



COVID-19 Information

COVID-19, also known as coronavirus, is a virus that can result in a range of illnesses, from mild symptoms to severe illness and death. Older adults or people with certain medical conditions (like diabetes, heart disease, cancer, obesity) are more likely than others to become severely ill when infected. It's important to know steps you can take to stay healthy.

How to Prevent COVID-19.

- Wear a mask that covers your mouth and nose
- Avoid close contact with others. Stay at least 6 feet (about 2 arm lengths) from other people.
- Avoid crowds and poorly ventilated spaces.
- Wash hands often with soap and water.
- Use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Clean and disinfect frequently touched surfaces daily.
- Get a COVID-19 vaccine.

Key Facts about COVID-19 Vaccination

Getting vaccinated can help prevent getting sick with COVID-19. People who have already gotten sick with COVID-19 may still benefit from getting vaccinated. The vaccine cannot give you COVID-19 and it will not cause you to test positive. The vaccinations are approved by the Federal Drug Administration (FDA) and have been held to the same safety standards as other routine vaccines. The vaccinations are safe!

Learn more today.

To find out more about Independence at Home's Community Education programs, contact our Resource Specialists:

866-421-1964

[IndependenceAtHome.org](https://www.independenceathome.org)



Where to get COVID-19 Vaccination

Availability will depend on where you live and your own personal factors (age and medical conditions). For help with appointments visit the following websites or call the following number according to where you live.

Los Angeles:

<http://publichealth.lacounty.gov/acd/ncorona2019/vaccine/hcwsignup/>
Or call 833-540-0473 between 8:00AM and 8:30 PM 7 days a week.

Long Beach:

<http://www.longbeach.gov/health/diseases-and-condition/information-on/corona-virus/vaxlb/>

562-570-4636, option 6 or email COVID19Vaccine@longbeach.gov Leave the following information: Name, Date of Birth, Telephone and Email

Pasadena:

<https://www.cityofpasadena.net/covid-19/>

Citizen Service: 626-744-7311 for vaccine information or assistance completing online vaccine registration form

Orange County: 714-834-2000 or visit <https://www.othena.com/> for more info.

Riverside: <https://rivcoph.org/COVID-19-Vaccine-with-Registration>

Those 65 and older who need assistance are directed to call 2-1-1 or 951-329-4703.

Those who do not have access to the internet can also call 877-218-0381 to book an appointment (via OptumServe).

San Bernardino: <https://sbcovid19.com/vaccine/locations>

Call 909-387-3911 or email coronavirus@DPH.sbcounty.gov.