

# COVID-19



General Information

# What is COVID-19 and how does it spread?

- Coronavirus is a virus that impacts a person's ability to breathe. It spreads from person to person, and anyone can be infected.
- There is no vaccine to prevent COVID-19.
- The virus is thought to spread between people who are close with one another (about 6 feet).
- The virus spreads when an infected person coughs, sneezes or talks. Respiratory droplets (spit) can land on people who are nearby or possibly can be inhaled into the lungs.
- **COVID-19 may be spread by people who are not feeling sick or showing symptoms**

# Ways to prevent the spread of COVID-19

## STAY HOME

- Only leave your house to get groceries or pick up prescriptions.
- Stay away from people - even family members who are not living in your house.
- Don't let your kids play with other kids.
- If you have to go to work, stay away from other people if you can.
- If you are sick, it is even more important that you stay home.

## SOCIAL DISTANCING

- Stay home as much as possible.
- Keep at least 6' between yourself and others.
- Wear a mask when you have to go outside if there is a chance you may be within 6 feet of others.

# WHAT IF I FEEL SICK?

## To care for yourself:

- Common symptoms of COVID-19 include fever, cough, and shortness of breath. Other symptoms may include nausea, vomiting, loss of smell and/or taste, diarrhea, chest discomfort, sore throat, and muscle aches.
- If you feel sick, call the doctor's office where you usually go for care. If your regular healthcare provider is Good News Clinics, MedLink, the Primary Care Clinic at the Health Department, call that office first.
- If you do not have a regular source of healthcare and have no insurance, go to NGMC's Emergency Department at Gainesville, Braselton, Barrow or Lumpkin
- You may call the health department for Covid testing: 770-535-5743.

**If you have trouble breathing, pain in the chest that won't stop,**

**blue lips or face or are confused, call 911 immediately.**

# What if I feel sick?

## To protect others in your home:

- Separate yourself from other people in your home if you are sick.
  - As much as possible stay in a specific “sick room” away from others
  - Use a separate bathroom, if available.
  - Wear a facemask, scarf or bandana.
  - Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can.
  - Wash hands often with soap and water for at least 20 seconds.
  - Frequently clean surfaces in your “sick room” and bathroom. Let someone else disinfect surfaces in common areas, but if possible, the person with the virus should clean the bedroom and bathroom.
  - Clean phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.
  - Clean and disinfect areas that may have blood, stool, or body fluids on them. Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
  - Lysol Bathroom Cleaner, Clorox Multi-surface Cleaner, Clorox Disinfecting Wipes kill the virus on surfaces.
- If you need cleaning supplies or face masks for your family, contact United Way of Hall County at 770-536-1121.

# Clean your hands often

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Hand sanitizer:** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water:** Soap and water are the best option, especially if hands are visibly dirty.
- **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.

# Community Resources

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# COVID-19 Testing and Costs

Please note, information is changing rapidly.

- ✓ How do families get tested for COVID? How much does it cost? Is documentation required?
  - [Northeast Georgia Medical](#)
  - [Information by Language](#)
  - [Good News Clinic](#)
  
- ✓ Latest COVID-19 Information
  - [Daily Status Report](#)
  - [NGHS](#)



# Food Resources

Information Is Updated Regularly;  
However, Contacting The Specific  
Pantry Is Always A Good Idea!

Where can I find local resources for  
assistance for food:

[Hall County Food Resources](#)

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# COVID-19 Resources

Rent  
Utilities  
Cleaning Supplies

There are limited funds available through community agencies, like the COVID fund at United Way. If families are experiencing difficulties with rent and utilities due to COVID, please contact United Way to be connected with a social worker who will assess and provide support, if possible.

Families must be able to provide information and documentation regarding rent and utility cost, landlord information, etc. as all of this information is verified.

[Cell Phone Service](#)

# CLEANING SUPPLY DISTRIBUTION THIS WEEK

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Please note **anyone wishing to pick up cleaning supplies must sign-up in advance** by contacting

Beth Oropeza, director of the Compass Center, at

[beth@unitedwayhallcounty.org](mailto:beth@unitedwayhallcounty.org) or 770-536-1121. Para

español, llamen al 678-989-5334.

Thanks to generous contributions from individuals and groups in the community, we are holding our first cleaning supply distribution this week. Families in need may pick up cleaning supplies to help prevent the spread of COVID-19 from the United Way of Hall County office during the following days and times:

**Wednesday, May 6 | 10 a.m. - 2 p.m.**

**Thursday, May 7 | 10 a.m. - 2 p.m.**

**Friday, May 8 | 10 a.m. - 2 p.m.**

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# Mental Health Resources

There is a tremendous amount of stress on students and parents. Please visit the websites below to learn about best practices for mental health during COVID-19.

## Coping Tips

**Media.** Set a limit on media consumption, including social media, local or national news.

**Stay active.** Make sure to get enough sleep and rest. Stay hydrated and avoid excessive amounts of caffeine. Eat healthy foods when possible.

**Connect.** Connect with loved ones and others who may be experiencing stress about the outbreak. Talk about your feelings and enjoy conversation unrelated to the outbreak.

[Click Here for Parent Resources](#)

[Click Here for Student Resources](#)

[Click Here for Resource from NAMI \(Spanish\)](#)

# Health and Wellness

Children may feel a sense of loss or uncertainty. Talking with them about current events can ease any anxiety they may have.

## Resources to Help Explain COVID-19

- [My Hero is You, Storybook for Children on COVID-19](#)
  - [Coronavirus Story for Children](#)
  - [Talking to Students About COVID19 \(By Age Group\)](#)
  - GSCA “Tips for Parents During COVID 19”
    - [English Version](#)
    - [Spanish Version](#)
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# Gainesville Tool Kit

**Includes information for applying for unemployment,  
utilities, SNAP Benefits, etc.**

# Summer Skills



Teachers will be sharing lists of skills that will ease the transition to the next grade.

[Educational Resources](#)

# Helpful Phone Numbers

MedLink Gainesville

- 770-287-7597

Hall County Health  
Department

- 770-535-5743

Good News Clinic

- 770-503-1369

State of Georgia COVID-19  
Hotline

Open 8 a.m. – 5 p.m. (has a Spanish  
option)

- 844-442-2681



Questions?