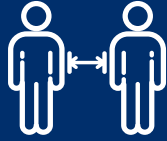


What you need to know about COVID-19

To prevent COVID-19



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



Shortness of breath or difficulty breathing



New loss of smell or taste

Additional symptoms:

- Chills
- Runny nose
- Nausea
- Vomiting
- Diarrhea

When do symptoms appear?

- Symptoms can range from mild to severe illness and appear two to 14 days after you are exposed to the virus that causes 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 have been exposed to COVID-19

For CASES (people who have been diagnosed with COVID-19)

If you are vaccinated or unvaccinated:

- Stay at home for at least 10 days after you start feeling sick, symptoms are improving, and you are fever free for 24 hours without fever-reducing medications (or 10 days after your positive test if you never felt sick; Day 1 is the day after symptoms start or day after test date if no symptoms).
- 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.

For CONTACTS (people who have been within 6 feet of someone diagnosed with COVID-19 for a total of 15 minutes or more over 24 hours)

If you are Unvaccinated or Partially Vaccinated:

- Stay at home for at least 10 days after your last contact with the sick person and monitor for symptoms for 14 days.
- Do not go out in public— including going to the grocery store, gas stations or other public areas.
- If you have symptoms, get tested right away.
- If you don't have symptoms, you may end your quarantine after 7 days IF you receive a negative PCR test on Day 5 or later.

If you are fully vaccinated (more than 2 weeks after your final vaccine dose).

- If you develop symptoms, get tested right away and stay home until your test results.
- If you don't have symptoms then you are not required to stay home but should get tested 5-7 days after last contact, wear a mask indoors and monitor for symptoms for 14 days.

If you live with others, stay in a specific "sick room" or area and 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.

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Food Services

Sonoma County:

- Food for Thought - (707) 887-1647, ext. 118
- 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

For seniors 60+

- Council on Aging - (707) 525-0143, ext. 115
- Petaluma People Services 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

*Resources are subject to change, for the latest information: socoemergency.org/emergency/novel-coronavirus/resources-for-you/food-and-meals

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
 - svcomidaparatos@gmail.com
 - facebook.com/FoodForAllComidaParaTodos

Santa Rosa

- Via Esperanza - (707) 481-1781

Federal

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

Financial Assistance

Re-Housing and eviction protections

- Nations Finest - (707) 578-8387
- Sonoma County Tenant Union - (707) 387-1968
- Sonoma County COVID-19 Eviction Defense Ordinance - (707) 528-9941
- Reach for Home - (707) 433-6161

Utility support

- Salvation Army - (707) 542-0981
- Northern Coast Energy Services - (707) 495-4417

Additional assistance

- Unemployment - (800) 300-5616
- Paid Family Leave Claim - (877) 238-4373
- CURA Project - (707) 309-8972
- 2-1-1- 211 or (800) 325-9604

Sonoma County Emergency Rental Assistance Program (ERAP)

- North Bay Organizing Project/UndocuFund - (707) 520-4755
- Petaluma People Services Center - (707) 765-8488
- Reach for Home - (707) 433-6161
- La Luz - (707) 938-5131
- Catholic Charities - (707) 528-8712
- West County Community Services/River to Coast Children's Services - (707) 837-3037
- Community Action Partnership Sonoma County - (707) 544-6911
- Child Parent Institute - (707) 341-2877
- Face to Face/Sonoma County AIDS Network - (707) 544-1581
- Russian River Alliance - (707) 520-0032

Resources are limited, call for more information

Additional Support

- The National Disaster Distress Helpline - (800) 985-5990 , or text "TalkWithUs" to 66746

Infant and childcare supplies and services

- 4C's Child Care - (707) 544-3077 x. 131
- Child Parent Institute - (707) 585-6108
- Better Beginnings - (707) 902-3031

Mental health services

- Sonoma County Behavioral Health Team - (707) 565-6900
- CalHOPE Warmline - (855) 845-7415

Crisis hotline

- North Bay Suicide Prevention Hotline - (855) 587-6373
- YWCA Domestic Violence Crisis Hotline - (707) 546-1234

Housing support for isolation and quarantine

- Alternative Care Site (ACS) - (707) 791-0059

Counseling

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

For seniors 60+

- Sonoma County Support Services for Ages 60+ - (707) 565-4636

Recovery services

- Alcoholics Anonymous - (707) 544-1300
- Narcotics Anonymous - (707) 324-4062
- Al-Anon - (888) 425-2666
- Life Ring (non-religious based recovery) - (800) 811-4142

Legal aid

- Legal Aid of Sonoma County - (707) 542-1290
 - Legal Aid Disaster Relief Team, helping those affected by COVID-19 - (559) 429-6974
- California Rural Legal Assistance - (800) 357-9513

Immigration services

- Sonoma Immigrant Services - (707) 996-6669
- Sonoma County Secure Families Collaborative - (707) 856-4988

Community medical clinics

- *Santa Rosa Community Health Center - (707) 303-3600
- *Sonoma County Indian Health Project (707) 521-4545
- *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

*May include dental services



**VISIT [SOCOEMERGENCY.ORG](https://socoemergency.org)
OR CALL (707) 565-4667
FOR MORE INFORMATION**

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