

WHAT YOU NEED TO KNOW ABOUT COVID-19

TO PREVENT COVID-19

Masking is strongly recommended
regardless of vaccination status



Get Vaccinated
and stay up to date
on your COVID-19 vaccines



Everyone must mask in public transit,
health care and congregate settings



Get tested
to prevent the spread

SYMPTOMS OF COVID-19



Shortness of breath
or difficulty breathing



Fever



Headache



Cough



Muscle pain



Sore
throat



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 or an inability to wake up or stay awake
- Bluish lips or face or 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)

For all (vaccinated, unvaccinated, boosted, non-boosted):

- **Stay home** for at least 5 days.
- Isolation can end on Day 5 (or later) if you:
 - Receive a negative result (antigen preferred); AND
 - Have not had a fever for 24 hours without taking fever-reducing medication; AND
 - Have improving symptoms or no symptoms.
- If you do not test and symptoms are not present or are resolving, isolation can end after day 10.
- If fever is present, isolation should be continued until fever resolves.
- If symptoms, other than fever, are not resolving, continue to isolate until symptoms are resolving or until after day 10.
- Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings.
- 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.

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 fully vaccinated AND boosted OR fully vaccinated but not yet booster-eligible:

- You do not need to stay home unless symptoms develop.
- Test on day 5.
- Wear a well-fitting mask around others for 10 days, especially in indoor settings .
- If you test positive, follow instructions for CASES.
- If symptoms develop, test and stay home.

If you are not fully vaccinated OR fully vaccinated but have not yet received your booster, if eligible:

- Stay home for at least 5 days, after your last contact with a person who has COVID-19.
- Test on day 5.
- Quarantine can end after day 5 if symptoms are not present and a diagnostic specimen collected on day 5 or later tests negative.
- If unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10.
- Wear a well-fitting mask around others for at least 10 days, especially in indoor settings.
- If you test positive, follow instructions for CASES.
- If symptoms develop, test and stay home.

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
- Ceres Community Project - (707) 829-5833, ext. 201

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 ASSISTANCES

Re-Housing and eviction protections

- Nations Finest - (707) 578-8387
- Sonoma County Tenant Union - (707) 387-1968
- Sonoma County COVID-19 Eviction Defense - (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

Home Owner Assistance Fund

- CaMortgageRelief.org or CRLA (707) 528-9941 or (800) 337-0690

Sonoma County Emergency Rental Assistance Program (ERAP)

As of Feb. 11, there is a pause on new applications. To check the status of a current application, contact the nonprofit assigned to your case and have your case number ready.

- 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

COVID-19 Paid Sick Leave

Provides covered employees up to 80 hours of COVID-19 related paid leave. For information:

- Visit <https://dir.ca.gov/dlse/COVID19resources>
- For assistance, call CRLA at (707) 528-9941

ADDITIONAL SUPPORT

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

Crisis hotline

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

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 - (707) 528-9941

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
or call (707) 565-4667
for more information