

## How to make a mask at home

**Step 1:** Get a bandana, towel, piece of shirt, cloth, etc.



**Step 2:** Fold in half



**Step 3:** Fold one half to center



**Step 4:** Fold the other half on top



**Step 5:** Put hair ties or rubber bands 6 inches from ends of bandana



**Step 6:** Tuck one end of bandana into the other in the center



**Step 7:** Wear over mouth and nose and place hair ties/rubber bands over ears



## Resources

- **Grocery Markets**
  - Oak Park Market
    - 3300 12th Ave
    - Oak Park Sacramento, CA
    - Provides prepped meals for those who qualify
  - Walmart Supercenter
    - 6051 Florin Rd
    - Sacramento, CA 95823
    - Provide Pickup options straight to your car
- **Free Pandemic Counseling for Families and Individual in the NAMI Community**
  - Dawn Mehalakis, MA, LMFT
  - Phone: 916-359-9823
  - Email: [contact@dawn-mehalakis.com](mailto:contact@dawn-mehalakis.com)
  - Website: [www.dawn-mehalakis.com](http://www.dawn-mehalakis.com)
  - Dawn uses Zoom or Skype and all sessions are private
  - You can download and read her privacy statements located on her website
  - Free 50-minute weekly sessions for 2 months
- **County of Sacramento Medi-Cal Provider List**
  - Prior authorization is required for outpatient services. Please contact the Access Team at **(916) 875-1055** for availability.
  - For More information about Sacramento County's Provider List, please contact Member Services at **(916) 875-6069**.
- **Sacramento County Mental Health - Intake Stabilization Unit 2150 Stockton Blvd.**
  - Hours: 24 hrs/7 days for adults, Mon-Sun 10am-7pm for children
  - Rebekah Children's Services 290 IOOF Ave
  - Children's General & Specialized Mental Health Services

# COVID-19

## What is COVID-19?

- COVID-19 is a **contagious respiratory illness**
- You can become infected by breathing in an infected person's cough or sneeze droplets
- You can also become infected by touching contaminated surfaces and then touching your mouth, nose, or eyes
- High-risk surfaces include door handles, elevator buttons, counters, cellphones, and surfaces in common areas
- Since there is no current vaccine, the best way to prevent illness is to **avoid being exposed to COVID-19**

## What are the symptoms?

These symptoms may appear **2-14 days after exposure:**

- Fever
- Dry Cough
- Shortness of breath

## How can I protect myself and others?

- **Avoid close contact** or sharing personal items with people who are sick
- **Avoid touching** your eyes, nose, and mouth
- **Cover** your cough or sneeze with a tissue, then throw the tissue in the trash
- **Clean** surfaces and frequently touched objects
- **Wash your hands** with soap and water for at least 20 seconds or use a hand sanitizer containing at least 60% alcohol if soap and water are not available
- **Stay home** and avoid being with people outside of your immediate family

## What to do if you get sick:

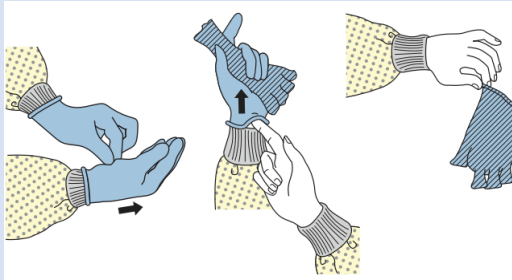
**Stay home** and call your doctor

- Try to stay in a **separate room** away from other household members
- **Cover** your coughs and sneezes and **wash your hands** immediately after
- Avoid sharing personal objects

If you are having trouble breathing, suddenly feel drowsy or confused, or notice your lips or face turning blue, **call 911**

In all cases, follow the guidance of your healthcare provider and local health department!

## Correct Way to Take off Gloves



1. **Outside of gloves are contaminated!**
2. If your hands get contaminated during glove removal, **immediately** wash your hands.
3. Use a gloved hand to grasp the palm area of the other gloved hand and peel off first glove.
4. Hold removed glove in gloved hand.
5. Slide fingers of ungloved hand **under** remaining glove at wrist and peel off second glove over first glove. Discard gloves in a waste container.

## Hand Washing



## Sanitizing Food

Food that **needs** to be sanitized

Food that **is** sanitized

★ When coming home from the grocery store, it is important to take precautions in cleaning your groceries. Food packaging can be contaminated!

1. Choose a surface where you will place your food such as a countertop or a table. Disinfect this entire surface and then divide it into two sides.
2. Place the food you bought on one side. This side is now the “food that **needs** to be sanitized” side.
3. Take each food product and sanitize the entire packaging of the product with any disinfectant. Now place this product on the second or “Food that **is sanitized**” side.
4. If you have fruits or vegetables, wash these with clean water. If you choose to wash your fruits and vegetables with soap and water, **thoroughly rinse** the soap off from the food during washing. Now place it on the “Food that **is sanitized**” side.
5. If you have bought take out food, place it on the “food that **needs** to be sanitized” side.
6. Remove the takeout food from the packaging and place into a new clean container.
7. Now place the new clean container of food on the “Food that **is sanitized**” side.
8. Once all food has been sanitized, disinfect the “food that **needs** to be sanitized” side.
9. Once all groceries have been put away, thoroughly wash your hands for 20 seconds with soap and water!