



FAMILY SUPPORT SERVICES

Health and Hygiene Resources

Physical Health Resources:

Families can dial 2-1-1 for disaster response, information, and referrals to agencies. The multi-lingual operators are available to support families 24 hours a day, 7 days a week, and 365 days a year.

[Medi-cal](#) eligibility and resources.

[Covered California](#) announced that it will extend special enrollment for health coverage until June 30th, effective immediately! If you are uninsured, have recently lost your job, or had your hours cut, see if you are eligible to sign up for health insurance.

[Free Clinic Directory](#) has created a database to find a free clinic near you.

[Sleep Hygiene:](#)

[Nutrition](#)

[AHA Resource Guide](#), including Physical Activity, Nutrition, Stress Management

[YMCA](#) is providing Virtual Fitness Classes Online (free)

[Dream Youth Clinic](#) (583 5th St) continues to be open during shelter in place. Services are for youth ages 12-24 and include medical evaluations, HIV/STD testing, birth control, and immunizations. Call 510-839-0929 ext.3 to make an appointment. Walk-ins welcome. Hours: Mon and Wed 1-5pm, Thurs 2-6pm.

Keeping Your Home Clean:

Personal Hygiene:

- Avoid touching your eyes, nose, and mouth



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- Don't cough or sneeze into your hands, cover your mouth and nose with your elbow or a tissue when coughing or sneezing, and dispose of the used tissue immediately.
- Keep your distance, at least six feet away from others
- Wash your hands frequently with soap and water for at least 20 to 30 seconds. Wash your hands whenever you:
 - blow your nose or sneeze into a tissue
 - use the restroom
 - leave and return to your home
 - before preparing or eating food
 - apply make-up
 - handle contact lenses

Home Hygiene:

- Clean and disinfect high-touch surfaces in your home regularly, including doorknobs, light switches, keyboards, desk and counter tops, sink handles, etc.
- Follow cleaning product instructions for safe and effective use
- If surfaces are visibly dirty, clean them first with soap and water, then disinfect
- Clean and disinfect frequently used objects, such as mobile phones, keys, and wallets.
- Increase ventilation and fresh air available by opening windows whenever possible.

Cleaning Clothes:

- Remove your shoes when you enter your home, and change into clean clothes after being in crowded places. Wash your hands immediately after.
- Clean bed sheets, towels, and clothes regularly whenever possible
- Wash or disinfect your laundry bag or hamper
- Wash hands after handling clothes
- If you must wash your clothes outside of the home, prepare everything before leaving to minimize the amount of time spent outside, and try to go at a time when there are fewer people.

Handling and Preparing Food:

- There is at present no evidence of people catching COVID-19 from food or food packaging, the greater risk comes from being in close contact with



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other people while food shopping. However, It is still a good idea to use basic safety precautions.

- Remove any unnecessary packaging and dispose into a waste bin with a lid.
- Remove food from take out containers, place in your own container, and dispose of the take out container.
- Packaging like cans can be wiped clean with disinfectant before being stored
- Wash unpackaged produce, like fruits and vegetables, thoroughly under running water.
- Wash your hands with soap and water immediately after unloading.
- Wash your hands before preparing or eating any food
- Follow normal safety guidelines like using separate chopping boards for uncooked meat and fish, cook food to the recommended temperature, and store food at the proper temperature.

Learn more about how to keep your self and your home clean from the sources below:

<https://health.clevelandclinic.org/tips-for-keeping-your-home-clean-in-the-time-of-covid-19/>

<https://www.fda.gov/food/food-safety-during-emergencies/best-practices-retail-food-stores-restaurants-and-food-pick-up-delivery-services-during-covid-19>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/workplace-school-and-home-guidance.pdf>

<https://www.unicef.org/coronavirus/cleaning-and-hygiene-tips-help-keep-coronavirus-covid-19-out-your-home#personal-hygiene>

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/good-hygiene-for-coronavirus-covid-19>