

Coronavirus Community Response Network

The coronavirus outbreak in NYC presents dangers to our physical and mental well-being. Current evidence points to high community spread in NYC, including through people who show no symptoms. It is essential to take precautions to distance ourselves even as we take care of one another.

COVID-19 symptoms include fever, cough, and shortness of breath. Older and immunocompromised people and people with disabilities are at higher risk for complications. If you develop symptoms, contact your healthcare provider for current guidance on testing for COVID-19.

If you have severe symptoms, such as persistent pain or pressure in the chest, new confusion or inability to arouse, or bluish lips or face, contact your healthcare provider or nearest emergency department and seek care immediately. **If you don't have health insurance, still get in touch with a medical provider; the federal government is about to make COVID-19 testing free for all.**

To reduce your own risk of contracting coronavirus and spreading it to others:

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick
- Stay home if you're sick; whether or not it is COVID-19, self-isolation is crucial for our community
- Cover coughs and sneezes
- Clean and disinfect frequently touched surfaces daily



A growing group of community members and elected public officials are adapting the principles of Mutual Aid to the coronavirus outbreak to build robust, grassroots support networks during these difficult times. This model connects people who need help with those who can offer it safely, efficiently, and locally. We will center the needs, leadership, and experiences of people who have developed and relied on these models for everyday life pre-COVID-19, including the immunocompromised, disabled, and elderly.

Here are some examples of Mutual Aid for the current outbreak:

- Concrete information about COVID-19 best practices, based in scientific research
- Gather protective supplies for volunteers and keep pulse on stores that have them
- Elder care and socializing at-a-distance
- If current health guidelines allow, childcare for essential workers
- Grocery runs, laundry service, and prescription pick-ups for immunocompromised, disabled, and/or elderly people and their families
- Mental health first aid and support
- Keeping a pulse on local healthcare infrastructure
- At-home activities for children
- Cooking classes
- Medical advocacy support
- Support for people experiencing homelessness, home insecurity, and food insecurity
- An advocacy corner to continue to push for justice policies now and going forward

If you are in need of or can offer any of these services, visit our webform to fill out your information at **MutualAid.SenatorJackson.com** or call our intake line at 929.444.7010 that is guaranteed to be staffed 11:30am–4:30pm M–F, with volunteers covering evenings and weekends when possible. You can read more at **covid19.SenatorJackson.com**.

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