect those who are protecting us. Starting tomorrow, CA will provide frontline health care workers with hotel rooms at no-or low-cost & free flights for CA's Health Corps. #StayHomeSaveLives

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