



We are all in this together, even at a distance: Information for Immigrant Communities to Support You During The COVID-19 Crisis.

What is COVID-19?

COVID-19 is a new respiratory disease that is spreading person-to-person.

What are the most common symptoms of COVID-19?

Fever, cough, shortness of breath.

How can I protect myself and my family?

Stay home, maintain 6 feet of distance between other people, frequently wash your hands, avoid touching your face.

What if I feel sick?

If you are experiencing symptoms of COVID-19, contact a doctor immediately. Don't wait for your symptoms to get worse. Medical care is available to everyone regardless of immigration status.

The COVID-19 Crisis can be stressful. Here are tips to help you cope:

- **Find ways to connect with loved ones.** Call family or friends or colleagues. Many phone companies are now waiving fees for international call. Additionally, use WhatsApp and Facetime to check on your loved ones.
- **Focus on movement.** Do an exercise class online. Go for a walk outside or go to a park, as long as you maintain a safe 6 foot distance from others. Remember, you are allowed to leave your house for walks and essential tasks like getting food and medicine.
- **Get information from reliable sources** and take breaks from the news and social media.
- **Reach out for help by calling the city's 24 hour helpline** at (410) 433 5175. No insurance necessary. Interpretation services available. All calls are free and confidential.

Resources and Support for Immigrant Communities

- **Domestic abuse victim support:** Call 410-889-7884 for House of Ruth's 24-hour hotline.
- **Free Baltimore City meal services:** bit.ly/BaltimoreMeals
- **National Resources for Immigrants:** www.informedimmigrant.com/guides/coronavirus
- **Local Resources for Immigrants:** mima.baltimorecity.gov/
- **Unemployment benefits:** www.dllr.state.md.us/employment/unemployment.shtml
- **If you think your employer is not keeping you safe during COVID-19, file a complaint with OSHA:** www.osha.gov/workers/file_complaint.html
- **Call (667) 600-2314** for Esperanza Center hotline to serve non-English-speaking population in pandemic
- **Centro Sol is offering their free mental health group, Testimonios remotely:** To join call Centro Sol or reach out on facebook: www.facebook.com/jhcentrosol/
- **Comcast is offering free/affordable internet access during COVID-19:** bit.ly/ComcastAccessBalt and **Xfinity hotspots are free:** wifi.xfinity.com/

For COVID-19 (Coronavirus) information,
visit coronavirus.baltimorecity.gov

