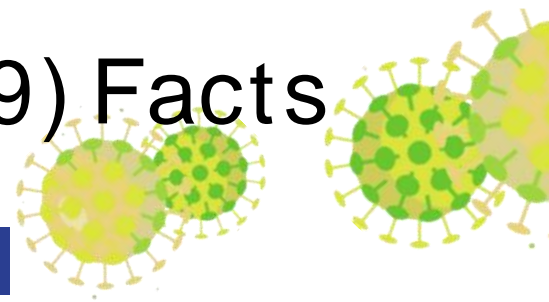


# Coronavirus (COVID-19) Facts

Updated March 19, 2020



## Stay at home during the COVID-19 outbreak

On March 16th, the City issued a Public Health Order requiring people to stay home except for essential needs to reduce the spread of the coronavirus. This order is in effect until April 7th. We can reduce the spread of the coronavirus and save lives if we maintain social distancing and stay at home. We need everyone's help and cooperation right now to reduce the spread of the virus.

### What does this mean?

- Everyone must stay home except to get food, care for a relative or friend, get necessary health care, or go to an essential job.
- Do not gather with others. No visitors or meeting up with friends. Bars, nightclubs, and gyms are closed.
- It is OK to go outside for walks if you are not in a group.
- If you are an older adult or have a serious chronic medical condition, you are especially vulnerable and must stay home.
- Essential local government functions will continue, including first responders and law enforcement.

### What should I do?

- Check in with family and friends by phone and email, especially older adults or those with health conditions.
- You will continue to be able to purchase food, medicine, or personal necessities from grocery stores, pharmacies, gas stations, and hardware stores.
- You may provide care or help with getting supplies for loved ones. Don't provide care or pick up supplies if you are sick.
- If you are feeling sick, please call your doctor, a nurse hotline, or an urgent care center. Do not go to the emergency room of a hospital unless you are having an actual emergency.

## Social distancing guidelines to still follow



Wash hands with soap and water for at least 20 seconds



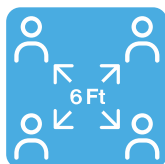
Cover your cough or sneeze



Stay home if you are sick



Avoid touching your face



- Avoid groups (stay at least six feet away from others)
- Reduce the time you are around others outside the home, even when at least six feet away

## Stay informed

Text COVID19SF to 888-777 to get text message alerts for official updates.

For more info,  
call 311 or visit  
SF.gov



San Francisco  
Department of Public Health

# ITHA COVID-19 Program

The mission of ITHA's **Fortify Ingleside Terraces (FIT)** program is to protect the health and well-being of residents, especially the vulnerable, during times of stress. A big part of our approach is to increase the level of connection amongst all residents before, during and after a disaster. Over the past few weeks we, and the whole world, have been inspired by the videos of Italians taking to their balconies and joining in song despite being sequestered in their homes. This communal act brings hope and a sense of community to everyone who can hear their music. One of the Miraloma Park volunteers came up with the idea of everyone putting a lamp (not a candle!) in their front window and leaving it on until they go to bed to create a sense of community among our residents, many of whom may feel isolated and alone during this time. This is the **Unity Light in the Night** campaign, and we hope you'll join this simple and visible way to let your neighbors know that we are in this together - even as we follow the guidelines to stay home and maintain social distancing.

## Become a FIT Team Volunteer

During this time, it's critical that we all pull together as a community. To enable this, we are activating a Fortify Ingleside Terraces (FIT) team of volunteers to provide our neighborhood with the organizational infrastructure and resources to empower everyone during times of stress. If you can assist for any amount of time, day or evening, our homebound seniors or those not able to fend for themselves, please take a moment and fill out our volunteer form on our website – [www.ithasf.org](http://www.ithasf.org) or click [here](#) if you are reading this online.

## San Francisco COVID-19 Services

In addition to the information on the front, here are some additional City resources:

- **Wellness Checks** – Contacting the non-emergency services at **415-555-0123** allows you to register to receive a wellness check twice a day via phone call. You will be asked a few questions to ensure you are still healthy and not in need of services. Language and hearing-impaired service is available.
- **Meals On Wheels** – If you over 60 and either homebound or unable to shop and prepare meals for yourself, San Francisco offers their Home-Delivered Meals program. You can contact them at **415-355-6700** or the main line at **415-920-1111**. Further information is also available at [www.mowssf.org](http://www.mowssf.org).
- **Free Meals for Children** – SFUSD will provide free meals to all children 18 and younger during school closure. You can find pick-up sites, hours, and details at [www.sfusd.edu](http://www.sfusd.edu).
- **Emergency Child Care** – SF Parks and Rec will provide free child care to the children of health care workers and low-income families. You can find sites, times, and details at [www.sf.gov](http://www.sf.gov).
- **Open City Services** – You can find out which City services are open at <https://sf.gov/information/city-services-whats-open>.
- **Coronavirus Testing** – You can find out how to get tested for coronavirus at <https://sf.gov/find-out-how-get-tested-coronavirus>. First step: Call your doctor or 311 if none.
- **Be Vigilant:** There are no City programs where staff go door-to-door without appointments.

## Our Fortify Ingleside Terraces Hotline

One of the services our FIT Team volunteers will be providing is timely response to a neighborhood hotline we have set up. This should not be considered as an alternative to 911 or other City emergency services, but a resource for less urgent assistance. We are planning on offering assistance with grocery shopping, prescription pick-up, wellness calls, etc. The number is **415-275-0162**, and you will be asked to identify yourself before being connected. Be advised that you may have to leave a message for a return call.

## What You Can Do Today

- ✓ **Join the Ingleside Terraces FIT Team**
- ✓ **Join the *Unity Light in the Night* campaign**
- ✓ **Text COVID19SF to 888-777**
- ✓ **Write down/Add to you contacts the City and ITHA service numbers**