

COVID-19 / CORONAVIRUS RESOURCE GUIDE

Q&A about the Coronavirus Disease (COVID-19)

What is the coronavirus of COVID-19? This is a new infectious disease caused by the coronavirus, a new virus that has not been previously identified before. This virus has been unknown until the first case in December 2019.

What are the symptoms of COVID-19? The main symptoms are fever, tiredness and dry cough. Some patients may develop nasal congestion, sore throat or diarrhea; these symptoms are usually mild and appear gradually. Some people become infected but not without symptoms, and most people (about 80%) recover from the disease without needing special treatment. 1 out of 6 people who get the virus develops a serious illness and has breathing troubles. Older people and those with medical conditions who suffer from severe medical issues such as high blood pressure, diabetes, or heart problems, are more likely to develop a serious illness.

How is COVID-19 spread? The virus is spread by close contact with another person infected with the virus. The disease can spread from person to person through the droplets coming from the nose or mouth and by small droplets left behind when an infected person exhales and then a healthy person touches their mouths, eyes or nose. That's why it's important to stay more than 1 meter (3 feet) away from a person who is sick.

Can the COVID-19 causing virus be transmitted over the air? The disease is transmitted mainly by contact with respiratory droplets, rather than air.

Is it possible to get COVID-19 by contact with a person who has no symptoms? It is possible to get COVID-19 by contact with a person who has no symptoms, such as someone coughing. The risk of getting COVID-19 from someone who doesn't have any symptoms is very low.

What can I do to protect myself and prevent the spread of the disease? Stay up to date on the latest developments regarding the disease. Follow the advice of your health care provider and relevant health authorities at the national and local levels for how to protect yourself and others from COVID-19.

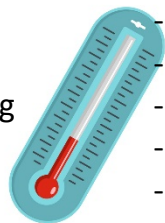
- Wash your hands thoroughly with soap and water for at least 20 seconds. If you are wearing gloves, you should wash your hands and the gloves immediately after you remove them.
- Cover your mouth and nose with your elbow bent or with a tissue when coughing or sneezing. The used tissue should be discarded immediately.
- Stay at home if you are not well. If you have a fever, cough, and shortness of breath, seek medical attention and call in advance. Follow instructions from your local health authorities.

Right now, Volunteers in Medicine of Southern Nevada (VMSN) is not able to provide testing for COVID-19 at our clinic. If you have any questions about this, please call us at (702) 967-0530.

Know the symptoms:

COVID-19

- Fever
- Cough
- Shortness of breath, or difficulty breathing
- Symptoms appear 2-14 days after exposure



Flu

- Fever
- Cough
- Muscle aches
- Fatigue & weakness
- Chills & sweats
- Congestion
- Sore throat

Allergies

- Sneezing
- Itchy nose, eyes, or roof of mouth
- Runny, stuffy nose
- Watery, red, or swollen eyes

Food &

Food for kids affected by school closures

Aloha Kitchen is offering chicken teriyaki bowls for kids who are hungry due to schools closing between the hours of 2-4PM in these designated locations/days up until April 3rd:



- Monday: Aloha Kitchen, 2605 S. Decatur Blvd Sahara & Decatur
 - Tuesday: Aloha Kitchen, 8150 S Maryland Parkway Windmill & I-215
 - Wednesday: Aloha Kitchen and Bar 2605 S Decatur Blvd Sahara & Decatur
 - Thursday: Aloha Kitchen, Maryland Parkway at UNLV 4745 S Maryland Parkway
 - Friday: Aloha Kitchen 4466 E Charleston Blvd
 - **Check their FB and show their post and your student ID**
- Breakfast and lunch for students are available at the following locations (8:00 AM - 11:00 AM):

Basic HS	400 Palo Verde Dr., Henderson, NV. 89105
Canyon Springs HS	350 E Alexander Rd., North Las Vegas, NV. 89032
Centennial HS	10200 Centennial Pkwy., Las Vegas, NV. 89149
Chaparral HS	3820 Annie Oakley Dr., Las Vegas, NV. 89121
Cheyenne HS	3200 W Alexander Rd., North Las Vegas, NV. 89032
Cimarron-Memorial HS	2301 N Tenaya Way, Las Vegas, NV. 89128
Clark HS	4291 W Pennwood Ave., Las Vegas, NV. 89102
Desert Pines HS	3800 East Harris Ave., Las Vegas, NV. 89110
Las Vegas HS	6500 E Sahara Ave., Las Vegas, NV. 89142
Mojave HS	5302 Goldfield St., North Las Vegas, NV. 89031
Shadow Ridge HS	5050 Brent Ln., Las Vegas, NV. 89131
Sierra Vista HS	8100 W Robindale, Las Vegas, NV. 89113
Silverado HS	1650 W Silver Hawk Ave., Las Vegas, NV. 89123
Spring Valley HS	3750 S Buffalo Dr., Las Vegas, NV. 89147
Veteran's CTA	2531 Vegas Dr., Las Vegas, NV. 89104

- **The Cereal Killerz Kitchen**
 - Any child in need can receive a free build your own waffle from **12pm – 3pm**
 - Show a staff member the post from Instagram/Facebook

- 1300 W. Sunset Rd #2837, Henderson, NV 89014

- **Griddlecakes and Stacks and Yolks** will be offering a kid's meal of pancakes, eggs and homefries to the children in our community- no questions asked.

Monday to Friday 11 am-1pm

Questions? Contact: Krystal Tyner 702-937-8559

Griddlecakes locations

9480 S Eastern #170 89123
6085 S Fort Apache Rd 89148
6584 N Decatur Blvd 89131

Stacks and Yolks locations

3200 N Jones Blvd. 89108
7150 S Durango Dr. # 140 89113

Paina Café

- Korea Town Plaza
6870 Spring Mountain Rd., Las Vegas, NV 89146
Free Kids' bowl with any adult purchase

Ramen Shibire

- 3889 Spring Mountain Rd, Las Vegas, NV 89102
- Free kid's meal for all students K-12 with each adult purchase

EatBokBok

- **Free kid's meal with adult purchase**
- 7501 W Lake Mead Blvd #100, Las Vegas, NV 89128 (702) 761-9207

Truffles N Bacon Café

- **Free kid's meal with adult burger purchase**
- 8872 S Eastern Ave Ste 100, Las Vegas, NV 89123

Project 150 (for homeless high school youth) have announced from March 16- April 13

- **Betty's Boutique** is available Mon-Fri from 9-4:30 for high school students to access food and hygiene products. 3600 N Rancho Dr 89130
- **Student Education and Empowerment Center** will be open to students to utilize FREE workshops when away from the classroom.

GROCERIES

- **The Just One Project** is offering emergency food assistance. Call (702)462-2253
 - Provides groceries once a month
 - Must call to make an appointment
- College student in Las Vegas offers to shop for at-risk people; to volunteer or request help, visit their [Facebook](#) page, send an email to shoppingangelsnv@gmail.com, or call (702)526-9856.
- **Three Square** 702-765-4030
 - Call for information regarding food pantries near you and requirements or visit Threesquare.org/how-to-help/partners/partner-map

Seniors 60+

- **Golden Groceries (Three Square)**
 - 702-765-4030
 - Special hours & days to avoid long lines
- **New Beginnings Ministries**
 - 2200 E. Cheyenne Ave., North Las Vegas, NV 89030 Monday to Friday 1:00pm-3:00pm
 - Seniors 60+ enjoy a **free** hot meal! Persons under 60 can purchase a meal for \$3 a day
- **Veterans of Foreign Wars Memorial Post 10047**
 - 4337 N. Las Vegas Blvd. North Las Vegas, NV 89115 Thursday 5:00pm-8:00pm
 - Free hot meal for seniors 60+ and family members

Water

- **Serv-All Water Conditioning**
 - 702-737-1957 or servallwater@yahoo.com \$50 off any 5-stage reverse osmosis system
- **BRITA**
 - Tap water faucet filtration system

Internet Access

- If students don't have internet access, call **Spectrum** at 1-844-488-8398 for free internet during school shutdowns
 - Only works in areas that offer Spectrum
 - Must already have an account
 - MUST provide proof of at least one k-12 student in household
 - Can't owe Spectrum money from the past 3 years/can't owe them equipment
- **Comcast** is offering 2 free months of internet beginning 3/16/20 to new Internet Essentials customers.
 - They are also increasing their internet speed to 25 Mbps downloads and 3 Mbps uploads.
 - Apply online at <https://apply.internetessentials.com/>
 - For more info, visit <https://www.internetessentials.com/>
- **AT&T** is offering \$5-\$10/month internet access for those in low-income households or on SNAP. The program is called "Access". Eligibility determined based on address and income.
 - Apply at <https://m.att.com/shopmobile/internet/access>
 - To apply via phone, call 855-220-5211
 - *Application process takes 3 business days and 5-7 days to schedule installation.

Utility Bills

- NV Energy offers support; waives late fees and deposits
<https://www.nvenergy.com/alwayson/cannon-message-covid19>
- Cox will not terminate services; will waive late fees; will open wi-fi hotspots
- Southwest Gas will be starting a temporary moratorium on natural gas disconnections
- The Las Vegas Valley Water District is suspending customer shut-offs

- <https://www.8newsnow.com/news/local-news/nv-energy-offers-payment-support-suspends-disconnections-for-non-payment/>

For those in abusive situations:

- Co-quarantined with an abuser? Worried about having to self-isolate in a dangerous home?
Contact the National Domestic Violence Hotline:
CALL 1-800-799-7233 or
TTY 1-800-787-3224 or
CHAT at thehotline.org

Emergency: 911

Non-emergency: 311

Crisis line: HOME to 741741

Southern Nevada Health District Info Line: (702) 759-INFO (4636)