Community resources
and how to stay safe
and sane in a global
pandemic

Updated 3/23
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 Place?
- Why is this important?
- I'm bored what can I do?
- What can I do to help my family with money?
- Where can I get food?
- Where can my family or I go if we lost our home or had to leave our school?
- How can I get on the internet and/or get a device to do my work?
- What is happening with school?
- 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. *(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.
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?

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. Baby, how you feelin'? (Feelin' good as hell)
5. Wooh, child, tired of the bullshit
6. Go on, dust your shoulders off, keep it moving
7. Yes, Lord, yarn get some new shit
8. In there, swimwear, going-to-the-pool shit
9. Comin' now, come 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:** Only use a face mask if you are sick! If not, save them for the medical professionals.
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-14, 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
OUSD is providing "Grab & Go" breakfast and lunches Mondays & Thursdays from 8-12 pm at these locations. 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

The Alameda Food Bank is open. Call 1-510-635-3663 for more information or click here.
Where can I or my family go if we lost our home or had to leave school?

211.org
“a vital service that connects millions of people to help every year”

Use the search function on the website for your local 211 (search by zip code or city and state), or call 211

If you are part of a vulnerable population (senior, unhoused, have a weak immune system) and in need, please contact The East Oakland Collective for availability of supplies and food at 510-990-0775 or info@eastoaklandcollective.com.

The City of Oakland has partnered with Alameda County to assist unsheltered residents. click here for more information
SHELTERS FOR UNHOUSED YOUTH

Call listings below to confirm availability

Dreamcatcher Shelter at
422 Jefferson St,
Oakland  (800) 379-1114

Yeah! Shelter 1744
University Ave, Berkeley
(510) 704-9867
How can I get on the internet and 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 WI-FI 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.
Oakland Unified School District (OUSD) schools are closed to students through at least April 7, 2020 (OUSD.org).

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.

Some schools have transitioned to remote learning plans. Check with your school’s website or contact them directly.
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.
Acknowledge 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
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.

Volunteer with or donate to The East Oakland Collective, who are distributing food and supplies to Oakland’s unhoused and vulnerable populations.
What do I do without the library?

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.

* Coronavirus Dashboard

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

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 @urdoingreats

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
The Alameda County Public Health Department FAQ

What does ‘shelter in place’ mean? California’s coronavirus order explained by Vivian Ho, The Guardian, March 16, 2020

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
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***