



COVID-19 Resources

About the Coronavirus

Coronavirus (COVID-19) is an illness caused by a new virus that has spread throughout the world. COVID-19 symptoms can range from mild (or no symptoms) to **severe illness**. While everyone is at risk of getting COVID-19, **older adults and people of any age who have serious underlying medical conditions** may be at higher risk for more severe illness.

Frequently Asked Questions

How does COVID-19 spread?

COVID-19 is mainly spread from **person to person** and through respiratory droplets. These droplets may be produced when a person coughs, sneezes, or talks. **Social distancing of at least 6 feet** helps lower the spread of COVID-19 in any given community.

When should I wear my mask and is it effective?

You should **always wear a mask in public settings and indoor venues**. Masks can prevent respiratory droplets from spreading when in close contact with others, and can also help prevent carriers from infecting others. As recommended by the CDC and the WHO, masks are seen as an **effective way of slowing the spread** of COVID-19. **Cloth masks with at least 2 layers** of material are best for non-health care workers

For more Coronavirus Frequently Asked Questions:

For answers to other frequently asked COVID-19 questions, visit www.cdc.gov/coronavirus/2019-ncov/faq.html

COVID-19 Testing

COVID-19 Testing in LA County is **free to all residents**, with or without symptoms. Testing locations are present throughout the county, and many sites offer same-day appointments depending on availability.

170

COVID-19 testing sites have been listed by LA County

3-5 Days

is the average time it takes for someone to receive lab results. Lab delays may prolong the wait.

2.3 Million

LA County residents have been tested so far at various testing facilities

Frequently Asked Questions

Should I get tested?

If you have mild symptoms of COVID-19 and want to get tested, **call your healthcare provider first** for more guidance. In LA County, healthcare providers are required to provide patients with **access to testing** if they are symptomatic or have been in close contact with a confirmed COVID-19 individual. Testing is also available for asymptomatic essential workers in healthcare, skilled nursing homes, food and grocery, retail, etc. According to LA County, routine testing of asymptomatic persons in the general population is not recommended in the absence of a known exposure.

For more LA County testing questions:

For answers questions about how to prepare for testing, who needs testing, and what to expect for testing, visit: <https://covid19.lacounty.gov/testing-faq/>

Online Resources

COVID-19 Testing Site Locators

<https://covid19.lacounty.gov/testing/>

Lists locations offering testing in LA County

<https://covid19.lacounty.gov/upcomingpop-up-covid-19-testing-events/>

List of upcoming free walk-up testing in LA County; no appointments are necessary and testing is free with or without insurance

Wifi Locator & Support

<http://findwifi.lacounty.gov>

For an interactive map with parks, libraries, and other public areas with WiFi hotspots for Internet access

www.fcc.gov/consumers/guides/lifelinesupport-affordable-communications

For affordable communication services and Internet

<https://edu.gcfglobal.org/en/>

For free online training that teaches individuals how to use email, social media, Zoom, and more

Business Support

<https://covid19.lacounty.gov/covid19-2-2/consumers-businesses/for-businesses/>

For LA County business support information

www.lacovidfund.org/

Provides grants, loans, and technical assistance to small businesses, non-profits, and entrepreneurs.

Food Assistance

In the midst of the COVID-19 crisis, food insecurity has surged across the nation; the food assistance resources below provide free meals to all Angelenos, with specific focus on school children as well as the elderly community.

113%

is the **percentage increase** in which **overall hunger** in the state of California has increased since the beginning of the pandemic

535,260

Projected increase to the number of **food insecure** individuals in Los Angeles due to COVID-19

Los Angeles Food Banks

The L.A. Food Banks distribute food and other essentials to children, seniors, families and other individuals in need. Food bank hours of operation vary depending on the location.

LA Food Bank Locator: www.lafoodbank.org/findfood/pantry-locator/

LAUSD Grab & Go Food Centers

Los Angeles Unified will continue to provide nutritious meals to all students who need them during the temporary closure of schools. Food Centers are staffed weekdays from 7 a.m. to 10 a.m. Each child can take home two nutritious meals.

For locations and more info, visit their site at: <https://achieve.lausd.net/Page/16904>

St. Vincent Meals on Wheels

Serves all home-bound clients and delivers nourishing meals Monday through Saturday. For more info and to request meal service, **visit their website at** www.stvincentmow.org/if-you-needmeals/

Childcare

Extracurricular Activities

Hire L.A.'s Youth:

www.hirelayouth.com/

Offering in-person and remote opportunities for individuals between 14 and 24 following COVID-19 protocols and teaching employment skills.

PBS Parents:

www.pbs.org/parents/

PBS offers different activities, resources, and articles that help parents adjust their children to distanced learning.

OPEN Active Home:

<https://openphysed.org/activeschools/activehome>

Free PDF and Word documents with descriptive curriculum and physical activities geared at parents trying to keep their children active at home.

Childcare

Childcare Locator:

<https://mychildcare.ca.gov/#/home>

Locator for childcare options in California.

Connections for Children Referral Specialist:

www.connectionsforchildren.org/covid-19-updates/childcare-referral-search-updated.html

Phone Number: (310) 452-3325

Resources for childcare referrals and information about providers listed. Financial aid and referrals for essential workers offered.

35%

Of adults with young children that say it has been difficult to handle childcare responsibilities during the pandemic

1.5 Million

K-12 students in L.A. county forced to transition to online learning due to stay-at-home mandates.

8.0 Hours

is the average number of work hours a week that working parents lost due to childcare responsibilities.