COVID 19 Information Helpful Links

- Current confirmed **COVID-19 cases in San Diego County** are provided by San Diego County Health and Human Services, broken down by age group and gender

- Visit https://211sandiego.org/ or call 2-1-1 for a free, confidential answers to your questions regarding…
    - Community services
    - Home food delivery to seniors or food insecure individuals
    - Health services
    - Social services
    - Disaster services

- Download the SD Emergency app or register for AlertSanDiego to receive push notifications about emergency updates including COVID-19

- The County of San Diego also provides a textline specific to COVID-19 updates: **text COSD COVID19 to 468-311**

- Information on unemployment from California Employment Development Department https://www.edd.ca.gov/about_edd/coronavirus-2019.htm

- San Diego County Foodbank link - https://sandiegofoodbank.org/response/

If you are exhibiting symptoms of COVID-19, self-isolate and **call your physician.** If required, they will direct you to get testing. **You will not be tested unless directed by a physician.**

DO I NEED TO GET TESTED FOR COVID-19?

Are you experiencing: Fever, Coughing or Shortness of Breath? → Call your physician → Doctor advises you to come in → Specimen is collected via swab and sent to lab to be tested → Doctor should have test results within 24 hours

Doctor identifies mild symptoms and advises home isolation → Isolate / Stay at home

You didn't get an immediate response, and you're experiencing **severe symptoms?** → Go to your local urgent care/ ER or call 9-1-1

MORE INFORMATION - Follow the California Department of Public Health: @capublichealth and www.cdph.ca.gov/covid19

CDPH