

Framing the issue

1. COVID-19 (or coronavirus) is a very serious disease that can be deadly and easily spreads between people.
2. The Latino community has been hit especially hard by the coronavirus pandemic.
3. The San Diego Latino Health Coalition was formed to help the Latino community to reduce the spread of the coronavirus.
4. The San Diego Latino Health Coalition receives funding from San Diego County but it is a non-governmental organization. You can trust us to keep your personal information safe!

Prevention

5. It is known that COVID-19 (or coronavirus) is spread from person to person, mainly through respiratory droplets produced when an infected person coughs, sneezes, or talks.
6. It is important that we all take measures to protect ourselves, our families, and our communities from infection.
7. Wear a mask when outside the home and make sure it covers your nose and mouth completely.
8. Maintain 2 meters of distance from other people.
9. Avoid group gatherings or parties. This includes gatherings with family members or friends who do not live in your home!
10. Wash your hands frequently and try not to touch your eyes, nose or mouth with your hands.
11. Before you get sick, it's important to have a primary care provider to follow-up with in case you get sick. If you don't have a primary care provider or "medical home," get registered at a community health clinic near you or call the San Ysidro Health Line at 619-205-6792 to sign up. If you don't have health insurance, San Ysidro Health has discount options available to help!

What to do if you think you are sick

12. It is important to have a medical home, which means you have a primary care physician in advance in case you get sick. If you don't have a primary care provider or "medical home," get registered at a community health clinic near you or call the San Ysidro Health Line at 619-205-6792 to sign up. If you don't have health insurance, San Ysidro Health has discount options available to help!
11. Symptoms of COVID-19 (or coronavirus) vary from person to person and can include not having symptoms, called being "asymptomatic," having mild symptoms, or being severely ill.
12. Symptoms include fever or chills, headache, cough, congestion, difficulty breathing, fatigue, loss of taste or smell, nausea or vomiting, and/or diarrhea.
13. If you have been exposed to someone with coronavirus, have symptoms and/or think you might have coronavirus it is very important to self-isolate and keep your distance from others. Contact your doctor for more guidance because you may need to get tested. Free testing is available – contact the San Ysidro Health Line at 619-205-6792 for a free test appointment linked with a medical visit for follow-up.
14. If you think you are sick, don't go to work and isolate yourself from others. If you are unable to self-isolate at home, resources are available.

What to do if you test positive for COVID-19

15. Monitor your symptoms and if your condition gets worse, contact your doctor or go to a hospital.

16. Many people wait too long to get medical help and this has led to people passing away at home or on the way to the hospital.
17. It is also important to help us trace and communicate with everybody you have been in contact with to minimize the spread of the disease.
18. If you test positive for COVID-19 (or coronavirus) or had close contact with someone who tested positive, you may get a call from a Contact Tracer. We have trained Promotoras working to contact people who have the virus or have been exposed. Please don't hang up, we are here to help reduce the spread of the disease and provide the most up to date coronavirus information and resources.

Contact Information

18. The Chicano Federation (619) 285-5600.
19. www.sdlatinohealth.org for a list of resource centers.
20. San Ysidro Health, SYHealth Line 619-205-6792 for help getting medical treatment, M-F 8 am – 6pm, Saturdays 8 am- 4pm