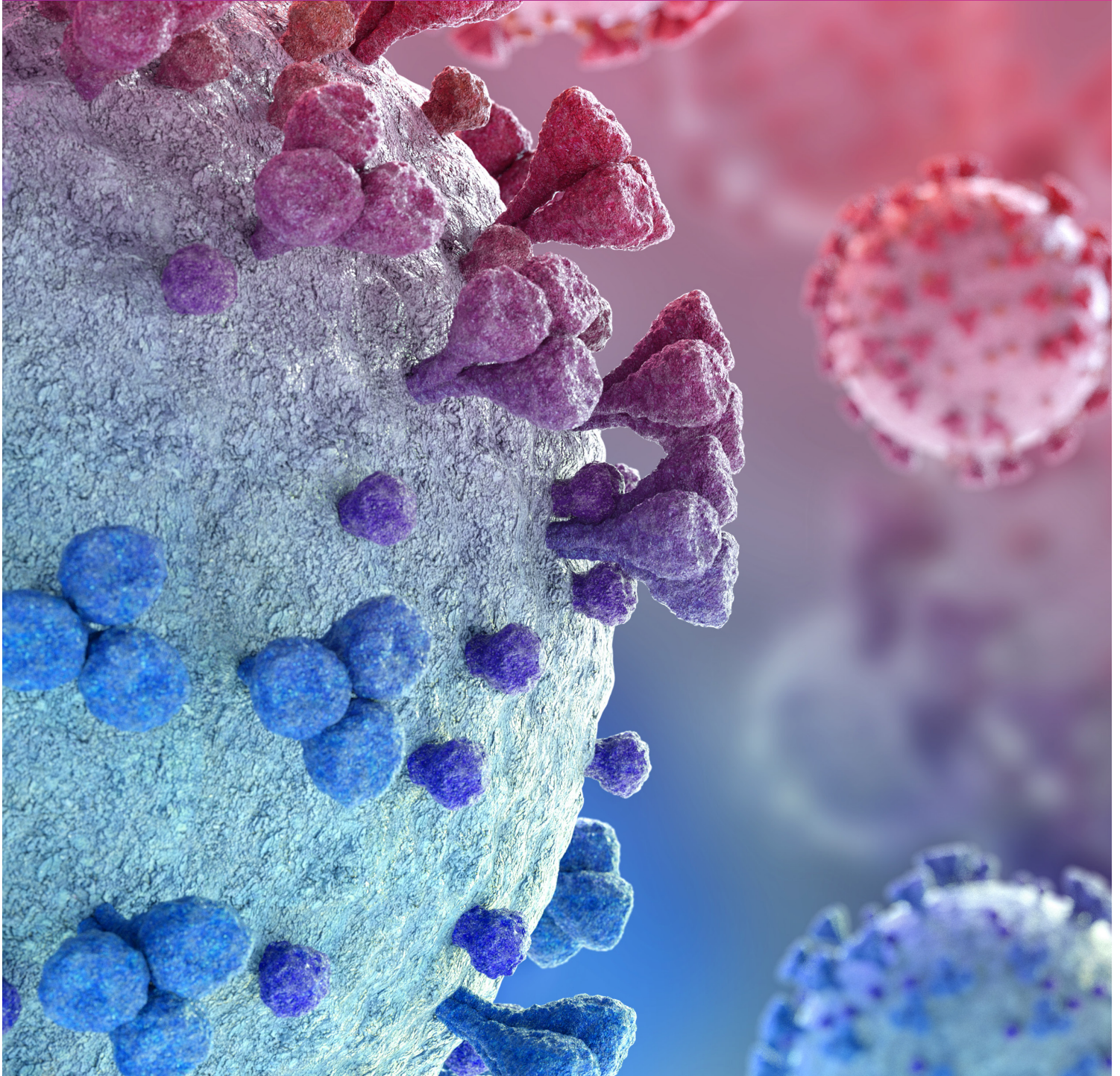# COVID-19

Resource Guide

DAP Health Center

Is DAP offering testing?

Yes. Call (760) 992-0407 to talk to a clinician, see if testing is appropriate for you, and to set up an appointment.

Is there a charge for COVID-19 testing at DAP?

We do not bill for COVID-19 testing for the uninsured and underinsured of the Coachella Valley and Riverside County.

Clients receiving testing who have commercial PPO coverage will notice that we bill their insurance company. There is never a co-pay, and no additional expense to the client.

We will always work to provide you access to the best testing option available.

How can people get COVID-19?

COVID-19 appears to be transmitted by droplets, and there is not any evidence of airborne transmission so far.

It is spread:
· Between people who are in close contact with one another (within about 6 feet).
· Through respiratory droplets produced when an infected person coughs or sneezes.
· These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
· It may also be possible that a person can get COVID-19 by touching a person, surface or object with the virus on it, and then touching their own mouth, nose, or possibly their eyes.

If someone has symptoms, what should they do?

Anyone who thinks they might be suffering from COVID-19 should call (760) 992-0407 for information and the opportunity to talk to DAP clinician about their symptoms
· The COVID-19 Triage Clinic does not accept walk-ins.
· You must discuss your symptoms with a clinician by calling (760) 992-0407– it will be decided then if testing is right for you at the COVID-19 Triage Clinic.
· If you are experiencing a life-threatening emergency call 911.

How can I stay updated on COVID-19?

If you are interested in daily updates, please visit the following websites:
· RUHS-PH COVID-19 page:
  http://rivcoph.org/coronavirus/
· CDC COVID-19 page:
  https://www.cdc.gov/coronavirus/2019-ncov/

You can also find out more by calling:
· CDC Information Line: 800-CDC-INFO,
  (800) 232-4636, TTY 888-232-6348
· Riverside County Public Information Line:
  (951) 358-5134

Watch for symptoms:

People have a wide range of symptoms, and the most common are fever, cough, and shortness of breath. Symptoms may appear 2-14 days after exposure to the virus. Call (760) 992-0407 to talk to a clinician.
· Fever or chills
· Cough
· Shortness of breath or difficulty breathing
· Fatigue
· Muscle or body aches
· Headache
· New loss of taste or smell
· Sore throat
· Congestion or runny nose
· Nausea or vomiting
· Diarrhea

When to Seek Emergency Medical Attention

Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately
· Trouble breathing
· Persistent pain or pressure in the chest
· New confusion
· Inability to wake or stay awake
· Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Ways to protect yourself

Know how it spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- It may also be possible that a person can get COVID-19 by touching a person, surface or object with the virus on it, and then touching their own mouth, nose, or possibly their eyes.

Avoid close contact

- Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members.
- Put distance between yourself and other people outside of your home.
- Remember that some people without symptoms may be able to spread virus.
- Stay at least 6 feet (about 2 arms' length) from other people.
- Do not gather in groups.
- Stay out of crowded places and avoid mass gatherings.
- Keeping distance from others is especially important for people who are at higher risk of getting very sick.

Wash your hands often

- 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.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth.

Cover your mouth and nose with a cloth face cover when around others

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.
- The cloth face cover is not a substitute for social distancing.

Ways to protect yourself

Cover coughs and sneezes

- If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Monitor Your Health

- Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
- Especially important if you are running essential errands, going into an office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.
- Take your temperature if symptoms develop.
- Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- **Call (760) 992-0407 if symptoms develop.**

Clean and disinfect

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
- Then, use a household disinfectant. Most common EPA-registered household disinfectants will work.

DAP Health Center

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Se Habla Español