

COVID-19 PANDEMIC AND FLU SEASON: SLOW THE SPREAD!

COVID-19 and the flu are serious health risks to people served by DDS. We know that COVID-19 is spread through close contact with someone who has COVID-19, including people who do not have any symptoms at all. DDS wants to remind you about what you can do to slow the spread of COVID-19 and protect yourself from getting the flu.



WHAT'S HAPPENING IN CALIFORNIA

We can slow the spread of COVID-19 if everyone works together, and you are an important team member in this cause!

- One reason COVID-19 is spreading is that people are not following physical distancing and are going places where there are lots of other people.
- People may have to go to the hospital if they get COVID-19.
- Testing for COVID-19 is more available now. There are more testing sites people can go to across the state.

Now is not the time to stop physical distancing.

REMEMBER WHAT YOU CAN DO

- Get your flu shot.
- Remind friends and family that COVID-19 can spread to others even if the person who is sick feels great.
- Stay home if you don't feel well and encourage other people to do the same.
- Wear a mask whenever you go out and stay 6 feet away from other people.
- Frequently clean things you touch a lot like cell phones, keys, doorknobs, light switches, sink handles, and refrigerator doors.
- Wash your hands often or use a hand sanitizer.
- Try to stay home and with the people from your household as much as possible, avoid crowded places.

TESTING AND EQUIPMENT

COVID-19 Testing

Testing is available throughout the state.

Learn about the types of tests and how to get tested:

<https://bit.ly/30tZdxF>

Search this map to find a location to get tested for COVID-19:

<https://bit.ly/2DwTxtT>

**Health Plan Coverage of COVID-19 Testing
Frequently Asked Questions and Answers:**

<https://bit.ly/30viwXx>

PERSONAL PROTECTIVE EQUIPMENT

What do I need in order to protect myself and others?

- **Masks** – When you must go out, always wear a mask covering your nose and mouth
- **Face shields** – If you cannot wear a mask, you can try to wear a face shield instead
- **Hand sanitizer** – Keep hand sanitizer in your bag or car to use when you cannot wash your hands

If you need a mask, contact your service provider or call the main number of your Regional Center and they can help get you a mask in adult and children sizes. Local public health departments may also provide masks, face shields or hand sanitizer.

List of Public Health Departments:

<https://bit.ly/2Yn9f2a>

TAKING CARE OF YOU

Everyone plays an important role in taking care of themselves, their family and their friends. This can be really hard, so taking time to care for yourself is very important right now.

Tools for Health

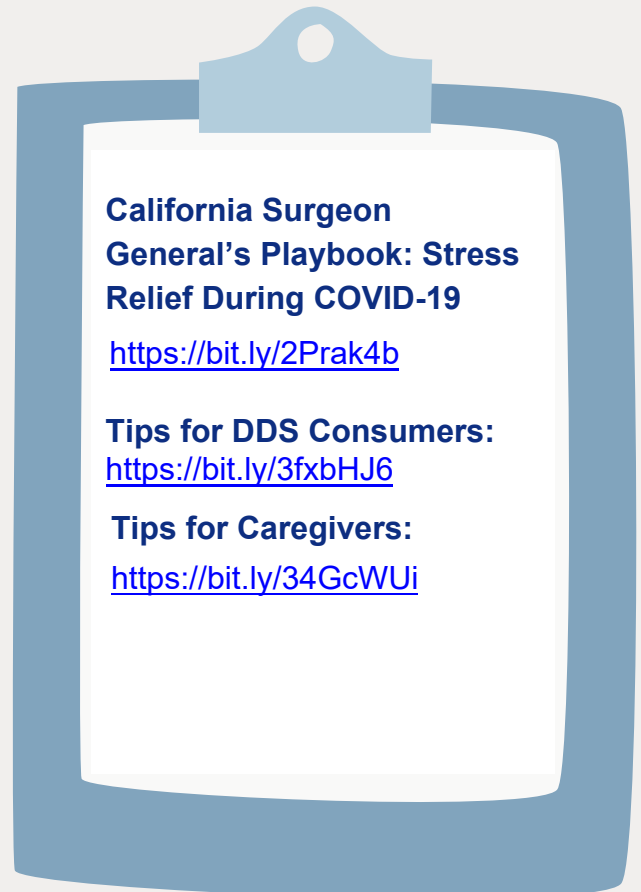
- Keep in touch with others
- Healthy food and water
- Avoid too much news
- Ask for help
- Physical Activity
- Quality sleep

Remember to get your flu shot this year

Key facts about the flu: <https://bit.ly/3pOMnF9>

Actions to fight the flu: <https://bit.ly/3pOijcr>

RESOURCES



**California Surgeon
General's Playbook: Stress
Relief During COVID-19**

<https://bit.ly/2Prak4b>

Tips for DDS Consumers:

<https://bit.ly/3fxbHJ6>

Tips for Caregivers:

<https://bit.ly/34GcWUi>