The symptoms of coronavirus (COVID-19) may include: cough, fever or chills, difficulty breathing, fatigue, muscle or body aches, headache, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, and/or new loss of taste or smell.

If you are experiencing any of these symptoms, do not go to work and speak to a doctor immediately. If you don't have a doctor or medical insurance, call:

- Salud Para La Gente in Watsonville: 831-728-0222, 8am - 7pm
- County Health Center Watsonville: 831-763-8400, 7:30am - 6:30pm
- Santa Cruz Community Health Centers: 831-427-3500, 8am - 8pm
- County Health Center Santa Cruz: 831-454-4100, 8am - 5pm

Call 911 if you have chest pain or difficulty breathing.

Show this card when visiting the hospital or clinic. You have the right to test, prevent and/or treat COVID-19 using public benefits (like Medi-Cal) and your immigration status will NOT be affected.
Local information on COVID-19: 831-454-4242, M-F 8am - 6pm
General Community Resources: Call 211 (24 hrs/day)
CalFresh (food stamps): 831-256-7730 or www.getcalfresh.org
Second Harvest Food Bank: 831-722-7110 or www.thefoodbank.org
Legal Services: Watsonville Legal Center 831-722-2845
California Rural Legal Center 831-724-2253
Unemployment Benefits: Watsonville Career Center 831-763-8933
Rental Assistance: Community Action Board (831) 763-2147 ext. 210
National Suicide Hotline: 1-888-628-9454

You have the right to receive help.

7/16/2020