**COVID-19 Information Guide & Websites  
Compiled 4/17/2020**

**STAY HOME—SAVE LIVES**

**DON’T BE SCARED—BE PREPARED**

**Current events because of COVID-19 can cause stress for children and parents.   
Facts to reassure you during this time can be found from trustworthy resources.   
The information below will help you with your concerns and questions.**

**WHERE TO LOOK FOR COVID-19 FACTS**

* Public health agencies.
* Health care providers and hospitals. (Kaiser-Permanente, Dignity Health, etc.)
* Colleges and universities.
* Local and big city newspapers.
* Media such as MSNBC, CNN, ABC, NBC, CBS, PBS, and NPR.

Facts from these places above are checked by experts and are up-to-date. If you use the Internet, use webs sites of those from the list above.

**TIPS TO JUDGE IF YOU ARE GETTING GOOD INFORMATION**

* If you use sources other than above, remember that credible websites should cite the source of the information presented.
* Social media sites like Facebook, Twitter, etc. don’t always provide good facts if the information does not come from a credible source as in the list above. Facts from a personal blog or “meme” should not be considered reliable.
* Almost anyone can publish what they want on the web. It is often difficult to know where facts came from—even if an author is listed. He or she may not always represent him or herself honestly, or he or she may represent opinions as fact.
* Friends, family and neighbors may mean well, but are not aware of all the facts about COVID-19. It is good to always ask: Where did you learn that? Can you show me the source of information? Let’s research that together before we share i

**SPECIFIC SOURCES FOR RELIABLE INFORMATION**

* U.S. Centers for Disease Control
  + English <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
  + Español <https://espanol.cdc.gov/coronavirus/2019-ncov/index.html>
* Arizona Department of Public Health
  + English <https://www.azdhs.gov/preparedness/epidemiology-disease-control/infectious-disease-epidemiology/index.php#novel-coronavirus-home>
  + Español <https://www.azdhs.gov/preparedness/epidemiology-disease-control/infectious-disease-epidemiology/es/covid-19/index.php#novel-coronavirus-home>

* California Department of Public Health
  + English <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>
  + Español  
    <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCoV2019_Spanish.aspx>
* Hawaii
  + English <https://hawaiicovid19.com>
  + Español Use “Select Language” box at top right of page
* Nevada Department of Public Health
  + English <https://nvhealthresponse.nv.gov>
  + Español Use “Select Language” box at bottom left of page
* Pacific Island Health Officers Association
  + English <http://www.pihoa.org/covid19/>

**BASIC PERSONAL SAFETY**

Our best defense against COVID-19 is by following these simple habits:

* Wash hands often.
* Avoid touching eyes, nose and mouth with unwashed hands.
* Avoid being around sick people.
* Keep at a physical distance 6-13 feet from others.
* Cover your cough or sneeze with a tissue and throw the tissue in the trash.
* Stay at home.

**HIGHER RISKS FOR SERIOUS ILLNESS FROM COVID-19**

Diseases can make anyone sick regardless of their race or ethnicity. Some people with health conditions are at higher risk of getting very sick from COVID-19.

* Older adults (65+).
* Individuals with compromised immune systems.
* Individuals who have serious chronic medical conditions like:
  + Heart disease.
  + Diabetes.
  + Lung disease.
* Smokers who already have lung disease or reduced lung capacity could be at risk of serious illness.

**SIGNS OF COVID-19**

* Fever
* Cough
* Shortness of breath

Seek medical attention if you or someone you know have these emergency warning signs. These include:

* Trouble breathing.
* Persistent pain or pressure in the chest.
* New confusion or not able to be woken.
* Bluish lips or face.

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.