Fighting the Coronavirus or Covid-19 with information and power: A resource for immigrant communities

March 13, 2020

Things are changing every day, and we will update this document as new information is made available.

Controlling the spread of Covid-19 is our collective responsibility: While those who are young and healthy are at lower risk, we are all responsible for ensuring the most vulnerable within our communities are safe and healthy. If we do not do our part to control the spread of the virus, our health systems will be overwhelmed and those who need it most will experience delay in life-saving medical care.

Be mindful of increased personal hygiene measures: Wash your hands with soap and water for at least 20 seconds, avoid contact with people who are sick, stay home if you are sick, avoid touching your face, and frequently disinfect all touched surfaces. More resources below.

Seek medical help if you have symptoms: The symptoms of coronavirus can vary in severity but include fever, cough, and shortness of breath. If you are experiencing any of these symptoms call your doctor or your local clinic for medical advice and testing. If you are insured, all major insurance companies are waiving cost for coronavirus testing. You can still get health care without insurance. This includes emergency room care, community health centers, migrant health centers, free clinics, and public hospitals. You have options. To find a health center near you visit here.

Know your rights when it comes to accessing health care: Health care workers should not ask for immigration status information. Hospital emergency rooms and community health centers must help anyone. They will treat you whether or not you have insurance, money or immigration documents.

You have a right to an interpreter: Everyone has a right to an interpreter when seeking health care or applying for health insurance. Hospitals and community health centers may use bilingual staff, telephone interpretation services, or qualified in-person interpreters to provide assistance to patients.

Reject racism and xenophobia: During times of crisis, politicians and others will use fear-based language to divide us. In particular, we’re seeing increased discrimination and bullying against Asian communities. If left unchecked, this only contributes to a culture of fear of immigrants and refugees and hinders efforts to contain and stop the virus.

Stay informed and educate your communities: Together, we can respond with power not panic. Share this and the trusted resources below.

For trusted information about Covid-19 visit here:

- What to do if you are sick? CDC resource in English and Español.
- More information available at the Center for Disease Control in English and Español.
- Tennessee Department of Health and Safety English.
- The Tennessee Coronavirus Public Information Line is 1-877-857-2945. This line is available daily from 10 a.m.–10 p.m. (Central Time Zone). Call volume is high, so callers may wait a long time and are urged to call again if getting a busy signal.
  - For residents of Hamilton County: (423) 209-8383
  - For residents of Knox County: (865) 215-5555
  - For residents of Shelby County: (901) 692-7523