

# INFORMATION TO PREVENT AND MANAGE COVID-19 (CORONAVIRUS) IN THE LATINO COMMUNITY



**SAN DIEGO  
LATINO HEALTH  
COALITION**

The coronavirus is affecting Latinos more than other groups. The risk of infection is based on several factors, including where you live, places you visit and the interactions you have at work. Anybody can contract COVID-19. The symptoms vary per person from not having symptoms, light symptoms to becoming extremely sick.



*Funded by the County of San Diego in support of the Live Well San Diego vision.*

**To help prevent the spread of the virus and to protect yourself, follow these recommendations:**



Maintain six feet (2 meters) of distance from others.



Use a face mask if you leave your house.



If you are sick, stay home and isolate yourself from other people. Don't go to work.



Wash your hands or use sanitizer.



Avoid touching your eyes, nose or mouth without washing your hands first.



If you cough or sneeze, cover your mouth with a tissue, throw the tissue away, and wash your hands.



Clean and disinfect household surfaces daily.

**COVID-19 is a respiratory illness caused by a new coronavirus. Symptoms include:**



Fever or chills



Fatigue



Congestion



Recent loss of sense of smell or taste



Cough



Body aches



Headache



Difficulties breathing



Runny nose



Sore throat

Visit [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus) for a complete list of symptoms. If you have questions, call your healthcare provider or 2-1-1

# We are here to support your health, family and finances during this pandemic. Please contact these COVID-19 Resource Centers:

## **Chicano Federation (619) 285-5600**

3180 University Ave. #400, San Diego, CA 92104  
Monday - Friday 8:30 am – 5:00 pm

## **SY Health Resource COVID-19 Center**

### **Chula Vista (619) 662-4100 Ext. 2678**

678 3 rd Avenue, Chula Vista, CA 9190  
Tuesday and Friday 8:00 am – 3:30 pm,  
Thursday 8:00 am – 12:00 pm

## **SY Health Resource COVID-19 Center**

### **Oceanview (619) 662-4100 Ext. 3979**

3177 Oceanview Blvd. San Diego, CA 92113  
Monday - Friday 8:00 am - 12:00 pm

## **South Bay Community Services (619) 420-3620**

430 F Street, Chula Vista, CA 91910  
Monday - Friday 8:30 am – 5:30 pm

## **MAAC, Vista (760) 916-4275**

956 Vale Terrace Drive, Vista, CA 92084  
Monday - Friday 8:00 am – 5:00 pm



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The members of the San Diego Latino Health Coalition are established organizations with deep ties to the Latino community. It is our goal to reduce COVID-19 infection rates, increase access to vital information, increase participation in COVID-19 testing and contact tracing, and most importantly, save lives. The San Diego Latino Health Coalition is a non-governmental organization committed to protecting you. Trust us that your information will remain private. You can contact our members with any health-related issues. We are here to help you!



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**How to get tested for COVID-19** – You can get tested for COVID-19 for free and there are various locations that do not require an appointment in advance. For a complete list of the locations where you do not need an appointment in advance, visit [www.sdlatinohealth.org](http://www.sdlatinohealth.org) or contact one of the organizations listed on this flyer.

**Contact Tracing** - If you test positive for COVID-19, it is very important to trace your contacts to reduce the spread of COVID-19 in our communities. You can contact one of our member organizations closest to you, listed on the back of this flyer, to start contact tracing. It is important for you to contact people who were in contact with you. Please also share the information on this flyer with others that may have been exposed.

**Medical Care** - If you need help with getting medical treatment, it is urgent that you contact one of our Resource Centers listed on this flyer.

**Other Resources** - Many different research studies are underway including studies to improve testing and clinical trials for a COVID-19 vaccine. We are here to help you get reliable information. Please contact one of our Resource Centers.