

Coronavirus (COVID-19) What you need to know from the Center of Disease Control

How it Spreads

Person-to-Person

Through respiratory droplets produced when an infected person coughs or sneezes.

Surfaces or Objects

touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

How to protect yourself and others

1. Wash your hands often with soap and water for at least 20 seconds.
*If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
2. Avoid close contact with people who are sick.
3. Put distance between yourself and other people up to 6-10ft
4. Stay home if you are sick.
5. Clean and disinfect frequently touched surfaces daily.
*If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

HELP IS HERE

Food

Mt. Carmel Church
Lunch 11-1pm
352.378.7322

Infant Formula

1.800.222.9123

Food Pantries

<https://www.foodpantries.org/ci/fl-gainesville>

SBAC

Meals
<https://www.sbac.edu/Page/29814>
352.955.7300

Working Food

Drive thru farmer's Market
Wed 4-6p | Sat 9-11am

Medical Testing

*please contact your primary doctor first.

Alachua DOH

352.334.7900

Self Testing

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

Resources

<https://floridahealthcovid19.gov/resources/#toolkitJump>

GRU

30day Disconnects
Suspended
352.334.3434

Mental Health

<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

Connection

Data Plan 60 day Free

Contact your Cell phone provided for data discounts

COX

Connect2Compete 2 months free
1.800.234.3993

ABC Mouse TV

Free month
<https://www.abcmouse.com/>

Now Hiring

Sam's Club

<http://www.samsclub.com/>
352.375.8853

Dollar General

<http://www.dollargeneral.com/>

Publix

<https://corporate.publix.com/careers>

Wal-Mart

<https://careers.walmart.com/>

HelpLine Monday-Friday, 10:00 a.m. to 6:00 p.m., EST (800) 950-6264

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

