

# Essential Worker

I speak Mixteco. I need help.

**The symptoms of coronavirus (COVID-19) may include:** cough, fever or chills, difficulty breathing, fatigue, muscle or body aches, headache, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, and/or new loss of taste or smell.

**If you are experiencing any of these symptoms, do not go to work and speak to a doctor immediately. If you don't have a doctor or medical insurance, call:**

- Salud Para La Gente in Watsonville: 831-728-0222, 8am - 7pm
- County Health Center Watsonville: 831-763-8400, 7:30am - 6:30pm
- Santa Cruz Community Health Centers: 831-427-3500, 8am - 8pm
- County Health Center Santa Cruz : 831-454-4100, 8am - 5pm

**Call 911 if you have chest pain or difficulty breathing.**

**Show this card when visiting the hospital or clinic.**

**You have the right to test, prevent and/or treat COVID-19 using public benefits (like Medi-Cal) and your immigration status will NOT be affected.**

# Resources & Programs

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**Local information on COVID-19:** 831-454-4242, M-F 8am - 6pm

**Free COVID-19 Testing** (for people without symptoms): 1-888-634-1123

**General Community Resources:** Call 211 (24 hrs/day)

**CalFresh (food stamps):** 831-256-7730 or [www.getcalfresh.org](http://www.getcalfresh.org)

**Second Harvest Food Bank:** 831-722-7110 or [www.thefoodbank.org](http://www.thefoodbank.org)

**Legal Services:** Watsonville Legal Center 831-722-2845

California Rural Legal Center 831-724-2253

**Unemployment Benefits:** Watsonville Career Center 831-763-8933

**Rental Assistance:** Community Action Board (831) 763-2147 ext. 210

**National Suicide Hotline:** 1-888-628-9454

**You have the right to receive help.**

7/16/2020

