

COVID-19

What you need to know

WHAT IS COVID-19?

Why is the coronavirus or COVID-19 a big deal?

- Coronavirus virus is a big deal because there is currently no treatment or vaccine. This means that all of us are at-risk of getting it and spreading it.
- The virus is highly contagious and can lead to severe respiratory problems and even death.
- Scientists say the true number of cases is probably far above the official tally. What we know, right now, is California has 1,001 confirmed cases and 19 deaths - as of 3/19/20.
- The only way to stop the virus from rapidly spreading is through social distancing.

Can I get COVID-19? How do you get COVID-19?

- Yes, absolutely!
- The virus is spread like the flu — person to person. If someone has COVID-19 coughs, sneezes or talks, they may spread the droplets containing the virus a short distance, which quickly settles on surfaces. You may get infected by touching those surfaces or objects and then touching your mouth, nose or eyes.

How do I know if I have COVID-19?

- The only way to determine if you have COVID-19 is with a special medical test. It is important to note, there are currently not enough tests which is why social distancing is so important.
- You can be infected and have no symptoms.
- Common symptoms include low-grade fever, body aches, coughing, nasal congestion, runny nose, and sore throat
- In severe cases, patients have pneumonia in both lungs, multi-organ failure and, in some case's, death.

What if I'm sick and think I have COVID-19?

- Don't panic; it is cold and flu season.
- Monitor your symptoms and isolate from others.
- Contact your doctor if you have symptoms: low-grade fever, body aches, coughing, nasal congestion, runny nose, and sore throat.
- Make sure you drink plenty of fluids and rest.
- Take over-the-counter medication to ease your symptoms.
- If you get worse and think you need to go see your doctor, contact them before you leave, so they can prepare for your arrival.

HOW DO I PROTECT MYSELF AND OTHERS?

How do I protect myself and others?

- Stay home. Practice social distancing.
- Wash your hands with soap and water for at least 20 seconds; if that's not available, clean with hand sanitizer that has at least 60% alcohol.
- Avoid touching your eyes, nose, mouth.
- Avoid contact with people who are sick.
- If you cough or sneeze, cover your mouth and/or nose with a tissue; immediately throw tissues in garbage.

Do I need to wear a mask outside?

- Wearing a mask does not prevent the spread of COVID-19. The Center for Disease Control says you should only wear a mask if you are infected.

What about dating?

- For now, avoid in-person dates. Use dating apps to connect, or WhatsApp or Instagram to have virtual dates until it is safe to socialize in-person again.

Can I see my girlfriend or boyfriend?

- If you don't live in the same place, it is best to stay home and use WhatsApp or Instagram.

WHAT'S HAPPENING NOW IN CALIFORNIA?

What is Social Distancing? And why is it important to stay home?

- **Social distancing** suggests that you avoid gatherings of people who do not live with you (social visits, restaurants, church, etc.) and remain at least six feet away from others.
- Staying home helps slow down the spread of the coronavirus. Many people could be severely affected by or die from COVID-19, especially people over the age of 65.

What is the "SAFER AT HOME ORDER"?

- It is **NOT** a lockdown. However, all non-essential businesses (shopping malls, retail stores, etc.) are closed and everyone is encouraged to stay at home.

What CAN I do?

- Go to the grocery store and order food delivery
- Get medication and supplies
- Call a plumber, electrician, or exterminator
- Go to the gas station or auto repair
- Ride public transit, walk, bike, and drive
- Always practice social distancing and wash hands.

What CAN'T I do?

- Host a gathering larger than 10 people
- Hoard supplies or overbuy
- Go to restaurants, bars, or clubs (except for to go orders)
- Go to the gym, theater, arcade, music venue, playground, mall or other non-essential retail store
- Put older people or those with health issues at risk

What is quarantine? Why is it happening?

- This is when under state or federal law individuals or groups are asked to stay inside and limit nonessential personal contact and travel. It is happening to slow the spread of the virus, and limit the number of people who will require medical attention to make sure hospitals are not overwhelmed.

How do I look after my mental health?

- Exercise
- Movies, reading, video games, coloring or other indoor hobbies
- Try to eat healthy meals and drink water
- Open your windows to let in fresh air and natural sunlight
- If you go on a walk, stay six feet apart from other people
- Connect to friends via WhatsApp or Instagram to have a meal
- Limit your media intake or social media intake - research shows they both cause anxiety

STAY INFORMED

During times of uncertainty, it is important to stay informed and critically engage with media sources and public officials.

County of Los Angeles Department of Public Health Coronavirus Portal

LA Times - California Coronavirus Tracking Outbreak

CDC - Centers for Disease Control and Prevention --Coronavirus (COVID-19)

Other Resources

Youth Law Center - Making an Emergency Plan with Transition Age Youth in Foster Care

Alliance for Children's Rights Resource Directory