Community resources and how to stay safe and sane in a global pandemic
You've got questions.....

- What is COVID-19? What are the symptoms?
- What can I do to protect myself and others?
- What is Social Distancing?
- What is Shelter in Place?
- Why is this important?
- I’m bored what can I do?
- Where can I get help if me and my family have lost income?
- Where can I get food?
- What do we do if we can’t pay rent or lost our home?
- How can I get on the internet or get a device to do my work?
- What is happening with school?
- Worried about how school being closed affects college admissions?
- This is all scary. What can I do to not stress out?
- How can I help others?
- What do I do without the library?
- Where can I get more reliable information?
- More Resources
We've got answers

Click question to find the answer or scroll through
What is COVID-19?

COVID-19 is a respiratory illness. It is highly contagious and can be spread between people in close contact and through droplets when someone coughs or sneezes. It can also spread by touching surfaces those droplets land on. One becomes infected if the virus gets into one’s lungs, mouth, nose, or maybe eyes. The virus can be destroyed with common things such as soap and water, rubbing alcohol, and bleach solutions. (CDC Factsheet, 2019)

Top symptoms to look for

- Fever
- Cough
- Shortness of breath

Seek medical advice if you:

- Develop symptoms
- Have been in contact with someone who has COVID-19 or has traveled to an area where there have been cases.
Studies are changing every day on these numbers. Out of an abundance of caution thoroughly disinfect all potentially contaminated surfaces.

---

**How long COVID-19 can live on common surfaces***

<table>
<thead>
<tr>
<th>SURFACE</th>
<th>LIFESPAN OF COVID-19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Air</td>
<td>3 hours</td>
</tr>
<tr>
<td>Copper</td>
<td>4 hours</td>
</tr>
<tr>
<td>Cardboard</td>
<td>24 hours</td>
</tr>
<tr>
<td>Stainless Steel</td>
<td>2–3 days</td>
</tr>
<tr>
<td>Polypropylene plastic</td>
<td>3 days</td>
</tr>
</tbody>
</table>

*At 69.8 to 73.4°F (21 to 23 °C) and 40% relative humidity

Source: New England Journal of Medicine

***How long it takes to show symptoms of Coronavirus COVID-19***

Source: Annals of Internal Medicine, March 2020

still not 100% because some people will be asymptomatic meaning that they never show symptoms
What can I do to protect myself and others?

The GOOD NEWS is that the virus can be killed with common things like soap, water, rubbing alcohol and bleach solutions.

Wash your hands for at least 20 seconds. Sing "Happy Birthday" twice or click the image below to make your own "Wash Your Lyrics" visual below.

Hand-washing technique with soap and water

1. I do my hair toss, check my nails
2. Baby, how you feelin'? (Feelin' good as hell)
3. Hair toss, check my nails
4. Babs, how you feelin'? (Feelin' good as hell)
5. Woo, child, tired of the bullshit
6. Go on, dust your shoulders off, keep it moving
7. Yes, Lord, I'ma get some new shit
8. In there, swimwear, going to the pool shit
9. Commence, commen dry your eyes
10. You know you a star, you can touch the sky
11. I know that it's hard, but you have to try
12. If you need advice, let me simplify
13. If he don't love you anymore

Create your own
https://washyourlyrics.com

Good as Hell
Lizzo
Cover your mouth and nose with a tissue or cough/sneeze into your elbow

Clean and disinfect highly used surfaces, including your cell phone. Cell phone cleaning tutorial here

**PSA:** Bay Area health officials are now recommending people who leave their homes cover their nose and mouth.

Since masks are in high demand, please be considerate of our medical workers when purchasing / wearing. You can DIY your own mask by looking at YouTube or visiting this tutorial here
What is Social Distancing?

“Deliberately increasing the physical space between people to avoid spreading illness.”
-John Hopkins Medicine

While you are outside doing your essential errands, try to keep at least six (6) feet away from others. Not sure how far this is? Use your height as a point of reference.
What is Shelter in Place?

In order to slow the spread of COVID-19, the state of California has been ordered to "shelter in place", which means:

- Stay home
- Only go out for "essential activities," to work for an "essential business," or for "essential travel" as defined in the Alameda County Public Health Department's FAQ
- Stay six (6) feet or more away from others
- No gatherings
Why is this important?

If I’m young and not at high risk, why should I practice social distancing and shelter in place?

We want to "flatten the curve" and limit the disease spreading so our hospitals and medical professionals are not overwhelmed. Texting or moving your social interactions online can save lives.
I'm at home and bored. What can I do?

Anything! As long as you limit physical social interactions to the people you live with and practice social distancing when you are outside. Here are some suggestions:

- Update your resume & LinkedIn
- Clear closet to donate
- Take an online class
- Write to your local politicians
- Go for a run
Where can I get help if me and my family have lost income?

Click the options below to find information on support for reduced hours, unemployment and legal help for undocumented workers.

City of Oakland Resources for Affected Non-City Workers

California Labor and Workforce Development Agency Coronavirus 2019 (COVID-19) Resources for Employers and Workers


Legal Aid at Work Undocumented Workers’ Employment Rights

Check out the federal government’s benefits website HERE. Use the benefits finder to see which programs you or your family qualify for.
Where can we get food?

OUSD is providing "Grab & Go" breakfast and lunches Mondays & Thursdays from 8-12 pm. These will be available to any OUSD student or family or Oakland child under 18. Click the map above or find a site below:

- Sankofa Academy | 581 61st St
- West Oakland Middle School | 991 14th St
- Hoover Elementary School | 890 Brockhurst St
- Oakland High School | 1023 MacArthur Blvd
- Garfield Elementary School | 1640 22nd
- Bret Harte Middle School | 3700 Coolidge
- Life Academy / UFS Academy | 2101 35th Ave
- Coliseum College Prep Academy | 1390 66th
- Madisoark Academy Upper | 400 Capistrano Dr
- Fremont High School | 4610 Foothill Blvd
- Elmhurst United Middle School | 800 98th Ave
- Castlemont High School | 8601 MacArthur Blvd

Youth Uprising
Free groceries on Thursdays, 12-2pm
8771 MacArthur Blvd
(510) 777-9909

The Alameda Food Bank is open. Call 1-510-635-3663 for more information or click here.
What do we do if we can't pay rent or lost our home?

On March 27th, Oakland’s City Council passed a moratorium on evictions and rent increases through May 31st. If you or your family cannot pay rent due to lost wages from this crisis, you may qualify.

For more information, check out this helpful guide, which has details on the moratorium and contact info for legal help. You can also contact the City of Oakland Rent Adjustment Program at (510) 238-3721.

Other cities are handling restrictions on evictions differently. Visit this article, which has information on legal resources in different cities. Click the interactive map below if you want a visual look at tenant protections and rent strikes or to submit an update.
Need immediate assistance? Visit Keep Oakland Housed, which provides rental, legal & financial assistance. Services are income-based. Click here to see if you qualify.

The East Oakland Collective—food and supplies for vulnerable populations (seniors, unhoused, etc.) For more information call 510-990-0775 or email them at info@eastoaklandcollective.com
SHELTERS FOR UNHOUSED YOUTH

Call listings below to confirm availability

Dreamcatcher Shelter
583 5th St. Suite B.
Oakland (800) 379-1114

Yeah! Shelter
1744 University Ave,
Berkeley (510) 704-9867
How can I get on the internet or get a device to do my work?

**Comcast** - Offers two months of free service

**Charter Spectrum**: free broadband & WI-FI access for K-12 students. Open WI-FI hotspot available

**Verizon** - providing WIFI hotspots

**T-Mobile** - providing unlimited mobile data to customers

**Keep Americans Connected Pledge**: AT&T, Comcast, Charter, Cox, Google Fiber, Spring, Verizon, and T-Mobile will not disconnect any customers for the next 60 days regardless of payment status.

If you need a device to do school work online, contact **Tech Exchange** at 510-866-2260
On April 1st, Oakland Unified School District’s Superintendent Johnson-Trammell announced that all OUSD schools will be closed to in-person instruction for the remainder of the 2019-20 school year.

OUSD has provided continuity-of-education plans to “ensure that students have the resources they need to continue learning and studying at home.” Click here for the grade and school-specific plans. Online learning resources for families are available in English, Spanish, Chinese, Khmer, and Arabic. Check your school’s site or contact them directly.

Need help with your school work? Oakland Public Library offers live online academic tutoring, homework help and test preparation through Tutor.com
Worried about how school being closed affects college admissions?

Both the UC and CSU systems have temporarily changed their admissions requirements.

- Updated UC admissions requirements
- Updated CSU admissions requirements

Due to the nation's response to the pandemic and many states sheltering in place, the SAT and ACT tests for April and May have been canceled.

If you were registered to take the SAT on May 2nd you'll receive refund for your testing fee. As of now, the June 6th test is still scheduled. Visit this page for updates.

If you were registered to take the April 4th ACT test, the test has been rescheduled to June 13th. You will receive an email with instructions on how to register for free. Visit the FAQs here for more information.
This is all scary. What can I do to not stress out and to help others?

**Take Care of Your Mental Health**

It is important to also be taking care of your mental health at this time. The shelter in place order has been very stress-inducing for many individuals. According to UNICEF, here are some suggestions on how to handle your stress and anxiety.

**Create distractions**

Re-read your favorite books. Watch your favorite movies. Listen to music.

**Focus on you**

Do things you love and bring you joy. Learn how to do something you’ve always wanted to learn like skateboarding, sewing, or learning to play a new instrument.

**Find new ways to connect with friends**

Text, go online and use social media to connect. Find creative ways to check in on your friends.
Acknowledged your feelings are valid
Not being able to hang out with friends and go places is difficult. You have a right to feel whatever you’re feeling. It is a scary, stressful time. Give yourself time to process those feelings. Check out Ari Gupta’s "Lockdown Guide" for more info.

Be kind to yourself and others

Here are some other resources on how to manage stress:

COVID-19 Lockdown Guide: How to Manage Anxiety and Isolation During Quarantine by Aarti Gupta, PsyD, the Anxiety and Depression Association of America

Disaster Distress Helpline: 24/7, 365-day, toll-free, multilingual, confidential helpline. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.

Crisis Support Services: Connect with a trained counselor 24/7. Residents of Alameda County call 1-800-309-2131.

Dream Catcher Wellness Support Center: FREE Adolescent Clinic Hours from 12-7PM/7 days/week (for youth 13-18) Medical care, counseling support, and case management. 583 5th St, Oakland. Call or text anytime (800) 379-1114.
Helping Others

If you’re healthy and would like to assist someone in need, **Oakland At-Risk Match** will pair you with an elder or immunocompromised member of the community.  [Flyer here](#)

The City of Oakland is looking for volunteers to help distribute food. Fill out the form [here](#).

Volunteer with or donate to **The East Oakland Collective**, who are distributing food and supplies to Oakland’s unhoused and vulnerable populations.

Looking for more opportunities to help? Visit the state government's lists [here](#). Volunteer at a food bank, help deliver meals, help assemble hygiene kits and more.

Many young people are doing what they can to give back to their communities. Check out this [article](#) on teens who are finding ways to combat this pandemic.
OPL understands that this action results in temporary loss of access to the in-person learning and communal spaces the Library provides to so many. However, we will continue to provide the many online services you know and love, like ebooks, audiobooks, streaming movies, TV and music services, access to magazines and newspapers, and more. Our physical buildings will be closed, but patrons can still access various digital services from home. For all of our digital offerings, click [here](#).
Where can I get more reliable information?

Visit Factcheck.org to find accurate information or email Teen Services Staff at eanswers@oaklandlibrary.org

Click image below for mythbusters about COVID-19

These websites are gathering statistics. Keep in mind that everything is changing very fast, and they might not be keeping up on everything.

* Alameda County COVID 19 Dashboard

* Coronavirus Dashboard

* Worldometer for real time COVID-19 statistics
Even more resources

**CDC Informacion en Espanol**

**Comprehensive community-sourced mega mutual aid guide** started by Black disabled QTPOC organizer Walela Nehanda

**Covid-19 Resources for Undocumented Californians** via California Immigrant Youth Justice Alliance, credit @flaminhotb

**Bay Area Covid-19 Mass Resource List**, credit @urdoingreat

**Online Fun in Times of Covid-19** credit @urdoingreat

**COVID-19 Resources for Students** by East Coast Asian American Student Union

**National Domestic Violence Hotline info for people quarantined with abusers** by @sfpelosi on twitter

**Virtual Recovery Meetings** credit to @elladecorates

**A Plain Language Guide about Covid-19 and some of the changes in our lives** by Autistics for Autistics
FAQ on Stimulus Checks, Unemployment and the Federal Coronavirus Plan

California Assemblymember Rob Bonta’s April 2nd update

Social Distancing, Explained by Nick McGregor, University of Utah Health, March 17, 2020

Why outbreaks like coronavirus spread exponentially, and how to ‘flatten the curve’ by Harry Stevens, The Washington Post, March 14, 2020

VIDEO: The math of exponential growth

The science behind how soap works
How to clean your phone

NYT on benefits in CA and how to get them

Is it Cold, Flu or Coronavirus?

Even more resources
More Questions?

Contact Us!
We're here to help.
Email us at:
eanswers@oaklandlibrary.org


“Wash Your Lyrics.” Wash Your Lyrics, washyourlyrics.com/.


***Other graphics courtesy of pixabay***