WHERE SHOULD I GO TO FIND HELP DURING COVID-19?

RENT OR MORTGAGE ASSISTANCE
Community Action* | communityactionprovo.org/emergency/ 815 S. Freedom Blvd. Ste. 100 Provo, UT 84601, (801) 373-8200

FOOD
Tabitha’s Way | tabithasway.org, 45 E 100 N, Spanish Fork, UT 84660, (801) 709-8573
Community Action | *use same information as above
Utah Food Bank | visit utahfoodbank.org/get-help/ or call (801) 978-2452

UTILITY ASSISTANCE
HEAT Program | visit mountainland.org/heat/ to apply or call (801) 229-3855 if you have questions

SCHOOL ASSISTANCE (HOMEWORK & ACTIVITIES)
South Franklin Community Center | visit 770 S 700 W Provo, UT 84601 or call (801) 374-2588
Ability 1st Utah | call (801) 373-5044, send an email to Cynthia (cynthia@Ability1stUtah.org) or visit 491 N Freedom Blvd. Provo, UT 84601

MEDICAL ATTENTION
Mountainlands Health Center | 589 S. State St. Provo, UT 84606 (801) 429-2000

TESTING SITES
Provo: 1) 1200 Towne Center Blvd, (801) 683-0790, testutah.com 2) call (801) 229-2002 before arriving, 3152 N University Ave
Orem: 750 W 800 N, (801) 683-0790, testutah.com
Visit coronavirus.utah.gov for more site locations

OTHER
211 United Way | visit 211utah.org or call 211
Centro Hispano | call us at (801) 655-0258, visit us at 650 W 100 N, Provo, UT 84601 or follow us on social media for more updates

Visit coronavirus.utah.gov for more site locations
**Symptoms range** from mild to severe and may occur within just 2 days or up to 14 days after exposure. If you have been exposed to someone who has COVID-19, call your health care provider and tell them about your exposure and any symptoms you have.

**Why should I practice social distancing?**
Social distancing means keeping distance between people as much as possible.
- By avoiding groups of more than 10 people, you protect yourself and your family.
- If you need to go somewhere or be around a group of people (like at the grocery store, or at work):
  - Wear a mask
  - Stay at least 6 feet away from people
  - Wash your hands with soap and water as soon as you can.

**What are the signs of COVID-19?**
- Fever
- Dry Cough
- Difficulty Breathing

**Take actions that help prevent the spread of illness**
- Wash your hands often: 20 second soap-and-scrub.
- Cover coughs and sneezes—not with your hands. Avoid touching your eyes, nose and mouth.
- Disinfect frequently touched objects and surfaces with bleached-based cleaners.
- Stay home if ill and avoid contact with people who are sick or who do not live in your household.
- Avoid sharing food or personal items.
- If you have to leave the house, use a mask to cover your mouth.
- Wash your hands often: 20 second soap-and-scrub.
- Cover coughs and sneezes—not with your hands. Avoid touching your eyes, nose and mouth.

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**Centro Hispano Strengthening Communities**