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


• 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

• Paycheck Protection Program

MENTAL HEALTH TOOLS AND RESOURCES

• Mental Health and Coping During COVID-19, Centers for Disease Control and Prevention:

• 2020 Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019:

• World Health Organization, 2020:

• 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:

• 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

BE EXTRA CAREFUL!

• Editorial: COVID-19 is disproportionately killing minorities. That's not a coincidence!