



## COVID-19 RESOURCES FOR THE AFRICAN AMERICAN COMMUNITY

### EXPLAINING COVID-19

- Coronavirus (COVID-19) in California: COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.  
<https://covid19.ca.gov/>
- Watch "Covid\_19\_Protecting\_Your\_Family\_Dr\_Dave\_Price\_3\_22\_2020" on Vimeo:  
<https://vimeo.com/399733860?ref=em-share>
- CDC Information: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- From American Psychological Association (APA):  
<https://www.apa.org/practice/programs/dmhi/research-information/social-distancing>

### EMPLOYMENT AND FINANCE

- Coronavirus Relief Options  
<https://www.sba.gov/funding-programs/loans/coronavirus-relief-options>
- Business and Employers  
<https://covid19.ca.gov/business-and-employers/#top>
- Self-employed  
<https://www.msn.com/en-us/money/markets/self-employed-workers-now-eligible-for-unemployment-benefits/ar-BB11UO13?ocid=hplocalnews>
- Paycheck Protection Program  
<https://www.sba.gov/funding-programs/loans/coronavirus-relief-options/paycheck-protection-program-ppp>

### MENTAL HEALTH TOOLS AND RESOURCES

- Mental Health and Coping During COVID-19, Centers for Disease Control and Prevention:  
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- 2020 Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019:  
<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>
- World Health Organization, 2020:  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- SAMHSA, Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak, Substance Abuse and Mental Health Services Administration, 2014:  
<https://store.samhsa.gov/system/files/sma14-4894.pdf>
- The psychological impact of quarantine and how to reduce it: rapid review of the evidence, Brooks, S.K., et al., The Lancet, 2020  
<https://www.thelancet.com/action/showPdf?pii=S0140-6736%2820%2930460-8>
- Substance Abuse and Mental Health Services Administration Disaster Distress Helpline  
<https://www.samhsa.gov/find-help/disaster-distress-helpline>
- PATIENT CARE, UCSF  
<https://www.ucsf.edu/news/2020/03/416906/why-experts-are-urging-social-distancing-combat-coronavirus-outbreak>

### BE EXTRA CAREFUL!

- Editorial: COVID-19 is disproportionately killing minorities. That's not a coincidence!  
<https://news.yahoo.com/editorial-covid-19-disproportionately-killing-100138028.html>