



# Coronavirus (COVID-19) Information



**STAY INFORMED. STAY PREPARED. STAY ENGAGED.**

*WE'RE IN THIS TOGETHER*

**STAY INFORMED.** On March 16th, Contra Costa County, along with the State of California, issued a “shelter in place” order for residents to help prevent the spread of the COVID-19 virus. Public gatherings of ANY number are not allowed. We can reduce the spread of the virus and save lives by practicing social distancing and staying at home. Residents should only engage in essential activities outlined by the order, such as grocery shopping, medical care, banking, and exercise.

## STAY PREPARED.

What can I do?



Stay home unless you need to engage in essential activities.



Maintain physical distance. Keep at least 6 feet of space between you and others.



Do not gather with others in person. Bars, gyms, theaters, and nightclubs are closed.



Wash your hands! Always cover your mouth when coughing or sneezing. Disinfect high traffic areas such as door handles.



Keep enough medicine and food for two weeks, but avoid panic buying. It prevents seniors and others from getting what they need.



If you feel sick, please call your doctor or nurse hotline.

## STAY ENGAGED.

How can I help?

Social distancing doesn't mean the end of community. It means changing our patterns to help keep people safe.



Use technology like phones, texts and video conferencing to stay in touch with your neighbors and family.



Check on seniors and the disabled on the phone/ through the door to see what their needs are.



Get in touch with your CERT emergency preparedness team at [cert@ci.richmond.ca.us](mailto:cert@ci.richmond.ca.us)



Take care of your mental health and wellness. If you need support call 211 (support line).



Volunteer! More information can be found in the “Ways to Help” box below.

## Ways to Help

**Nextdoor** -> Get assistance or offer assistance with Nextdoor's "Help Map"

**Facebook** -> Create a Facebook page for your neighborhood, to provide or trade needed items during this time

**Donate** -> Give food to a shelter or food bank, or donate blood at [www.redcrossblood.org/give.html/find-drive](http://www.redcrossblood.org/give.html/find-drive)

**Deliver** -> Distribute food with Meals on Wheels [www.mealsonwheelsamerica.org](http://www.mealsonwheelsamerica.org)

**More Ideas** -> Visit the City of Richmond COVID-19 site and look under the “Stay Engaged” tab for more ideas

## For More Info:



[www.coronavirus.cchealth.org](http://www.coronavirus.cchealth.org) (Contra Costa Health Services)

[www.ci.richmond.ca.us/coronavirus](http://www.ci.richmond.ca.us/coronavirus) (City of Richmond)



**211** (Crisis line assistance & mental health care information)

**(800) 971-0016** (Friendship line, for seniors)

