

Coronavirus disease 2019, also known as COVID-19, is spreading in the United States. The disease causes respiratory illness such as cough, fever, and in more severe cases, trouble breathing. The best way to prevent illness is to avoid being exposed to this virus:

- **Wash your hands** with soap and water for at least 20 seconds.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.
- **Stay home** if you can. If you must go out, **maintain a distance of at least 6 feet from others**.

More information and advice on COVID-19 prevention can be found below:

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/>

CA: <https://covid19.ca.gov/>

CDPH: <https://www.cdph.ca.gov/covid19>

[San Bernardino County COVID-19 UPDATE](#)

Specific information for **pregnant and breastfeeding women** can be found below:

WHO: <https://www.who.int/news-room/q-a-detail/q-a-on-covid-19-pregnancy-childbirth-and-breastfeeding>

Specific information for **those caring for children** can be found below:

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html>

What to do if you feel sick

If you are sick with COVID-19 or think you might have it, follow the steps below to help protect others:

- Call ahead before visiting the doctor and stay home except to get medical care. Most people who are mildly ill with COVID-19 are able to recover at home.
- Clean your hands often and cover your coughs and sneezes.
- Avoid sharing household items and separate yourself from others in your home.

If you develop any of the following **emergency warning signs, get medical attention immediately**.

- Difficulty breathing or shortness of breath.
- Persistent pain or pressure in the chest.
- New confusion or inability to arouse.
- Bluish lips or face.

For more information, visit <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

Resources for San Bernardino County

Community Resources

*211 San Bernardino County

* Dial 2-1-1 or text your zip code to 898211

Unemployment Resources

* San Bernardino Employment and Training Agency (SBETA)

*600 N. Arrowhead Avenue, Suite 300, SB

*Phone: 909-888-7881

* FREE, 24-hour resource hub linking you to thousands of local health and human services. Staffed 24 hours per day

* [Job Loss Support Services](#)

Emergency food assistance resources for San Bernardino County

Grocery stores and many farmers markets will remain open and stocked throughout the statewide stay-at-home order. There is no need to stockpile grocery items or household goods. Buy only what you need. Many grocery stores and farmers markets have adjusted their hours, and some have designated priority shopping hours for seniors. Potable tap water is safe to drink and is not a carrier of COVID-19.

CalFresh (SNAP) application

* **San Bernardino County Transitional Assistance Department**

*265 4th St, San Bernardino, CA 92415

*Phone: 909-388-0245

*<http://wp.sbcounty.gov/tad/programs/calfresh/>

Food banks & other sites

* **Community Action Partnership**

*696 S. Tippecanoe Ave, San Bernardino

*Toll free: 800-635-4618

*Phone: 909-723-1500

*<https://www.capsbc.org/food-bank>

Women, Infants, & Children (WIC)

*Helps families, pregnant women, new mothers, infants and young children get healthy foods, nutrition education and community resources at no cost

*2035 North D Street, San Bernardino, CA 92405

*Phone: 800-472-2321

*<http://cms.sbcounty.gov/wic/Home.aspx>

Meals on Wheels & Senior Meals

*San Bernardino County Department of Aging and Adult Services (DAAS)

*Phone: 909-891-3810

*[To-Go Meal Sites](#)

*[Early Service Grocery Hours](#)

*<http://hss.sbcounty.gov/daas/resources/nutrition.aspx>

School meal sites

* [FREE Grab and Go Meals for Children](#)

* Text FOOD/COMIDA to 877-877

*[Meals for Kids interactive web map \(USDA\)](#)

* [California Meals for Kids mobile app \(CDE\)](#)

Food safety and storage

It may be possible that a person can get COVID-19 by touching a surface with the virus on it and then touching their mouth or nose. Read more on food safety and food storage below:

*<https://www.cdc.gov/foodsafety/>

*<https://ucfoodsafety.ucdavis.edu/covid19-food-safety-resources>