



Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. [Learn what to do if you are sick.](#)
- **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.



Clean and disinfect

- **Clean AND disinfect [frequently touched surfaces](#) daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

To disinfect:

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

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To disinfect:

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

Options include:

- **Diluting your household bleach.**

To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water, OR
- 4 teaspoons bleach per quart of water

Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

- **Alcohol solutions.**

Ensure solution has at least 70% alcohol.

Other common EPA-registered household disinfectants.

Products with [EPA-approved emerging viral pathogens pdf icon](#) [7 pages] [external icon](#) claims are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).

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Modified from: <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention.html>

Coronavirus (COVID-19) Frequently Asked Questions

This guidance document will continue to be updated as the COVID-19 situation evolves. Visit www.coronavirusnetwork.org for the latest information, updates and resources.

What is the coronavirus?

Coronavirus is a type of virus that causes illness ranging from a common cold to more severe lung problems. There are many types of coronaviruses. There is a new (novel) type of coronavirus that is spreading around the world. It has been given the name COVID-19. Other names you may hear for the new coronavirus are SARS-CoV-2 or 2019-nCoV.

What are coronavirus symptoms?

The most common symptoms for coronavirus are fever, tiredness, and dry cough. People might have aches and pains, stuffy or runny nose, sore throat, and diarrhea. Some people can have coronavirus but show no symptoms at all. Most cases are mild with a fever and cough. Most people won't need to go to the hospital. You can get better at home. If you have trouble breathing you might need to go to the hospital.

Is the coronavirus like the flu?

While some of the symptoms of the flu and coronavirus are the same, it is generally not helpful to compare the two. The flu vaccine does not protect you from coronavirus but will protect you from the flu.

How contagious is coronavirus and how can I get it?

The coronavirus is very contagious meaning it spreads from one person to another easily. It is passed from one person to another by "droplets" that come from someone's cough or sneeze. Droplets from a cough or sneeze can travel six feet and can survive on surfaces for a number of hours. You get the coronavirus when you come into contact with the droplets directly, or the droplets get on your hands and then you touch your face, including your eyes.

Help! I think I have coronavirus! What should I do?

If you have mild symptoms and you are breathing OK, stay somewhere that you can recover comfortably, like your home. Use over the counter cold medicines, drink plenty of fluids and get a lot of rest. People with mild cases should not attend work and should limit contact with others. If your symptoms do not go away, start to get worse, or you become concerned, contact your primary care provider. If you get really sick and have difficulty breathing, then get to the hospital.

While the availability of tests for coronavirus are improving, at the moment getting tested for is not easy. If you have recently traveled to a place where there is a known outbreak of coronavirus or you have been in contact with someone who you know has coronavirus, then it is a good idea to try and get tested. Call your health care provider for help on where to get tested. Most people can get better at home and it is best to avoid spreading it to more people.

Who is most likely to get severe coronavirus?

As of now it looks like older people and those with other chronic health problems are getting the sickest. If you think you might have a mild case or have come into contact with someone with coronavirus, it is best to avoid being with people over the age of 70, people with lung diseases and people that have weak immune systems such as someone going through cancer treatment. So far children and young people are more likely to get mild cases.

How deadly is the coronavirus?

We do not know for sure how deadly the coronavirus is. Right now, the best guess is about 1% - 4% of people who get sick will die. The virus is more deadly for older people and people with chronic health problems. Since many cases can be mild or show no symptoms, then this can make the death rate higher since only the worst cases get diagnosed.

How can I prevent getting coronavirus?

The most practical way is washing your hands with soap regularly and avoiding touching your face, especially when out in public. When you wash your hands it should be for at least twenty seconds, and get both sides as well as under your nails. If someone you know is sick with symptoms, you can keep your distance unless there is a reason to be close to them. If you need to care for someone who is sick or you must travel to public places, be alert and limit touching.

Should I buy a mask to prevent getting coronavirus?

In general, masks will not reduce the chances of you getting coronavirus. That is because most people do not wear masks properly and may think they are safe when they need to be cautious. When you adjust and take on/off a mask you are putting yourself at risk of getting the virus. Masks are helpful if someone has coronavirus and does not want to give it to others. Face masks are very important to health workers who are taking care of patients who have coronavirus. Therefore, unless you have or are taking care of someone who has coronavirus, you do not really need a mask.

What should I do if I think a family member has coronavirus?

If a loved one gets sick, contact your health provider for advice. Try to have them wear a face mask. That may be hard because masks are hard to find right now. If you can, keep the person away from others, especially those that are older or have health problems. Make sure that he/she washes their hands a lot, and covers their mouth when sneezing or coughing. If possible, have your family member use their own bedroom and bathroom separately from the rest of the family.

What can I do if I'm worried and anxious about coronavirus?

It is good to be thinking about how you can protect yourself and your family and know what is happening around you. You can be prepared by getting a few months worth of any prescription

medications you might need. Stocking up on two weeks worth of food and supplies per person in your household is a good idea.

Information for this FAQ came from:

US Center for Disease Control (CDC):

<https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

The World Health Organization (WHO): <https://www.who.int/health-topics/coronavirus>

Breanna Lathrop, DNP, MPH, FNP-BC: <https://goodsamatlanta.org/team/breanna-lathrop/>

Neha Pathak, MD, DipABLM: <https://www.webmd.com/neha-pathak-md>

Hansa Bhargava, MD: <https://www.webmd.com/hansa-bhargava>

Brenda Goodman, reporter: <https://www.webmd.com/brenda-goodman>

Michael Mina, MD, PhD: <https://ccdd.hsph.harvard.edu/people/michael-mina/>

Isaac Bogoch, MD, SM, FRCPC: <https://www.uhnresearch.ca/researcher/isaac-bogoch>

Carlos del Rio, MD: http://vaccines.emory.edu/faculty-evc/primary-faculty/del_rio_carlos.html

This FAQ was written by the Coronavirus Support Network, a project of Sostento Inc. a US based 501c3 federally recognized nonprofit. To join the network visit www.coronavirusnetwork.org.



Coronavirus/COVID-19: [Click here for information. \(https://goodsamatlanta.org/COVID-19/\)](https://goodsamatlanta.org/COVID-19/)



(HTTPS://GOODSAMATLANTA.ORG/)

Coronavirus Update

Information for Patients / Información para pacientes

In response to Coronavirus (COVID-19) in Atlanta, the Good Samaritan Health Center, we remain committed to the health of our patients and are closely monitoring the recommendations of the CDC. We are also engaged in the Coronavirus Support Network for preparedness planning. We remain open for business per usual operating hours.

Good Samaritan Health Center is not able to offer Coronavirus testing.

If you are a patient who believes you have been exposed to COVID-19 via travel or close contact COVID-19 | Good Sam with a known infected person, please contact the clinic by phone. 404.523.6571

Si usted es un paciente que cree que ha estado expuesto a COVID-19 por viaje o contacto cercano con una persona infectada conocida, le recomendamos que se comuniqué por teléfono con la clínica. 404.523.6571

If you are experiencing severe difficulty breathing, call 911 for emergency assistance.
Si tiene dificultades respiratorias severas, llame al 911 para asistencia de emergencia.

For more information on coronavirus and how to protect yourself, see our facts sheets:

General Population:

English (<https://goodsamatlanta.org/wp-content/uploads/2020/03/General-FAQs-English-for-Coronavirus-COVID-19.pdf>)

Spanish (<https://goodsamatlanta.org/wp-content/uploads/2020/03/General-FAQs-Spanish-for-Coronavirus-COVID-19.pdf>)

Portuguese (<https://goodsamatlanta.org/wp-content/uploads/2020/03/General-FAQs-Portuguese-for-Coronavirus-COVID-19.pdf>)

People with Weakened Immune Systems:

English (<https://goodsamatlanta.org/wp-content/uploads/2020/03/People-with-Weakened-Immune-Systems-FAQs-for-Coronavirus-COVID-19.pdf>)

Debunking 19 Myths About Coronavirus (COVID-19)

English (<https://goodsamatlanta.org/wp-content/uploads/2020/03/Debunking-19-Myths-About-Coronavirus-COVID-19.pdf>)

Our Response

Good Samaritan Health Center is closely monitoring recommendations from the CDC and the Department of Health and is a member of the Coronavirus Support Network. We have taken the following actions to support our patients, staff, and community:

- We have a protocol in place to maximize the identification and appropriate assessment of people suspected to have coronavirus while minimizing exposure to the staff and other patients.
- We have a phone call response protocol to help inform and direct patients, increasing the number of people who can receive appropriate guidance without coming into the clinic.
- We have increased our supply of protective equipment and are working through the Network to have access to additional supplies if needed.

- We have a weekly all-staff update to keep our staff informed of changes and review polities.

For clinics and community organizations wanting information and patient resources, you can visit <http://coronavirusnetwork.org/resources/> (<http://coronavirusnetwork.org/resources/>).

For more information on COVID-19, please visit the CDC's website: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html> (<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>).

We will continue to post updates as they are available.

For Our Supporters from Dr. Bill Warren

Dear friends,

Many of you have reached out to the Good Samaritan Health Center to inquire about our response to the coronavirus outbreak. Thank you so much for your concern and your prayers.

As a Christian safety net charitable clinic, the Good Samaritan Health Center has always served the most vulnerable. Consistent with the story of the Good Samaritan from the Biblical scriptures, we recognize that the care of our patients may sometimes involve significant expense and risk. Still, we go to the furthest extent possible to help our patients get well.

Our approach to handling the current coronavirus situation is no different. We will remain open for business Monday-Saturday as usual and are closely adhering to recommended practices by the CDC. Existing patients and those residing in 30318 and 30314 ZIP codes remain our top priorities.

My leadership team is participating in a Coronavirus Support Network for preparedness planning. At this point, we expect we will need to purchase testing kits and additional protective equipment. We also stand ready to increase staff capacity and add a phone hotline if the need dramatically increases.

We do not operate from a spirit of fear (2 Timothy 1:7), but one of preparedness. Would you consider praying for us and giving an additional gift (<https://app.mobilecause.com/form/f--0xw?vid=5i5us>) to Good Sam to support our coronavirus preparedness efforts? In these uncertain times, our patients need us more than ever.

Thank you in advance for helping us to be a Good Samaritan to the City of Atlanta.



Dr. Bill Warren

2 Timothy 1:7 ESV: For God gave us a spirit not of fear but of power and love and self-control.

GIVE TO SUPPORT OUR COVID-19 EFFORTS

(<https://app.mobilecause.com/form/f--0xw?vid=5i5us>)

ABOUT ([HTTPS://GOODSAMATLANTA.ORG/ABOUT-US/](https://goodsamatlanta.org/about-us/)), PATIENTS ([HTTPS://GOODSAMATLANTA.ORG/PATIENTS/](https://goodsamatlanta.org/patients/)),
GET INVOLVED ([HTTPS://GOODSAMATLANTA.ORG/VOLUNTEER/](https://goodsamatlanta.org/volunteer/)),
INSTITUTE ([HTTPS://GOODSAMATLANTA.ORG/INSTITUTE/](https://goodsamatlanta.org/institute/)),
PATIENT PORTAL ([HTTPS://GOODSAMATLANTA.ORG/PATIENTS/CURRENT-PATIENTS/](https://goodsamatlanta.org/patients/current-patients/)),
DONATE NOW ([HTTPS://GOODSAMATLANTA.ORG/DONATE/](https://goodsamatlanta.org/donate/)).



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Debunking 19 Myths About Coronavirus (COVID-19)

This guidance document will continue to be updated as the COVID-19 situation evolves. Visit www.coronavirusnetwork.org for the latest information, updates and resources.

1. If you get coronavirus, it is a death sentence

Most cases of coronavirus are mild and do not require going to the hospital. Some people show no symptoms at all. Young people are more likely to have mild cases. The elderly or those with lung problems or other existing health problems are most likely to have severe cases. It is too early to know the exact percent of people who will die if they get coronavirus, but the best guess is between 1% - 4% and will depend on your age, pre existing medical conditions, and care you receive when you are sick.

2. There is nothing more we can do to stop the spread of coronavirus

Even with the increasing number of people getting coronavirus, there are still many things we can do to stop the spread by changing our behavior: by washing our hands, avoiding touching our face in public and staying home when we feel sick. If we slow the spread of coronavirus we help hospitals not have too many people to care for at once.

3. Wearing a facemask is necessary to protect yourself from getting infected

While there are some ways masks help protect you from coronavirus, it is not necessarily useful all the time. Paper masks can help you stop from touching your mouth and nose. A mask is a reminder to others during this time we should be taking caution to keep each other healthy. If you take the proper precautions you can prevent spreading of coronavirus. In many situations you can stay safe without a mask.

There are special masks called "N95 respirators" that can greatly reduce the spread of the virus for medical staff caring for the sick. If you are to use a facemask, it must be applied and worn properly for it to work. People require training to properly fit N95 respirators around their noses, cheeks and chins to ensure that no air can sneak around the edges of the mask; and wearers must also learn to check the equipment for damage after each use. These masks are very important to protect health workers.

4. Asian or Middle Eastern people are most likely to have it, you should avoid them.

There is no truth to this statement. There is no race or ethnicity of people that are more likely to get coronavirus. You get the coronavirus by being exposed to someone else who has it, no matter their background. The virus outbreak did begin in China, and so people who had traveled to China were more likely to have the disease during the start of the outbreak. Coronavirus does not discriminate based on race or ethnicity and neither should you.

5. You can get the coronavirus if you eat at a Chinese restaurant

The coronavirus doesn't just affect people of Chinese descent, it affects all people. Fearing people of certain descent will not keep you safe. Chinese restaurants and business do not pose any more of a threat than any other restaurant or business.

6. If you have coronavirus, "you'll know"

You can have coronavirus without showing any symptoms at all. Many of the symptoms of coronavirus are similar to the flu and the common cold such as fever or a cough. If you have difficulty breathing or persistent high fever, then you should seek medical treatment. The only way to know if you have coronavirus is to get tested for it.

7. Coronavirus is just like the flu, but the flu kills more people.

It is true that some symptoms of the flu and coronavirus are similar and they both can be spread through coughs and sneezes. However, the flu and coronavirus are totally different illnesses. The flu vaccine will not protect you from coronavirus. The coronavirus is a new disease that we are still learning about as it continues to spread. The world will not know how deadly the coronavirus is compared to the flu for many months. A lot depends on how we respond to it.

8. Coronavirus was made by someone in a lab.

There is no evidence that the virus was made in a lab. Scientists that have started to study the coronavirus say it resembles others that jumped from animals to humans. Many viruses that affect humans originate in animals. These viruses change naturally so that they can infect not only animals but humans as well.

9. A vaccine for coronavirus could be ready soon, maybe within a few months.

There are many companies now working on a vaccine to coronavirus, but it will take time to develop. A vaccine requires time for testing to make sure it will be effective, as well as safe for people to use. Most likely a vaccine won't be available until some time in 2021.

10. Coronavirus only kills the elderly, so younger people don't need to be as worried.

Coronavirus is more dangerous for people who are elderly, but it does not mean young people should not be concerned and take precautions. All people who have lung problems such as asthma can also become seriously ill. Young people can help protect the elderly by reporting if they feel like and following quarantine instructions to keep the virus from spreading to people who are more likely to get very sick.

11. The coronavirus came from people eating bat soup

There are some videos online circulating that show individuals eating bat soup or other exotic animals. There is no evidence that the virus started from people eating bats. It may take years to determine the source of the coronavirus like it did with HIV / AIDS and Ebola.

12. The virus is strengthening into a more deadly strain

There is nothing to suggest the virus has changed into a more deadly strain. Modern technology gives scientists an ability to monitor and study the virus to watch for any changes.

13. You need to be with an infected person for at least 10 minutes to get the virus

All it takes to get the coronavirus is to come in contact with “droplets” that come from a cough or sneeze. The droplets can survive on surfaces that you might touch even when the person it came from is not around. There is no set amount of time you need to be with someone to spread the virus, in fact you may not even come into direct contact with them, just the droplets

14. Using any type of alcohol will kill the virus on my hands or body.

Vodka or other alcoholic beverages will not kill the virus. To kill the virus you must clean your hands with soap or use appropriate hand sanitizer.

15. Banning all travel will prevent spread of the virus

Avoiding unnecessary travel, especially when you are sick, can help prevent the spread of coronavirus. However, total travel bans can stop people from reporting cases and governments from sharing information about their outbreaks. If you stop everyone from traveling that could prevent volunteers and supplies from getting to where they need to go.

16. It's ok to go to work or school if I have a mild case of coronavirus

By going to work or school when you are sick and may have a mild case of coronavirus you put others at risk. This is especially true if you can come in contact with someone who is elderly or has health problems it could have deadly consequences.

17. When the summer comes the virus will be stopped

We can hope that warming weather will slow or halt the spread of coronavirus, but there is no evidence that this is true. The virus is spreading in both cold and warm weather climates. Those currently studying the disease say their research is too early to predict how the virus will respond to changing weather.

18. Eating garlic can help prevent infection with the coronavirus

Garlic is reported to have some antimicrobial properties. However, there is no evidence that eating garlic, or any food, herb or drink, prevents coronavirus. Eating healthy and drinking plenty of fluids are general ways to reduce risks of serious illness.

19. Can pets get and spread coronavirus?

While there have been reports of small amounts of the virus reported in dogs, there are no reports of coronavirus spreading through dogs to people. It is still a good idea to wash your hands with soap and water after contact with pets. This protects you against other diseases.

Information for this FAQ came from:

US Center for Disease Control (CDC): <https://www.cdc.gov/coronavirus>

The World Health Organization (WHO): <https://www.who.int/health-topics/coronavirus>

Breanna Lathrop, DNP, MPH, FNP-BC: <https://goodsamatlanta.org/team/breanna-lathrop/>

Dr. Anthony Fauci, Director National Institute of Allergy and Infectious Diseases:

<https://www.niaid.nih.gov/about/anthony-s-fauci-md-bio>

Hannah Devlin Science Correspondent, The Guardian:

<https://www.theguardian.com/profile/hannah-devlin>

Stuart Weston, PhD University of Maryland School of Medicine:

<https://www.medschool.umaryland.edu/profiles/Weston-Stuart/>

This FAQ was written by the Coronavirus Support Network, a project of Sostento Inc. a US based 501c3 federally recognized nonprofit. To join the network visit

www.coronavirusnetwork.org.



Resources for Low-Income & Immigrant Atlanta/Metro-Atlanta Residents
Recursos para residentes de bajos ingresos e inmigrantes en
Atlanta/Metro-Atlanta

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- Employment & Income Replacement - Empleo y reemplazo de ingresos
- Immigration/Inmigracion

** Mapa de programas y servicios / Resource Finder (in Spanish):

- <https://lcfgeorgia.org/encuentre-programas-y-servicios/>

FOOD & MEALS - COMIDA

ATLANTA PUBLIC SCHOOLS (APS) - SISTEMA DE ESCUELAS DE ATLANTA (APS)

APS is only asking for Student ID (not other documentation) on their sites providing food. Other sites (not related to APS) may require SSN or other types of IDs.

APS solo esta verificando identificacion escolar (ningun otro documento) en los sitios que proveerán comida. Otras sitios (no relacionadas con APS) puede que requieran un número de seguro social y otros tipos de identificaciones)

Beginning Monday, March 16, 2020, all APS students can daily receive free bagged meals at 5 school sites that will be open for food distribution Monday through Friday from 10 a.m. - 12 p.m. Beginning Monday.

Comenzando el Lunes, 16 de Marzo, 2020, todes estudiantes de APS podrán recibir un comida en bolsa gratis en 5 sitios escolares que estarán abiertos para distribución de alimentos Lunes a Viernes de las 10:00 am a las 12:00 p.m. Esto empezará el Lunes.

- Douglass High School
- Cleveland Ave Elementary School
- Bunche Middle School
- Sylvan Middle School
- Phoenix Academy

All APS families can report to one of the 5 open APS school sites Monday through Friday from 10 a.m. - 12 p.m. to receive a bag of shelf stable grocery items from the Atlanta Community Food Bank.

Todes familias de APS pueden reportarse a cualquiera de las 5 sitios escolares de APS de Lunes a Viernes de las 10:00 am a las 12:00 p.m. para recibir una bolsa de alimentos (comida) con estabilidad de almacenamiento del Banco de Comida de la Comunidad de Atlanta.

Beginning Monday, March 16th, 2020: APS partner, GOODR, will provide ready to eat meals at the following local community sites:

- Hosea Williams Feed the Hungry:
 - 4779 Mindy St, GA 30366, 404-755-3343
 - Food Pantry, Tuesday, Wednesday, Thursday - 10am to 12pm
 - Bring ID and Social Security Card
- Loaves and Fishes - St. John the Wonderworker Parish
 - 543 Cherokee Avenue, SE, Atlanta, GA 30312 - 678-373-9433
 - Serves food Monday-Friday, 9am-10am

DEKALB COUNTY SCHOOLS - ESCUELAS DEL CONDADO DE DEKALB

The DeKalb County School District will begin providing daily meal service for students on Monday, March 16, 2020. All DeKalb County students can receive a free bagged lunch and snack daily, Monday through Friday from 10:00 a.m. -12:00 p.m. at the following sites:

El Distrito Escolar del Condado de Dekalb comenzará a proveer servicios de comida diaria para sus estudiantes el Lunes, 16 de Marzo, 2020. Todes estudiantes del Condado de DeKalb podrán recibir un almuerzo en bolsa y bocadillo diario de Lunes a Viernes de las 10:00 a.m. -12:00 p.m. en los siguientes sitios:

- *Region I:* Cross Keys High,
Sequoyah MS
- *Region II:* Idlewood ES
- *Region III:* Lithonia HS
- *Region IV:* Clarkston HS
- *Region V:* Chapel Hill MS
- *Region VI:* Bethune M
- *Region VII:* McNair MS

Recreation Centers (Monday - Friday) - Snacks will be available between 3:30 and 4:30pm.

Centros Recreacionales (Lunes al Viernes) - Bocadillos serán disponibles entre las 3:30 y 4:30 pm.

Gresham Recreation

3113 Gresham Road
Atlanta, GA 30316

Lucious Sanders

2484 Bruce Street
Lithonia, GA 30058

Exchange Intergenerational

2771 Columbia Drive
Decatur, GA 30034

Mason Mill

1340- B McConnell Drive
Decatur, GA 30033

Redan Recreation

1839 Phillips Rd.
Lithonia, GA 30058

Hamilton

3263 Chapel Street
Scottsdale, GA 30079

Tobie Grant

6644 Parkdale Drive
Scottsdale, GA 30079

Midway Recreation Center

3181 Midway Rd
Decatur, GA 30032

N.H. Scott

2230 Tilson Road
Decatur, GA 30032

GWINNETT COUNTY PUBLIC SCHOOLS - ESCUELAS PUBLICAS DEL CONDADO DE GWINNETT

Meals for students during March 16-20:

Nury Crawford-Castillo:

Meals for students during March 16-20:

GCPS will provide lunch for anyone 18 or younger at 70 school sites in the district. These lunches will be provided at no cost to students through the federal School Nutrition Program. These 70 sites will be open from 11 a.m. to 1 p.m. for meal pick-up. In addition, GCPS school buses will make lunches available for pick up at bus stops near the 70 sites. Information about estimated delivery times at these bus stops will be shared on the GCPS website once they are finalized.

Comidas para estudiantes durante el 16-20 de marzo:

GCPS proporcionará almuerzo a cualquier persona menor de 18 años en 70 escuelas del distrito. Estos almuerzos se proporcionarán sin costo a los estudiantes a través del Programa federal de Nutrición Escolar. Estos 70 sitios estarán abiertos de 11 a.m. a 1 p.m. para recoger comida. Además, los autobuses escolares de GCPS ofrecerán almuerzos para que los recojan en las paradas de autobús cerca de los 70 sitios. La

información sobre los tiempos de entrega estimados en estas paradas de autobús se compartirá en el sitio web de GCPS una vez que estén finalizados.

Alcova Elementary School	Chesney Elementary School	Kanoheda Elementary School
Alford Elementary	Corley Elementary School	Knight Elementary School
Anderson-Livsey Elementary School	Discovery High School	Lawrenceville Elementary School
Annistown Elementary School	Duluth High School	Lilburn Elementary School
Arcado Elementary School	Duluth Middle School	Lilburn Middle School
Baggett Elementary School	Ferguson Elementary School	Lovin Elementary School
Baldwin Elementary	Grace Snell Middle School	Magill Elementary School
Beaver Ridge Elementary School	Graves Elementary School	McKendree Elementary School
Benefield Elementary School	Gwinnett InterVention Education	Meadowcreek Elementary School
Berkeley Lake Elementary School	(GIVE) Center East	Meadowcreek High School
Berkmar High School	Gwinnett Intervention Education	Minor Elementary School
Berkmar Middle School	(GIVE) Center West	Moore Middle School
Bethesda Elementary School	Harris Elementary School	Nesbit Elementary School
Britt Elementary School	Hopkins Elementary School	Norcross Elementary School
Cedar Hill Elementary School	Jackson Elementary School	Norcross High School
Centerville Elementary School	Jenkins Elementary School	Northbrook Middle School
Central Gwinnett High School	Jordan Middle School	

Norton Elementary School	Rockbridge Elementary School	South Gwinnett High School
Partee Elementary School	Rosebud Elementary School	Stripling Elementary School
Paul Duke STEM High School	Shiloh Elementary School	Summerour Middle School
Peachtree Elementary School	Shiloh High School	Sweetwater Middle School
Pinckneyville Middle School	Shiloh Middle School	Sycamore Elementary School
Radloff Middle School	Simonton Elementary School	Winn Holt Elementary School
Richards Middle School	Snellville Middle School	

[Food banks & pantries in Gwinnett County:](#) - *Banco y Despensas de Comida*

-Exodus Outreach, Inc.

Location of center - 251 Bona Rd.

Buford, Georgia 30518

Telephone number - (770) 945-9064

-North Gwinnett Cooperative Ministry

70 Wiley Dr.

Buford, Georgia 30518

Dial (770) 271-9793 for information and hours. *Llame al numero para informacion y horario.*

Several social service and assistance programs are offered for the needy in the community. Counselors can direct people to programs to help pay bills, housing costs, and more. In addition, a food pantry and clothing closet is on site for free food, supplies such as diapers, and other aid.

Varios servicios programas sociales y de asistencia serán ofrecidos para les que necesitan en la comunidad. Consejeros podrán dirigir a la gente a programas de asistencia para pagar facturas de casa, costo de vivienda y mas. Adicionalmente, la

despensa de comida y el closet de ropa esta en las instalaciones para proveer comida gratis, provisiones como pañales, y otras asistencias.

Duluth Cooperative Ministries - Hands of Christ

Location - 3395 Fox St.

Duluth, GA 30096

Call - (770) 623-9563

A bag of groceries may be passed out, or staff can help very low income residents apply for SNAP food stamps or other benefits. **Se otorgará una bolsa con despensa o alguien del personal podrá ayudar a residentes de bajos ingresos a que aplique con SNAP Cupones Alimenticios u otros beneficios.**

-Lawrenceville Cooperative Ministry, Inc.

Address: 176 Church St.

Lawrenceville, GA 30046

Dial - (770) 339-7887

Another Gwinnett County Georgia ministry, similar services offered as the other non-profit agency listed above. **Servicios similares serán ofrecidos igual a las otras agencias mencionadas arriba.**

-New Life Fellowship, Inc. - Bread of Life Food Ministries

990 Martins Chapel Rd.

Lawrenceville, GA 30045

(770) 513-1007

Meals, fresh perishable items, bread, and other free food and groceries offered. Holiday meals, such as those for easter, Thanksgiving, and Christmas, may be served from the center.

-Gwinnett County Service Unit branch of Salvation Army

Main office - 3455 Sugar Loaf Pkwy.

Lawrenceville, Georgia 30044

Telephone - (770) 724-1661

The local Salvation Army offers a wide range of assistance programs for the low income, unemployed, seniors, and needy. Some of the resources can help pay electric bills, rent, and medications. However most services provide items like access to a food pantry, Christmas gifts and meals, shelter, and a thrift store for reduced priced goods.

-Signs & Wonders, Inc.

Location - 120 S. Perry St.

Lawrenceville, GA 30046

Telephone - (770) 962-0470

-Vision Academy Life Center

458 Chestnut St.

Lawrenceville, GA 30045

Call - (678) 206-0688

-St. Vincent de Paul of Gwinnett

The church based group provides services in this county too. The low income, with a focus on families with children or senior citizens, can receive free food, perishable goods, and maybe even baby formula or a Christmas meal. Call (678) 892-6163 for hours.

-Lilburn Cooperative Ministry

Address is 5329 Five Forks Trickum Rd.

Lilburn, Georgia 30047

(770) 931-8333

A pantry has free food in a crisis. Other services will be formula, clothing and a low cost thrift shop for people in poverty.

-City of Hope and Community Outreach Ministry, Inc.

Food bank location is 182 Hunter St.

Norcross, GA 30071

Dial (770) 441-2948 for hours.

-Cafe Community Center

Food pantry address is on Buford Drive in Lawrenceville

Call the non-profit at (770) 236-8604

Resources administered include a free food pantry with non-perishable and perishable items such as fruits or vegetables. Thanksgiving and holiday meals may be offered in Gwinnett by the non-profit. Surplus government commodities may be disbursed as well. Other programs are for ESL classes and even GED preparation.

-Norcross Cooperative Ministry

Center address is - 2275 Mitchell Rd.

Norcross, Georgia 30071

Dial - (770) 263-8268

A number of services are available. A food pantry will have bags of groceries in a crisis. Or contact the center for information on government aid such as SNAP food stamps.

-Place of Enlightenment, Inc.

2720 Centerville Hwy.

Snellville, Georgia 30078

Phone number - (770) 982-8221. Dial the Main Client Number for hours and when food is distributed.

Several other resources and food assistance programs operate in the Gwinnett County region. Examples of them include school meals and summer snacks for children, Meals on Wheels, and more. To get more information on local pantries or resources, dial (404) 892-9822.

FULTON COUNTY SCHOOLS

Effective Monday, March 16, Fulton County Schools on Mondays, Wednesdays, and Fridays from 11 a.m. to 1 p.m.

will provide an opportunity for families to pick up meals at:

- Lake Forest Elementary School
- Mimosa Elementary School
- Haynes Bridge Middle School
- Tri-Cities High School
- Banneker High School
- Langston Hughes High School

CHEROKEE COUNTY SCHOOLS

School Nutrition staff will distribute to-go bags of food through drive-through stations set up from 10 a.m. to noon on Monday, March 16, and Monday, March 23, in the parking lot or bus lanes of the schools or communities noted below. These bags will contain a week of breakfasts and lunches for a child. A child, infant to age 18, must be present in order for a bag to be provided. Children who do not attend one of the schools noted below can go to the site closest to their home. To be proactive in “social distancing,” families cannot stay at the site; do not come to a site if you are ill. This emergency service is being funded with monies set aside for our summer meal program; donations are welcome to help offset the cost and can be made by using the form here:

<http://bit.ly/CCSDdonate>

HEALTHCARE & MEDICINE

CPACS COSMO Health Center: <https://cpacscosmo.org/>

- 6185 Buford Hwy. Bldg. Suite G, Norcross, GA 30071

[I can't get a test for COVID-19](#): Do you have symptoms of COVID-19 and can't get a test? We want to hear from YOU (people living in the United States only please).

- We are gathering this data for a week of action to demand tests. Public health starts with us knowing if we are sick.
- We are Heroes 4 Healthcare and the Center for Popular Democracy (www.populardemocracy.org) and we have worked on a range of healthcare campaigns including to save the Affordable Care Act, to end the opioid epidemic and to reduce the high cost of prescriptions drugs. Please do not share information in this form that you want to keep confidential. We are organizers and we want to get as many people together (even if it's virtually) as possible who can show how damn hard it is in this country to get a test for this deadly virus.

EN ESPAÑOL: Si usted ha ido a una clínica u hospital y ha pedido un test de COVID-19 pero no se lo han hecho, por favor llene [este formulario](#). Organizadores nacionales están documentando por una semana la situación en todo el país. El cuestionario está sólo en inglés, así que les traducimos las preguntas aquí. Es importante que nuestra comunidad participe en estas iniciativas.

- Email
- Nombre
- Apellido
- Telefono (si se siente cómodo)
- Correo electrónico
- Ciudad
- Estado
- Codigo (Zip Code)
- Por qué pensó que necesitaba un test?
- Donde fué a pedir y test y con quién conversó?
- Qué le dijeron?
- Quiere compartir su historia públicamente? (Si/ no estoy seguro(a)/No pero compártala anónimamente)
- Quiere participar como organizador(a) sobre este tema? (Si, No sé, No)

INTERNET CONNECTION

Comcast, two months free internet: Families without Internet access can now have Comcast Essentials FREE for up to 60 days. Additionally, Comcast is increasing Internet speed for existing customers. Please see the brief facts below and click the link for more information. All inquiries regarding Comcast Internet should be directed to Comcast. To receive increased Internet speeds, existing customers will not need to do anything. New speeds will be rolled out nationally over the next few days.

All NEW customers will receive a free self-install kit that includes a cable modem with a Wi-Fi router. There will be no term contract or credit check and no shipping fee.

<https://www.internetessentials.com/covid19>

EDUCATION/EDUCACION

- Edpuzzle Pro is available for schools closed due to the virus.
- Book Creator is giving 90 days free so you can collaborate together writing books.
- Kahoot Premium is available to schools that are closed.

- If you're using the free version of zoom, you can apply to have the 40-minute limit lifted so you can extend your time using zoom with your students.
- Boomwriter is a free writing app but of course, you can use Google Docs too.
- If your school is closed due to the virus, you can apply for free access to the BrainPop videos to use at your school.
- Discovery Ed <https://www.discoveryeducation.com/coronavirus-response/>
- BrainPop:
https://educators.brainpop.com/2020/02/19/free-brainpop-access-for-schools-affected-by-the-corona-virus/?utm_source=organic&utm_medium=social&utm_campaign=coronavirus&utm_content=free-access
- Kahoot
<https://kahoot.com/blog/2020/02/27/kahoot-free-access-schools-higher-education-coronavirus/>
- Pronto <https://pronto.io/coronavirus/>
- BookCreator App
<https://bookcreator.com/2020/03/support-for-schools-affected-by-coronavirus/>
- Google for Edu
<https://www.blog.google/outreach-initiatives/education/distancelearning-covid19>
- Tynker
<https://mailchi.mp/tynker/in-support-of-schools-facing-health-related-closure>
- Buncee <https://blog.buncee.com/supporting-remote-student-learning/>
- Pear Deck <https://www.peardeck.com/staying-connected>
- Kami
<https://blog.kamiapp.com/remote-learning-with-kami-during-school-shutdowns/>
- Parlay <https://parlayideas.com/school-closure-support/>
- Elementari
https://docs.google.com/forms/d/e/1FAIpQLSdJ1LAywQdvwNKN_SpsypVA48XOaoCTQoGhuaP7e12fgwPnWA/viewform
- EdPuzzle
<https://support.edpuzzle.com/hc/en-us/articles/360039805612-Help-for-schools-affected-by-Covid-19>
- Wakelet <https://wakelet.com/wake/3af73ea4-a652-4e38-934d-765aefe0f35b>
- Twinkl
https://www.twinkl.com/blog/how-to-utilise-twinkl-during-the-coronavirus-shutdown-a-guide-for-schools?utm_source=twitter&utm_medium=social&utm_campaign=corona
- Hapara <https://hapara.com/from-home/>

- Manga High
<https://www.mangahigh.com/en-gb/blog/2020-03-06-free-access-schools-online-maths-coronavirus>
- ListenWire
<http://blog.listenwise.com/2020/03/listenwise-support-for-schools-affected-by-the-coronavirus/>
- MobyMax
<http://press.mobymax.com/mobymax-to-provide-all-k-8-schools-and-school-districts-closed-by-covid-19-with-free-internet-learning-software>
- GoGuardian
<https://www.goguardian.com/blog/learning/goguardian-teacher-for-remote-learning/>
- Seterra Geography <https://online.seterra.com/en/p/corona-support>
- We Video <https://www.wevideo.com/education>
- Education Perfect
<https://epforlearning.com/2020/education-perfects-technology-minimising-impact-on-100-coronavirus-affected-schools-in-china/>
- Slido Education <https://blog.sli.do/slido-for-education/>
- Breakout Edu <https://www.breakoutedu.com/funathome>
- Microsoft Education
<https://educationblog.microsoft.com/en-us/2020/03/how-schools-can-ramp-up-remote-learning-programs-quickly-with-microsoft-teams/>
- NearPod <https://nearpod.com/coronavirus>
- Zoom
<https://blog.zoom.us/wordpress/2020/02/26/zoom-commitment-user-support-business-continuity-during-coronavirus-outbreak/>
- ScreenCastify
<https://twitter.com/Screencastify/status/1226934956930281472>
- Mystery Science
<https://mysteryscience.com/?fbclid=IwAR0tiDhJA1fs0tvraKnXpDLa2JIJGXQhzPR4UnQRVfbOR1Ca3C5yQY5tNwQ>
- Age of Learning (ABCmouse, Adventure Academy, ReadingIQ)
<https://www.ageoflearning.com/schools>
- Readworks
- Lumos Learning (GMAS Practice for math and reading)
- Khan Academy

HOUSING & RENT SUPPORT/ALOJAMIENTO Y APOYO DE RENTA

EMPLOYMENT & INCOME REPLACEMENT/EMPLEO Y REEMPLAZO DE INGRESOS

IMMIGRATION/INMIGRACION

- Know Your Rights Resources for ICE (Various Languages):
<https://advancingjustice-atlanta.org/page/47>
- ICE Raids Response Resources:
https://drive.google.com/open?id=1QP5PNx2x4QEQAZYqrgVBNNMJFW_dcA6N
- Catholic Charities Immigration Legal Services:
<https://catholiccharitiesatlanta.org/immigration-legal-services/>