



BE READY

Supportive
Careful
Alert
Kind

to fight covid-19

A Preparedness guide to help you
before, during, and after





COVID-19 Family Preparedness and Response Guide

Dear Boyle Heights Community,

We, at Promesa Boyle Heights, would like to provide you and your family with a quick guide to help you be prepared to respond to COVID-19. Knowing what to do before, during and after a crisis means being able to think clearly and respond in safe ways to family, neighbors and friends.

This guide provides helpful information on:

- Creating a Family Plan
- Understanding COVID-19 Symptoms
- Local Testing Site Locations
- How to care for someone who is sick

This guide is not comprehensive, and we encourage you to stay informed and learn more about what is happening from the CDC and LA County at:

- CDC Updates at: <https://www.cdc.gov/coronavirus/2019-ncov/>
- City of Los Angeles Updates at: <https://corona-virus.la/>
- County of LA Public Health Department: <http://publichealth.lacounty.gov/>

Please note that information is changing rapidly.

You can also follow Promesa Boyle Heights social media pages to stay informed:



[@PromesaBoyleHeights](https://www.facebook.com/PromesaBoyleHeights)



[@PromesaBH](https://www.instagram.com/PromesaBH)



[@PromesaBH](https://www.twitter.com/PromesaBH)

For pressing questions or to alert us about community needs or resources, please call: 323-545-3195.

Thank you,

Promesa Boyle Heights Collaborative



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Section 1: How To Protect Yourself Before

During a pandemic like COVID-19, it is crucial to maintain your physical and mental well-being, even if we must keep social distance. Here are a few things you can do:

Physical Health

- Eat healthy meals, take vitamins, drink plenty of water
- Exercise at home or go for a brisk walk outside
- Wash your hands thoroughly when returning from outside
- Get enough sleep
- Avoid putting hands to face (eyes, nose, mouth)
- Wear a mask and gloves when in public areas

Other Great Things You Can Do

- Talk to someone you trust
- Get to know your neighbors
- Identify aid organizations in your community

Create a Family Plan during COVID-19

Before you get sick, make a crisis plan. If both you and your partner are incapacitated at the same time, or need to be hospitalized at the same time, you need to designate a caregiver. Any caregiver you choose should follow proper health guidelines such as hand washing. If children stay with a caregiver, proper cleaning and disinfecting procedures must be followed to ensure no one else becomes sick in the household. (See: [Caring for someone sick at home](#))



Create a caregiver list

- Set up a roster of trusted adults who can step in to provide childcare and who your child trusts and feels comfortable around.
- Caregivers should not be people who have underlying health conditions.

- The person you want to be your child’s caregiver needs to be at least 18 years old. (If you have children over the age of 18, they can be the caregiver of your minor children.)
- They can be a relative or a nonrelative. (If they are a non-relative, they can only consent to school-based medical treatment.)
- They do not need to have legal status.



Prepare documents

- Write a letter authoring a caregiver to seek medical treatment for your child
 - **Caregiver's Authorization Affidavit** for people living in California
<https://www.saccourt.ca.gov/forms/docs/pr-023.pdf>
 - This form does not affect the rights of the child’s parent with regard to the care, custody, and control of the child and does not mean that the caregiver has the legal guardianship of the child.
 - This form allows the caregiver to:
 - Enroll the minor in school.
 - Consent to medical and dental treatment, including immunizations.
 - It is valid for one year from the date it is signed, and does not need to be notarized or submitted to a court.
 - The information requested in the form relates only to the child and the caregiver (not the parent).
 - The form must be signed by the caregiver (not the parent)
 - One form is required for each minor.
 - The Caregiver’s Affidavit can be given to your child’s school and/or health care provider so that the person you name on the affidavit can make certain decisions for the child.

Information obtained through the Bet Tzedek [Family Preparedness Toolkit](#)



Write down special instructions

- Leave a “need-to-know” list for caregiver:
 - Medical History, including Allergies, Medications
 - Health Insurance
 - Child's school information

- Contact information



Create a kid-friendly “Go-Bag”

- Pack bag with overnight essentials and personal items
- And make sure every member of your family knows the plan.

For More Information, visit: ilrc.org

Cleaning and Disinfecting Home

COVID-19 is a new respiratory virus. COVID-19 spreads mainly from person to person. It is spread through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land on people who are nearby (within 6 feet). It may also be possible for a person to get COVID-19 by touching a contaminated surface or object and then touching their own mouth, nose, or eyes. Cleaning and disinfecting objects and surfaces, especially those that are frequently touched (such as doorknobs, handles, tabletops, etc.) can help prevent the spread of COVID-19.

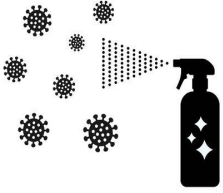
AT HOME



Before you enter your home, follow these steps.

- Have a pair of house shoes by the door to change into, and set up a place to isolate any items that cannot be washed and you do not want to bring indoors.
- Immediately remove your clothing and place it in a specially designated hamper by the door. Use a garbage bag to line the hamper, and wash the clothes immediately when you get inside using the warmest water temperature recommended on the clothing label.
- Wash or sanitize your hands and wipe down your phone.
- Some health care professionals suggest [showering immediately](#) upon returning home, as well, to make sure no dangerous germs are still on your body. [[Source](#)]

DISINFECT



- Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
- Recommend use of [EPA-registered household disinfectant](#)
- Follow the instructions on the label to ensure safe and effective use of the product.

Many products recommend:

- Keeping surface wet for a period of time (see product label)
 - Precautions such as wearing gloves and making sure you have good ventilation during use of the product.
-
- Diluted household bleach solutions may also be used if appropriate for the surface.
 - Check the label to see if your bleach is intended for disinfection, and ensure the product is not past its expiration date. Some bleaches, such as those designed for safe use on colored clothing or for whitening may not be suitable for disinfection.
 - Unexpired household bleach will be effective against coronaviruses when properly diluted. Follow manufacturer's instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser. Leave solution on the surface for at least 1 minute.

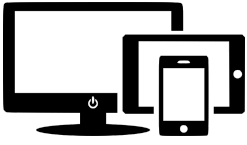
SOFT SURFACES



For soft surfaces such as carpeted floor, rugs, and drapes

- Clean the surface using soap and water or with cleaners appropriate for use on these surfaces.
 - Launder items (if possible) according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.
- OR
- Disinfect with an EPA-registered household disinfectant. [These disinfectants](#) meet EPA's criteria for use against COVID-19.

ELECTRONICS



For electronics, such as tablets, touch screens, keyboards, and remote controls.

- Consider putting a wipeable cover on electronics
- Follow manufacturer's instruction for cleaning and disinfecting
 - If no guidance, use alcohol-based wipes or sprays containing at least 70% alcohol. Dry surface thoroughly.

LAUNDRY



For clothing, towels, linens and other items

- Launder items according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.
- Wear disposable gloves when handling dirty laundry from a person who is sick.
- Dirty laundry from a person who is sick can be washed with other people's items.
- Do not shake dirty laundry.
- Clean and disinfect clothes hampers according to guidance above for surfaces.
- Remove gloves, and wash hands right away.

WASH YOUR HANDS OFTEN



- Wash your hands often with soap and water for 20 seconds.
- Always wash immediately after removing gloves and after contact with a person who is sick.
- Hand sanitizer: If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol. However, if hands are visibly dirty, always wash hands with soap and water.
- Additional key times to clean hands include:
 - After blowing one's nose, coughing, or sneezing
 - After using the restroom
 - Before eating or preparing food

- After contact with animals or pets
- Before and after providing routine care for another person who needs assistance (e.g. a child)
- Avoid touching your eyes, nose, and mouth with unwashed hands.

DIY DISINFECTANT



To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water
OR 4 teaspoons bleach per quart of water
- Don't mix up more than you will use within a day or two. Bleach degrades fairly rapidly once taken from its original storage container, becoming less effective each day
- Bleach mixtures should only be used on hard surfaces
- And never, ever mix bleach with ammonia or anything containing ammonia (like many window cleaners), or with anything acidic (like white vinegar and many limescale/rust removers)
- Alcohol solutions with at least 70% alcohol may also be used.
- Good news: [washing your hands thoroughly with soap is more effective than using hand sanitizer](#),

More details: [Complete Disinfection Guidance](#)

Section 2: Recognizing COVID-19 Symptoms, Locations and Protocol

Understanding the different symptoms of COVID-19 and what to do if you think you or a loved one might be sick, is crucial in getting the support you need in time. The following section walks you through COVID-19 symptoms, understanding when to seek medical attention and what to expect at the testing location in Los Angeles. Please note that information is changing rapidly, for the most up to date information visit the LA County website.



SYMPTOMS AND DIAGNOSIS

Watch for symptoms: People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

These symptoms may appear **2-14 days after** exposure to the virus:

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

When to Seek Medical Attention

If you develop any of these emergency warning signs* for COVID-19 get medical attention immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

Call 911 if you have a medical emergency: Notify the operator that you have, or think you might have, COVID-19. If possible, put on a cloth face covering before medical help arrives.

[[Source: CDC](#)]



HOW TESTING WORKS

Free COVID-19 Testing

The City of Los Angeles, in partnership with the County of Los Angeles and CORE (Community Organized Relief Effort), is providing **free COVID-19 testing to ALL** Los Angeles County residents, whether or not you are experiencing COVID-19 symptoms.

Priority for the same or next day testing is still given to people with symptoms, such as fever, cough, shortness of breath, chills, muscle pain, headaches, sore throat, or a new loss of sense of smell.

Testing is also prioritized for certain critical front-line workers who interact with the public while working.

Priority testing will continue to be reserved for:

- First responders
- Critical government personnel
- Health care professionals
- Grocery workers

Ask your department head, affiliated hospital or medical center, or employer for information about how to schedule a priority test.

For more information, visit: Coronavirus.LACity.org/Testing



WHAT TO EXPECT AT TESTING LOCATIONS

The current method of COVID-19 testing involves a self-collected specimen that will then be securely transported to the lab. This video will guide you through the step-by-step* process of collecting your sample and packaging it for delivery.

*As there is the potential for different styles of test kits to be used, be advised that kit contents may vary slightly.

NOTE: Please ensure that you do not eat, drink, use mouthwash or chew gum for at least one hour prior to testing.

- Bring some type of personal identification to your test. This helps ensure that your test results are matched to the right person. Your identity and your test results are protected by federal law and will not be shared with any other agencies for purposes of law enforcement or immigration.

Spanish language version: <https://youtu.be/UJPUwaFkNt4>

For more information on COVID-19, visit: <https://corona-virus.la>

TESTING LOCATIONS



There are drive-through and walk-up testing sites operating in Los Angeles County. When you book your appointment, you will receive a confirmation with the date, time, and location of your appointment, as well as other details. You will also be directed to a link to a video which will show you what to expect at the testing site.

[Schedule an Appointment](https://lacovidprod.service-now.com/rrs) at: <https://lacovidprod.service-now.com/rrs>

Los Angeles County COVID-19 Drive-Up Mobile Testing Sites: Locations within 10 miles of Boyle Heights

**Please note that information is changing rapidly, for the most up to date information visit the LA County website.*

An appointment is required - no drop-ins are allowed.

1. Altamed Evaluation and Testing Site - Pennsylvania

- a. Drive-Up Testing
- b. 1724 Pennsylvania Ave. Los Angeles, CA 90033
- c. Phone: (888) 499-9303
- d. <https://www.altamed.org/coronavirus#2919>

2. Lincoln Park

- a. Drive-Up Testing
- b. 3501 Valley Blvd. Los Angeles, CA 90095

3. Hotchkin Memorial Training Center

- a. Drive-Up Testing
- b. 1700 Stadium Way, Los Angeles, CA 90012

4. Good Samaritan Hospital

- a. Drive-Up Testing
- b. 1225 Wilshire Blvd., Los Angeles, CA 90017

5. Carbon Health

- a. Walk-Up Only Testing
- b. 2110 Sunset Blvd., Suite M, Los Angeles, CA 90026
- c. Walk-Up Only

6. Kedren Community Health Center

- a. Walk-Up Only Testing
- b. 4211 Avalon St., Los Angeles, CA 90011

7. East Los Angeles College

- a. Drive-Up Testing
- b. 1301 Avenida Cesar Chavez, Monterey Park, CA 91754 [Between Floral and Cesar Chavez]

8. AltaMed Medical and Dental Group - Commerce, Goodrich

- a. Drive-Up Testing
- b. 972 Goodrich Blvd., Commerce, CA 90022

9. AltaMed Medical Group

- a. Drive-Up Testing
- b. 2040 Camfield Ave., Los Angeles, CA 90040

10. Emergency Hospital

- a. LAC+USC Medical Hospital
- b. White Memorial

If you do not have access to a computer or internet, you can call 211 to schedule an appointment for testing

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

WHAT TO DO AFTER YOU ARE TESTED



- If you test positive for COVID-19, know what protective steps to take If You Are Sick or Caring for Someone.
- If you test negative for COVID-19, you probably were not infected at the time your specimen was collected. However, that does not mean you will not get sick. It is possible that you were very early in your infection when your specimen was collected and that you could test positive later. Or you could be exposed later and then develop illness. In other words, a negative test result does not rule out getting sick later.

Community transmission of COVID-19 is occurring in parts of the United States. In the coming months, most of the U.S. population will be exposed to this virus. You should continue to practice all the protective measures recommended to keep yourself and others from getting infected.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>

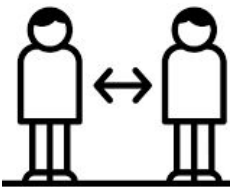
Section 3: Caring for Someone Sick at Home or Other Non-Health Care Settings



PROVIDE SUPPORT AND HELP COVER BASIC NEEDS

- Help the person who is sick follow their doctor's instructions for care and medicine.
 - For *most* people, symptoms last a few days and people feel better after a week.
- See if over-the-counter medicines, such as acetaminophen, help the person feel better.
- Make sure the person who is sick drinks a lot of fluids and rests.
- Help them with grocery shopping, filling prescriptions, and getting other items they may need. Consider having the items delivered through a delivery service, if possible.
- Take care of their pet(s), and limit contact between the person who is sick and their pet(s) when possible.
- Watch for warning signs
 - Have their doctor's phone number on hand.
 - [Use CDC's self-checker tool to help you make decisions about seeking appropriate medical care.](#)
 - <https://lacovidprod.service-now.com/rrs>
 - Call their doctor if the person keeps getting sicker. For medical emergencies, call 911 and tell the dispatcher that the person has or might have COVID-19.

PROTECT YOURSELF WHEN CARING FOR SOMEONE WHO IS SICK



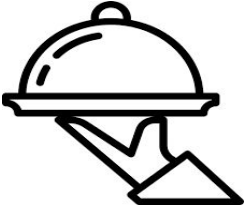
Limit contact:

COVID-19 spreads between people who are in close contact (within about 6 feet) through respiratory droplets, created when someone talks, coughs or sneezes

- The caregiver, when possible, should not be someone who is at higher risk for severe illness from COVID-19.
- Establish a 'sick room' preferably with doors to keep the person with Covid-19 in a room to themselves. They should only go out to use the bathroom. No one else should spend time in that room more than absolutely necessary and always wear a mask. Wash your hands thoroughly or disinfect them with Purell as soon as you leave the room. Keep a window open in the 'sick room' if possible to keep air circulating. Keep children and pets out of that room.
 - If you don't have more than one bedroom, give them the bedroom, and you can sleep in the living room.
 - If you have to [share space](#) with an ill person, make sure the room has good airflow.
 - Open the window and turn on a fan (if possible) to increase air circulation.
 - Improving ventilation helps remove respiratory droplets from the air.

- You will have to clean every surface they touch in a shared space, including the bathroom (see cleaning tips).

EAT IN SEPARATE ROOMS OR AREAS



Stay separated: The person who is sick should eat (or be fed) in their room, if possible.

- Wear a mask and wash your hands afterward.
- Wash dishes and utensils using gloves and hot water: Handle any dishes, cups/glasses, or silverware used by the person who is sick with gloves. Wash them with soap and hot water or in a dishwasher.
- [Clean hands](#) after taking off gloves or handling used items.

AVOID SHARING PERSONAL ITEMS



Do not share:

- dishes, cups/glasses, silverware, towels, bedding, or electronics with the person who is sick.

WHEN TO WEAR A CLOTH FACE COVER OR GLOVES



Person who is sick:

- The person who is sick should wear a [cloth face covering](#) when they are around other people at home and out (including before they enter a doctor's office).
- The cloth face covering helps prevent a person who is sick from spreading the virus to others. It keeps respiratory droplets contained and from reaching other people.
 - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is not able to remove the covering without help.

Caregiver:

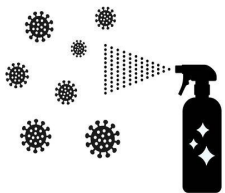
- Wear gloves when you touch or have contact with blood, stool, or body fluids, such as saliva, mucus, vomit, and urine. Throw out gloves into a lined trash can.
 - To prevent getting sick, make sure you clean hands often, avoid touching your eyes, mouth, nose with unwashed hands, frequently clean and disinfect surfaces.

CLEAN HANDS OFTEN



- Wash hands: Wash your hands often with soap and water for at least 20 seconds. Tell everyone in the home to do the same, especially after being near the person who is sick.
- Hand sanitizer: If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Hands off: Avoid touching your eyes, nose, and mouth with unwashed hands.

CLEAN AND THEN DISINFECT



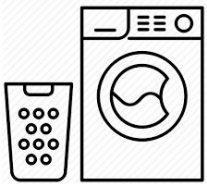
Around the house

- Clean and disinfect “high-touch” surfaces and items every day: This includes tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks, and electronics.
- Clean the area or item with soap and water if it is dirty. Then, use a household disinfectant.
 - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to kill germs. Many also recommend wearing gloves, making sure you have good airflow, and wiping or rinsing off the product after use.
 - Most household disinfectants should be effective.

Bedroom and Bathroom

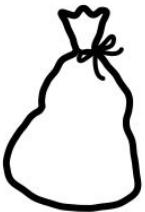
- If you are using a separate bedroom and bathroom: Only clean the area around the person who is sick when needed, such as when the area is soiled. This will help limit your contact with the sick person.
 - If they feel up to it, the person who is sick can clean their own space. Give the person who is sick personal cleaning supplies such as tissues, paper towels, cleaners
- If sharing a bathroom: The person who is sick should clean and then disinfect after each use. If this is not possible, the caregiver and household member should wait as long as possible before entering the bathroom and clean and disinfect the bathroom before use.

WASH AND DRY LAUNDRY



- Do not shake dirty laundry.
- Wear disposable gloves while handling dirty laundry.
- Dirty laundry from a person who is sick can be washed with other people's items.
- Wash items according to the label instructions. Use the warmest water setting you can.
- Remove gloves, and wash hands right away.
- Dry laundry, on hot if possible, completely.
- Wash hands after putting clothes in the dryer.
- Clean and disinfect clothes hampers. Wash hands after.

USE LINED TRASH CAN



- Place used disposable gloves and other contaminated items in a lined trash can.
- Use gloves when removing garbage bags, and handling and disposing of trash. Wash hands afterwards.
- Place all used disposable gloves, facemasks, and other contaminated items in a lined trash can.
- If possible, dedicate a lined trash can for the person who is sick

TRACK YOUR OWN HEALTH



Caregivers and close contacts should monitor their health for COVID-19 symptoms.

- [Common symptoms](#) include fever, cough, and shortness of breath. Trouble breathing is a more serious warning sign that you need medical attention.
- [Use CDC's self-checker tool to help you make decisions about seeking appropriate medical care.](#)
- If you are having trouble breathing, call 911.
- Call your doctor or emergency room and tell them your symptoms before going in. They will tell you what to do.

Section 4: When it's safe to be around others: ending home isolation

People with COVID-19 or its symptoms who:

- are recovering at home (or other non-hospital setting), and
- will not be tested to determine if they are no longer contagious

Can leave their "sick room" and home when:

- They have had no fever for at least 72 hours (that is three full days of no fever) without the use of medicine that reduces fevers
AND
- Other symptoms have improved (for example, when their cough or shortness of breath have improved)
AND
- At least 10 days have passed since their symptoms first appeared

People with COVID-19 or its symptoms who:

- are recovering at home (or other non-hospital setting), and
- will be tested to determine if they are no longer contagious

Can leave their “sick room” and home when:

- They no longer have a fever (without the use of medicine that reduces fevers)
AND
- Other symptoms have improved (for example, when their cough or shortness of breath have improved)
AND
- They received two negative tests in a row, 24 hours apart

People who DID NOT have COVID-19 symptoms, but tested positive who:

- are self-isolating at home (or other non-hospital setting) can leave their “sick room” and home when:
- At least 10 days have passed since the date of the first positive test
AND
- They continue to have no symptoms (no cough or shortness of breath) since the test

For 3 more days, this group of people should continue to limit contact (stay 6 feet or more away from others) and wear a face covering for their nose and mouth when other people are present (including at home).

For ALL people

- When leaving the home, keep a distance of 6 feet from others and wear a [cloth face covering](#) when around other people.
- Follow guidance provided by the healthcare provider and local health department. The decision to stop home isolation will be made in consultation with their healthcare provider and state and local health departments. Local decisions depend on local circumstances.

[Find more information on when to end home isolation.](#)

- Stay home yourself, especially if you or others in your home have had contact with someone who has or might have Covid-19, you could carry the virus with you to work or the store, even if you don't have any symptoms.
- Don't be afraid to ask for help or moral support. Tell a few people whom you trust and rely on so that they can bring you supplies from the store and leave them on your doorstep. Don't forget that you need emotional support and connections to get you through your time as Covid-19 caregiver. As we are all fighting the spread of the virus, and care for the sick, we're all affected in some way. But connecting with one another in safe ways can help us cope

Source: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html#monitor>