

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



@CENTRO.HISPANO



@CENTROHISPANO_UT



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.

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

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.

