



Westside
Future Fund

COVID-19 WESTSIDE COMMUNITY RESOURCES

["We're Here to Help"](#)
[Westside Connect](#)
[Hotline](#)
404 - 430 - 8180

[COVID-19:](#)
[How To Protect](#)
[Yourself And Others](#)

[Resources List](#)

[Free COVID-19 Testing](#)

WE'RE HERE TO HELP

Westside Connect Help Line



Call:
404- 430- 8180

One number to get the help
you need: Food, Housing,
Counseling, Employment,
Education, Health Care,
COVID-19 Testing

Feeling lonely, lost, stressed,
anxious or down?

Need help managing your
health condition? **Call today!**

Need a Doctor?

Text:
Westside to 51555

Call the Westside COVID-19 Helpline at:

404-430-8180

If you or someone you know tests positive for COVID-19, give us a call for any of the following:

- Help with getting food
- Assistance with seeking employment, counseling or housing
- Understanding your COVID-19 test results
- Tips to protect you and your family
- Ways to prevent the spread
- Monitoring your symptoms
- When to seek medical attention
- Help with getting medications
- Assistance with connecting to other helpful resources.

**Do you need a doctor or have other health related questions?
Text Westside to 51555 to connect
to a provider by phone for free.**

WESTSIDE COMMUNITY RESOURCES

In these extraordinary times, showing up for each other is most important. The pages that follow detail how a number of partner organizations are adapting and responding to Westside resident needs, including resources and key information.

Use the links below to jump to a specific page.

- [Good Samaritan Health Center](#)
- [City of Atlanta | A Message from Mayor Bottoms](#)
- [Atlanta Housing](#)
- [Atlanta Police Foundation](#)
- [@Promise Center](#)
- [Atlanta Volunteer Lawyers Foundation](#)
- [AT&T](#)
- [CHRIS180](#)
- [City of Refuge](#)
- [Families First](#)
- [Goodwill](#)
- [Grady/Mercy Care](#)
- [Helping Mamas](#)
- [Integrity CDC](#)
- [MercyCare](#)
- [Morehouse School of Medicine](#)
- [On the Rise Financial Center](#)
- [Quest Communities](#)
- [Raising Expectations](#)
- [Sister's Action Team](#)
- [United Way](#)
- [Westside Works](#)
- [YMCA of Metro Atlanta](#)
- [Westside Connect](#)

[Click here to jump to important information about COVID-19 and how to protect yourself and others.](#)

[On behalf of the Westside Collective Effort](#), Westside Future Fund is maintaining an information and resources webpage with relevant resources to benefit the neighborhoods we serve.
<https://www.westsidefuturefund.org/covid-19-info/>

24 7

CORONAVIRUS HOTLINE
(404) 523-6571

EXT. 4928

A FREE CALL

This is a FREE service that offers help with
COVID-19 prevention, testing,
telemedicine and more.

HOW IT WORKS

Call the helpline and answer a few questions.
Your information will be reviewed and you'll receive a callback from
a staff member during clinic hours.

CALLBACK HOURS

Monday to Thursday: 8am – 4pm
Friday & Saturday: 8am – 12pm

Call 911 if you are having difficulty breathing.

PROTECT YOURSELF and OTHERS

STAY HOME!

If you are sick, contact us or your provider.

WASH YOUR HANDS OFTEN

With soap and water for at least 20 seconds.

AVOID CLOSE CONTACT

COVER COUGHS AND SNEEZES

Cover your mouth and nose with a tissue when you cough.

WEAR A FACEMASK IF YOU ARE SICK

If you are NOT sick: Most healthy people without chronic health problems
do not need to wear a mask as supply is needed for health care providers.

CLEAN AND DISINFECT

Content source: National Center for Immunization
and Respiratory Diseases (NCIRD) Division of Viral Diseases

goodsamatlanta.org/COVID-19



[Back to List](#)

The services we offer at Good Sam.

MEDICAL CARE

This includes sick visits, annual checkups, and physical exams and wellness visits. We also perform vision, hearing, dental, and nutrition screenings and immunizations for school enrollment.

DENTAL CARE

We offer full restorative dental care including tooth and gum cleanings, simple extractions, fillings, bridges, crowns, full and partial dentures. Additional services are offered as available.

COUNSELING

Christian mental health counseling is available to all patients.

SPECIALITY MEDICAL

Volunteer specialists see patients on a limited basis for orthopedics, physical therapy, ophthalmology, gynecology, cardiology, pulmonology, podiatry, psychiatry, and others as available.

HEALTH EDUCATION

Group classes focus on diabetes, kidney health, and nutrition. Nutritional counseling is available for individual sessions.

FITNESS CLASSES

In partnership with the YMCA of Metro Atlanta, Good Sam works to build a healthy lifestyle for our community by offering exercise options at our onsite Wellness Center.

PRENATAL CARE

We provide a low-cost, comprehensive prenatal care program inclusive of group education visits for low-risk obstetric patients.

MEDICAL NETWORK

Good Sam has a network of medical providers and clinics that perform services outside of our facility including radiology and imaging services, colonoscopy, minor and major surgery, mammograms, etc.

DISPENSARY

We maintain a dispensary to assist patients who qualify financially to receive certain medications at a reduced cost. This program is coordinated through the Center with assistance from the pharmaceutical companies.

How to become a patient?

FastTrack | Priority ZIP Codes 30318 and 30314

Can register at any time by calling: 678-515-0258 or

Email: FastTrack@goodsamatlanta.org

Requires proof of income, address, ID, and insurance card (if applicable). You must have these documents to be seen.

Non-FastTrack | Outside of priority ZIP Codes.

First come first serve and occurs on a monthly basis.

Please call 678-515-0241 for our next registration date.

We are always accepting prenatal and pediatric patients.

Please call 404-523-6571 for more information.

MORE INFO:

goodsamatlanta.org/patients





MOBILE ALERTS: Receive texts with the latest and necessary information on COVID-19 by texting “ATLCOVID19” to 888777.

FAQ: Get your [key questions answered from the City of Atlanta at this link](#).

DONATE: Mayor Bottoms launched the **#ATLSTRONG** Fund Giving Campaign in partnership with the **United Way of Greater Atlanta** to provide immediate support to City of Atlanta residents, prioritizing food security, homelessness, small business assistance, and emergency financial assistance.

On April 21, The Mayor announced the [Strength in Beauty Fund](#) to provide grants to people in the beauty industry whose businesses have suffered.

[Donate here](#). All donations are tax deductible.

"The City of Atlanta is fully engaged with federal and state partners to coordinate a safe, urgent and rigorous response to the COVID-19 health crisis. The full effort of our dedicated team, including those appointed to the Governor's Coronavirus Task Force, is focused on ensuring the well-being of all Atlantans. New information and additional resources have been posted to the City's website, so Atlanta residents can learn more about being safe and protecting themselves and their loved ones."

— MAYOR KEISHA LANCE BOTTOMS

#ATLSTRONG





INFORMATION & RESOURCES

For Housing Choice Voucher Program Participants and Applicants, and Atlanta Housing Property Owners

The Housing Choice Voucher Program (HCVP) team continues to offer support to all HCVP participants, applicants and property owners. If you are a participant whose Work Requirement status has been negatively impacted by COVID-19, please email us your notice of layoff, decrease in pay, etc.

How to Connect:

- Phone: 404.892.4700
- Email: HCInterimsmailbox@atlantahousing.org

For AH-Assisted Families

Atlanta Housing's Human Development Services team continues to offer services and referrals for AH-assisted residents with identified needs. Services include:

- Supportive services, employment opportunities and virtual/online training and assistance
- Meal access, transportation, home delivery services and supportive care for seniors
- Food distribution sites, community resources and virtual learning opportunities for youth
- News and information to support AH-assisted families

How to Connect:

- Phone: 404.685.4344 or 404.347.5293
- Email: connectme@atlantahousing.org

For Seniors

Seniors who are in need of food resources can call **Elder Care at 1.800.677.1116** or visit eldercare.acl.gov. They will be connected to local resources who might be able to provide assistance.

Be careful of businesses and people who are selling preventative medicine and foods, or cures. The Federal Trade Commission is currently investigating fraudulent activities. To file a complaint, go to ftc.gov and click on "file a consumer complaint."

ATLANTA POLICE FOUNDATION + AT-PROMISE CENTER



- In cooperation with the Atlanta Police Department (APD) and the City of Atlanta, the Atlanta Police Foundation (APF) has created a comprehensive program designed to keep APD officers safe, healthy and on on-the-job, as well as securing additional resources to meet the law enforcement challenges posed by the coronavirus.
- APF has convened a coalition of private sector business and philanthropic organizations who have generously invested in providing the special law enforcement, medical and health resources required to enable APD to meet the uptick in crime, spawned in part by issues related to the Covid-19 pandemic.
- APF is working to develop a long-range contingency plan to address the special law enforcement challenges posed by a Covid-19 emergency that lasts many months.
- APF has secured three new mobile trailers equipped with cameras and license plate readers that will be strategically deployed across business districts and neighborhoods plagued with increased criminal activity.
- APF's At-Promise Center has extended service hours while schools have been suspended and is providing lunches and groceries to youth and neighborhood families who formerly received meals at school.

[Back to List](#)



AVLF's Services During the Covid 19 Pandemic

AVLF offices are currently closed. The health of our clients, volunteers, and staff is of the utmost importance to AVLF. We want to continue providing our services to clients in crisis while protecting the health and safety of our community – especially those who are most at risk.

Please refer to the following page for updates in how our services will be modified during this time: <https://avlf.org/covid-19>

Our regular intake line at (404) 521-0790 is open as normal during this time. Our phone intake hours are from 9:00 AM-1:00 PM, Monday through Thursday.

Our staff is working remotely. They have access to their email and regular phone lines. You should be able to contact AVLF staff as usual! This includes our school- and courthouse-based staff.

Click [here](#) to see our full staff and contact information, and leave a message on our main intake line at 404-521-0790 if you need assistance.

If you are calling for help related to a matter of intimate partner abuse, please call the Safe Families Office between the hours of 9:00 am – 4:00 pm at 404-612-4324.

Intimate Partner Abuse / Domestic Violence

If you are in immediate danger, please call 911.

- Georgia's 24-hour statewide domestic violence hotline: CALL 1-800-33-HAVEN
- NCADV's National DV hotline: CALL 1-800-799-7223 or TTY 1-800-787-3224 or [CHAT here](#)
- Safe Families Office: 404-612-4324, 9:00 am – 4:00 pm, Monday – Friday ([more info here](#))
- [Technology Safety Plan](#)
- [Internet Browser Privacy Tips](#)
- [Technology & Your Safety](#)

AT&T Offers Relief for Customers & Employees

Consistent with FCC Chairman Pai’s “Keep Americans Connected Pledge,” AT&T will continue to support our customers. Through June 30, 2020, for residential or small business customers who notify us that they are unable to pay their bills due to disruptions caused by the coronavirus pandemic, we will:

1

Not terminate any postpaid wireless, home phone or broadband residential or small business account.

2

Waive any late payment fees for postpaid wireless, home phone or broadband residential or small business, U-verse TV or DIRECTV customer.*

3

Waive domestic postpaid wireless plan overage charges for data, voice or text for residential or small business wireless customers.*

4

Keep our public Wi-Fi hotspots open for any American who needs them.

Our newest benefits include more mobile hotspot data, accessory discounts, flexible return policy, curb-side pick-up, door step delivery and free express shipping. To provide further relief and support, AT&T announced:



Unlimited AT&T Home Internet – All AT&T consumer home internet wireline customers, as well as Fixed Wireless Internet, can use unlimited internet data. Additionally, we’ll continue to offer internet access for qualifying limited income households at \$10 a month through our Access from AT&T program. We’ve expanded eligibility to [Access from AT&T](#) to households participating in the National School Lunch Program and Head Start. Additionally, we’re offering new Access from AT&T customers two months of free service.



Helping You Work and Learn Remotely – Businesses, universities and schools can keep their teams and classrooms connected through conference calls and video conferencing with Cisco Webex Meetings with AT&T for 90-days, and seamlessly forward calls to both mobile and landline phones with AT&T IP Flexible Reach. We’re also offering schools a way to save on unlimited wireless broadband connectivity for students. Through May 22nd, qualified schools activating new lines on qualified data-only plans for school-issued tablets, 4G LTE-enabled laptops and hotspot devices will get the wireless data service at no cost for 60 days.



Distance Learning – We’ve created a new \$10 million Distance Learning and Family Connections Fund to give parents, students and teachers tools they need for at-home learning. The fund also will provide resources to maintain meaningful connections and bonding opportunities for those isolated from family and friends. Our first contribution of \$1 million will go to [Khan Academy](#). This collaboration will improve and expand online learning resources to meet growing demand from parents, teachers and students, including those who rely on free resources and need Khan Academy the most.



AT&T Supports First Responders, Medical Personnel and Others in need impacted by COVID-19 with Nourishing Meals – First responders and medical personnel are playing a critical role in helping care for their communities during the COVID-19 pandemic. That’s why we’ve committed \$5.5 million to provide nourishing meals for first responders, medical personnel, and others in need impacted by COVID-19. We’ll be collaborating with local organizations in communities most impacted by the pandemic.

* To submit a waiver request, visit: <https://att.com/help/covid-19/waive-overage-fee/>



Serving Those who Serve – AT&T is redirecting more resources to provide communication services and tools for first responders, health care professionals, educators and other essential customers. This additional support will help ensure these customers can continue providing critical support to the country and their communities, particularly to first responders using the FirstNet network.

As first responders across the country stand on the front lines to support our nation's response to COVID-19, they can have confidence knowing that with FirstNet they'll have the unthrottled connectivity and priority communications they need to respond during this public health emergency. It's this type of unparalleled emergency support that distinguishes FirstNet, the only nationwide wireless broadband communications platform dedicated to America's first responders and public safety community, from best-effort commercial wireless networks built for consumer use.

AT&T also announced three months of free wireless service for frontline nurses and physicians nationwide on the FirstNet® network. Visit [FirstNet.com](https://www.firstnet.com) to learn more.



Bonus to Employees – Thank you to all our employees who are working hard serving customers during this challenging time.

- To show our appreciation for our frontline employees, effective March 25 and until further notice: We'll pay a 20% bonus above the regular hourly base rate of pay to bargained-for employees for all time worked in the office or at home. That bonus will be included in their regular rate of pay for purposes of calculating overtime rates.
- We are recognizing first-level managers who supervise our non-management employees and first-level managers who are required to leave their homes to complete their work with a monthly appreciation bonus of up to \$1,000 for time worked, effective March 25 and until further notice.



Extending Paid Leave for our Employees – As we continue to assess the impact of COVID-19 on our business, our people and our communities, we recognize some of our employees have specific needs and cannot fulfill their roles either at the workplace or from home during this time – so we want to continue to help. We are extending our original 80 hours of paid, excused time off to up to a total of 160 hours for the following scenarios:

- Employees who have tested positive for COVID-19 and remain quarantined.
- Employees who are at higher risk due to an underlying health condition.
- Parents or guardians of children whose schools or daycares have closed for COVID-19 and for whom another child care option is not yet available.
- Primary caregiver for someone diagnosed with COVID-19 who is unable to provide self-care.



Connecting Military and Family at No Cost – We're helping keep our military and their families connected during this difficult time. We've worked out an agreement with the Navy Exchange Command that allows military personnel stationed on selected Navy ships to make calls to their loved ones through April 30 at no cost to the Navy or its sailors.



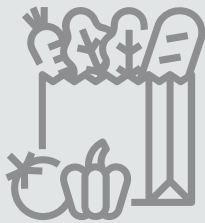
Reducing Retail Locations – Due to coronavirus, we will begin to close additional AT&T stores across the nation, significantly reducing our retail footprint to a minimum number of locations required to serve first responders, healthcare workers, government users and our customers. Where possible, we will keep at least one retail location open within a 20-mile radius in urban and suburban areas, and just over a 30-mile radius in rural areas. To locate a retail store that will remain open to serve your area, please visit our store tracker at www.att.com/stores.

Visit AT&T's dedicated [COVID-19 website](https://www.att.com/covid19) for additional details and the latest updates.

WE'RE HERE TO HELP



Need food?



Call 470-346-2693

At-Promise Youth & Community Center

9 A.M. – 5 P.M.

Monday—Friday

Pick up and delivery available Tuesdays
and Fridays from 12 noon – 2 P.M.

**Feeling lonely, lost,
stressed, anxious or down?
Have non-COVID-19 health
related questions? Need
help managing your
health condition?**

Call 404-481-5790

Westside Empowerment Center

9 A.M. – 5 P.M.

Monday—Friday

**Have questions
about COVID-19 or
have symptoms?**

Call 404-523-6571

Good Samaritan Health Center

Available 24/7

**Need additional
resources?**

**Text 404-523-6571
to 898211**

United Way of Greater Atlanta 2-1-1

CHRIS180

Changing Directions.
Changing Lives.

CHRIS180.ORG



Workforce Training Opportunities

City of Refuge (COR) recently opened one of the city's most modern and innovative training centers in the heart of the Westside. The COR vocational training opportunities provide community members access to Atlanta's top professions. In 2019, the COR team assisted 480 community members to locate meaningful employment.

WORKFORCE TRAINING COURSES

Auto Technician

16 weeks; 8AM-3PM

COR is equipped with state-of-the-art tools, lifts, and parts needed to offer auto tech repair training and certification. The program is four-month intensive program requiring a 40-hour per week commitment. Students engage in classroom and online training in the mornings and in-shop training in the afternoons. Students participate in performing bulb replacement, brake jobs, diagnostics, tune-ups, water pump replacement, front-end work, and tire mounting, balancing, and alignment.

Culinary Arts

10 weeks; 8AM-2PM

Culinary Arts will provide insight into food production skills, various levels of industry management, and hospitality skills. This is an entry level course for students interested in pursuing a career in the foodservice industry. This course is offered as classroom and laboratory-based course. This course is structured to teach the fundamentals and basic concepts of Culinary techniques and cookery to include the Brigade system, cooking techniques, heat transfer, sanitation, safety, equipment usage and maintenance, menu knowledge and professionalism.

Certified Nursing Assistant (CNA)

4 weeks; 9AM-3PM

Certified nursing assistants (CNA's), play a vital role in healthcare delivery working under the supervision of a registered nurse, licensed practical nurse, or physician. CNA's answer patient call lights, serve meals, and check blood pressure, temperature, pulse, and respiration. CNA's visit with patients while helping them change position, walk, bathe, and eat. CNA has a great deal of patient contact and are important in developing patient relationships that foster trust. CNA's employed by home health agencies allow patients who need additional care to recover at home rather than in hospitals or nursing homes. They assist with medications, change linens, and teach family members to care for the patient during recovery.

Additional Cohorts include

- Security (2 Weeks)



For more information and to enroll, contact Workforce Innovation Hub Director, Dominick Preyer at: applicant@cityofrefugeatl.org or visit us at www.cityofrefugeatl.org.



**The Families First team is working around-the-clock
to help more children and families in our community than ever.
If you need help, call us at 404-853-2800.**

As we have done for the past 130 years, Families First is here for children and families in times of crisis. We are responding to the COVID-19 pandemic here in metro-Atlanta by stabilizing families and providing counseling and other critical services to help them find hope in the face of unprecedented adversity.

Counseling: Call 404-853-2844 for a counseling appointment

The impacts of social isolation and job loss are increasing anxiety and depression. Our counselors are available via telehealth and no one will be turned away if they are unable to afford a co-pay.

We are currently hiring additional counselors and providing free telemental health training to expand services to licensed counselors.

Georgia Center for Resources & Support (GACRS)

We launched virtual IMPACT trainings required for foster parents, along with counseling services, to keep the Foster Care pipeline open and prepared for the anticipated surge in placements.

Foster Care Services and Support for Youth Aging out of Foster Care

Includes our Independent Living Program and our Second Chance Home for pregnant and parenting teens from the Foster Care system or formerly homeless, where our team has been providing 24/7 in-person support services since early March.

Adoption Services and Post-Adoptive Support

Our adoption team launched virtual orientations and placed our 6th infant in six months in April.

Georgia Adoption Reunion Registry

Virtual counseling and all Registry services available.

Support for Pregnant and Parenting Teens

Our TAPP program staff are delivering diapers and baby essentials to our parenting teens, along with counseling services. Donations are needed!

Mother and Child Early Education Program for Hispanic and Latinx Families (Chispa)

Our boots-on-the-ground staff continue to supply diapers and personal care products, along with one-on-one virtual educational sessions for mothers and their preschoolers. Through a partnership with the Latin American Association we are providing parenting workshops and counseling services to hundreds of Spanish-speaking families.

Parenting and Co-Parenting Programs

Our Parenting Plus team launched new approaches to help parents navigating court-ordered access, visitation and educational programs in order to connect with their children.

Supportive Housing for Chronically Homeless Families

**For more information call 404-853-2800 or visit www.familiesfirst.org
To donate, go to FamiliesFirst.org/GiveNow**

Take Our Career Center with You!

Be a part of the response to this critical need.

Employers are hiring now!

Get connected through our virtual career services.



Register or log on to **CareerConnector.org** to have live chat with your virtual career coach.

Call us at
1.844.344.WORK
to speak directly with our
Career Services staff.



Sign up for one-on-one
appointments with
Career Center staff.



Don't have WiFi at Home? | Resources for free or low cost internet.

Spectrum and Charter are offering 60 days of free access for some households.

To learn more about the Spectrum and Charter Communications offer call 1-844-488-8395

Comcast: www.internetessentials.com/covid19#thingstoknow&all_HowdoIgetthepromo

[Back to List](#)



Grady Health System clinics are currently open and treating patients in the safest way possible – by telephone, by virtual visit, or in-person, if clinically necessary.

Grady Health System's Asa G. Yancey Health Center
is located on the Westside at:
1247 Donald Lee Hollowell Parkway NW

If you or your client are experiencing any symptoms of respiratory illness:

- fever
- new cough
- new muscle aches
- new diarrhea *or*
- new shortness of breath,

PLEASE DO NOT COME INTO THE OFFICE!

Instead, **please call the Yancey Center at (404) 616-2265 M-F from 8 a.m. to 5 p.m. or 404-616-1000 for advice on next steps to receive care.**

Also, If you fill your prescriptions at the Grady Pharmacy, you can enroll in free prescription delivery by mail. **Call 404-616-6218 M-F from 8 a.m. to 5 p.m. or email rxmailorder@gmh.edu. If you do not have your provider's voice-mail number, please call (404) 616-7777.**

Details on Grady's revised visitation policy [here](#). Frequently asked questions and general COVID-19 information from Grady [here](#).

HELPING MAMAS

ATLANTA

Helping Mamas has continued to serve families impacted by COVID-19 throughout Georgia using a no contact model. We have partnered with more agencies who are continuing to support their communities such as food pantries, local cooperative ministries, residential support agencies, homeless shelters and others.



Our staff is taking orders online via email and over the phone. These orders are then assembled by staff and arrangements are made for our local agencies to pick up their requested items. We are able to assist families with essential items for their children. These items include diapers, wipes, hygiene supplies, safe sleep options, clothing, and more.

770.985.8010.
info@helpingmamas.org
4487 Park Drive Suite A1
Norcross, Georgia 30093

[Back to List](#)



Revitalizing the Westside

Westside NET:

Providing professional development support online including:

- Soft Skills Training
- Financial Literacy
- Job Readiness Training
- Resume Preparation
- Interview Preparation
- Employment Services

Contact Ursula Hodge at uhodge@integritycdc.org for additional information

Westside Beautification:

Providing lawn care and maintenance services for Westside seniors including:

- Mowing and Edging
- Seasonal Services
- Debris Removal
- Community Projects
- Temporary Employment

Contact Thad Long at tlong@integritycdc.org for additional information



Westside Works:

- Now recruiting online!
- Construction Ready class begins July 13th.
- Culinary Arts starts July 6th.
- CNA and Per Scholas classes starting soon.

Contact Rosemerry Redd at rredd@integritycdc.org for more information



Digital Skills Development:

Providing the following services online:

- Digital Skills Testing/ Training
- Approved North Star Testing Site

Contact LuTrenda Mikell at lmikell@integritycdc.org for additional information



ITCDC CARES:

A continuum of support for Westside seniors including:

- Workforce Readiness Services
- Westside Works Hard Skills Training
- Digital Skills Development and Financial Literacy
- Employment Services
- Westside Beautification

Contact Ursula Hodge at uhodge@integritycdc.org for more information

ITCDC Next50:

Providing workforce services to individuals ages 50 and over with criminal backgrounds including:

- Workforce Readiness/ Employment Services
- Westside Works Hard Skills Training
- Digital Skills Development and Financial Literacy.

Contact Ursula Hodge at uhodge@integritycdc.org for more information

ITCDC C.A.R.E.S.

*Community Assistance, Resources,
and Employment for Seniors*

ITCDC CARES provides a continuum of support for Westside seniors with:

- Workforce readiness through Westside NET, Integrity's 2-week long, online job readiness program;
- Westside Works: Seniors are also eligible to receive hard skills training through the Westside Works program;
- Digital literacy with online learning and testing provided through a partnership with Northstar Digital Literacy;
- Financial literacy provided in partnership with On The Rise Financial Center;
- Work experience: Once training is completed, our Case Managers can match you with an employer!

ITCDC CARES

- 1. promotes useful opportunities through work experience readiness training and community service, and**
- 2. moves participants into unsubsidized employment**



NOW AVAILABLE

Online Orientation

Please visit our website to register for training at www.integritycdc.org

For additional information, contact:

**Ursula Hodge,
uhodge@integritycdc.org
404-853-1780 x205**

**ITCDC CARES is a program of
Integrity Transformations Community
Development Corporation.**

**Westside seniors are also
eligible to receive free lawn care
services at their homes!**





Mercy Care continues to serve our clients in this difficult time.

- Mercy Care's fixed site locations at City of Refuge, Decatur Street, Gateway Center, Chamblee, and CHRIS180 are open and operating with limited visits based on CDC guidelines. All patients will be screened for COVID-19 upon entry to the clinic.
 - Pediatrics and dental visits are limited to emergencies only
 - Patients at high risk for COVID-19 will be receiving calls from Health Educators to help them stay safe
- To maintain social distancing whenever possible, we are encouraging patients to use our online patient portal, MyChart, to communicate with their providers (<https://mercyatlanta.org/mychart>).

Patients with a scheduled appointment should also use MyChart to fill out a COVID-19 screening questionnaire prior to coming in to the clinic.
- We've temporarily suspended all mobile clinics. However, Mercy Care's Street Medicine team is still going out to serve clients who are unsheltered.
- Mercy Care is working with Georgia's COVID-19 Task Force as a member of the Homeless and Displaced Persons Subcommittee. To serve individuals experiencing homelessness, Mercy Care is coordinating and offering COVID-19 testing, working with shelters on education and referrals, and packaging and distributing hand sanitizer.

Patients over the age of 60 or those experiencing symptoms of COVID-19 (cough, fever, shortness of breath) should call Mercy Care before coming to the clinic (678-843-8600).

Updates on Mercy Care's COVID-19 response here:
<https://mercyatlanta.org/covid19/>



CORONAVIRUS (COVID-19) AWARENESS

BACKGROUND

What is COVID-19?



- COVID-19 is an illness caused by the transmission of a new coronavirus that can spread from person to person or through contact with a contaminated object or surface.
- People of any age can be infected and get COVID-19.
- Older adults and people who have medical conditions like heart disease (for example hypertension, high blood pressure), lung disease (for example asthma, COPD) or diabetes are at higher risk for developing serious complications or death.

WHAT YOU MAY EXPERIENCE

Symptoms

Symptoms may appear 2-14 days after being exposed to the coronavirus that causes COVID-19.

Symptoms of COVID-19 include fever or chills, cough, sudden loss of taste or smell, fatigue, muscle or body aches, sore throat, headache, nausea, congestion, and shortness of breath.



You can have COVID-19, feel fine, and still spread the disease!

HOW TO STAY HEALTHY

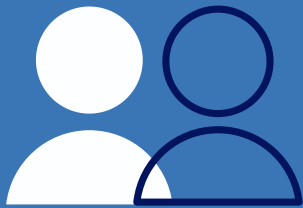
Proper Handwashing

- Wash hands with soap and water for 20 seconds!
 - If you do not have soap and water, use 60% alcohol-based hand sanitizer.



Social Distancing

- Stay in your home when possible!
 - Avoid hanging out with friends and family members that do not live in your same household.
- Keep a distance of at least 6 feet from individuals when outside of your home.



Cloth Face Covering

- Use a cloth face covering over MOUTH and NOSE!
- Keeps you from potentially infecting others.
- Keeps others from potentially infecting you.



Helps prevent the spread of COVID-19 when EVERYONE wears a face covering!

LEARN MORE AT [CDC.GOV](https://www.cdc.gov)



Financial Resources Government Stimulus Act (Coronavirus Tax Relief)

Direct Cash Payment

What you need to know

This is a one-time direct fund disbursement for each tax filer, dependent children and those receiving social security.

Who gets funds?

Not everyone will receive a distribution – there are specific qualifications.

Here is link to IRS website for specifics <https://www.irs.gov/coronavirus>

How much will I get?

\$1,200 payments to adults with annual incomes up to \$75,000 annually, and a smaller amount for anyone making up to \$99,000 annually if they meet certain qualifications (additional guidelines exist for those filing married and head of household)

\$500 per child

Resource Link: Calculator to figure out how much my family will receive and for more information:

<https://www.washingtonpost.com/graphics/business/coronavirus-stimulus-check-calculator/>

When will the funds arrive?

For most Americans, the money is likely to arrive in April via direct deposit. Mailed checks may take longer.

How will the funds get to me?

Go back to your 2019 Tax filing – do you have a bank account on file? If yes, then the funds will automatically be calculated based on how you filed (joint with spouse, along, with children etc) and funds will be deposited to account used.

If you have not yet filed 2019 taxes then go back to 2018 tax filing and look there to calculate amount and where funds will be sent.

NO bank account on file? A check will be sent to address on file.

When the IRS web site <https://www.irs.gov/coronavirus> is updated it will answer questions about special situations like:

- I've moved since filing, where will my check be mailed?
- I used a temporary reloadable card and not able to access the card or I can't find it?
- I closed my bank account, what will happen if the IRS sends funds to a closed account?

Filing Unemployment in Georgia

Georgia Department of Labor (GA DOL) manages the Unemployment Insurance Program for residents of Georgia.

1. What is unemployment insurance?

Read this: <https://www.investopedia.com/terms/u/unemployment-insurance.asp>

2. How do I file and where? See Resources link to [Georgia Dept of Labor](#) (next page)

3. I was 'furloughed' and not totally laid off – can I file? Yes.

4. I only get 1099 and not a W2 – can I file? YES, temporary relief is included for 'gig' and self- employed

5. What should I expect during the process and while waiting?

You will file via online web site and must have all this lined up BEFORE you go out to the website to apply:

1. You must have an email address – preferably personal and not shared and make sure emails from GA DOL do not go into your junk or spam folders
2. Javascript must be enabled and pop-up blockers should be set to allow pop-ups to use this application.
3. You must have a GA driver's license or GA ID card.
4. Your social security number, as a claim cannot be filed without a social security number
5. Employer-issued separation notice or letter, if available (if your employer did not give you anything, proceed to file anyway)
6. Names, addresses, and dates of employment of all employers for the last 18 months
7. Alien number and expiration date for non-citizens
8. SF-50 or SF-8 form and paystubs for federal employment in the last two years
9. Most recent DD-214, orders to report or of release, military earnings/leave statement, or W-2 form(s) for former military personnel
10. Personal banking account and routing number for direct deposit
11. A copy of your most recently filed income tax return or quarterly estimated income tax payment record(s), if applying for Disaster Unemployment Assistance (DUA) and you are self-employed or a farmer

Be VERY careful to review your answers BEFORE you submit. If your request is declined you CAN NOT reapply. You would have to appeal and that will slow down your ability to start receiving funds.

6. How much can I get?

And what extra funds are available for people impacted by COVID19 layoff?

Your weekly benefit amount is calculated by combining your wages from the two highest quarters in your base period and dividing that number by 42. Your weekly benefit amount is subject to a weekly minimum of \$44 and a maximum of \$330. Benefits are available for up to 20 weeks.

SPECIAL temporary extra funds:

In addition to regular state unemployment insurance, individuals will receive an additional \$600 per week for up to four months. In total, unemployed workers will receive 39 weeks of unemployment benefits, which will carry them through to the end of 2020.

7. When do I start getting funds?

You will be required to set up your personal page on the GA DOL web site where you should log on daily for any updates.

8. How long will the benefits last?

That depends and you will be advised by GA DOL after you apply. Here is a calculator that might be helpful: <https://fileunemployment.org/georgia/ga-calculator/>



RESOURCE LINKS

Go [HERE](#) for answers to the questions above for individuals/families:
<https://dol.georgia.gov/unemployment-benefits>

Go [HERE](#) to file a claim: (turn off your pop-up blockers)
<https://www.dol.state.ga.us/fileaclaim/>

For small business owners – you have some NEW requirements.
Learn more [HERE](#):
<https://dol.georgia.gov/blog/new-information-filing-unemployment-partial-claims-and-reemployment-services>

Call or email On the Rise if you experience any issues.

Our coaches are here to offer assistance to make sure you get all that is being made available to you.



www.ontherisefc.org

404-228-1569 ext 100



Dear Internal and External Stakeholders,

We hope all is well with you, your families and your organizations. All of you are in our thoughts and prayers as we live thru the current crisis in our communities.

We are all in unprecedented times once again, as history has shown, with the ongoing spread of the novel (new) coronavirus known as COVID-19. Such times are changing at incredible speeds, causing for swifter adaptability of the Quest Communities operations and activation of both short-term and long-term provisions and solutions to ensure all of our residents and employees have minimal to no hardships during this time.

With the recent state and local directives, and the potential for future mandates, I personally want to ensure that every member of our Quest team and extended family is informed on an ongoing basis.

Quest Communities seeks to ensure the safety of our staff and residents. We will continue to monitor this health and financial crisis very closely and will provide updates as needed to ensure we are doing everything we can for our customers, employees and communities.

Below are the actions we have taken to date to address the impact of this crisis:

Risk Management

- At the onset Quest Communities conducted our Business Continuity Plan 1 day drill to assess a remote working environment and address any breaks in services and operations offered in the wake of a disaster specific and non-specific to Quest Communities.
- Quest Communities risk management team of professionals assessed this Covid19 crisis and determined Quest as an agency would be under a MEDIUM level threat which consisted of an identified number of team members that will report to the offices while practicing social distancing during normal work hours while the rest of the employees working remotely.
- With the new state and local directives, the threat level has been lifted to a HIGH until further notice and 100% of Quest operations staff will be working remote working environment. Quest has 85% capability of successfully working remotely. The 15% that cannot work remotely based on the origin or scope of work is the Property Management Maintenance Team (PMMT). The PMMT developed a plan to scale down to 50% remotely due to having to address all life safety work orders.
- While staff is working remotely, incoming calls may be answered by an automated attendant inviting the caller to select an extension. We have the ability to forward our calls so that team members can receive calls even when they're not in the office, as well as check voicemail remotely.



Business Operations

- Current operations are remotely. Our Accounting department is ensuring that Account Receivables, Accounts Payable, Grants and Contracts Management are functioning well. We are experiencing some expected delays due to the shift to a remote working environment and aligning activities with external partner processes. Signs are showing some small delays. We are also experiencing additional expenditures due to the cost of hardware and software necessary to move all operations remotely.

Human Resources

- We are proud to inform you that Quest has not had to have a reduction in our workforce due to the Covid19 crisis. We are watching this area very closely because it is a sensitive area, for our customers and our staff.
- We serve the most vulnerable and human resources are necessary to ensure that our customers are able to be resilient and successful during this health and financial crisis. We will do all that we can to ensure that our services are well staffed and that our employees don't experience any employment hardships.
- We are also monitoring our staff's health and well-being. We are securing additional protective gear for staff and conducting regular check-in's to keep our team connected and informed.

Good Neighbor and Partner

- We are working closely with our Federal, State and Local governing bodies to align our efforts as we continue to serve our vulnerable populations and others. Information about additional community Food, Medical and other services are being distributed to our resident on a regular basis. We are consistently assessing needs and providing support where needed.
- We are participating with other non-profit sector agencies in our to maximize dissemination of information and strategize on how we will collectively ensure all of our residents and staff continues to be served.

Resident Services

- Our Quest Cares team will not be entering occupied residences nor meeting in-person for case management services. Group therapy and individuals sessions will be conducted remotely to the best of our and the resident's ability in an effort to protect both our team members and our residents. This will be in effect until further notice. We will continue to update you as things change.
- Quest Cares team will make weekly health and safety check-in calls on all residents and continue to conduct routine case management sessions remotely.

Real Estate Development (RED)

- Quest RED activities are approved as essential services. We currently have 5 projects under construction. We will continue to work with the general contractors to keep the projects moving forward to the best possible ability based on the current industry environment.
- We have requested the GC's to provide us important insight on the impact Covid19 is having on their company, the sub-contractor market and any indicators from the construction industry.
- Due to the newness and unknown of Covid19 we are experiencing shortages in manpower, delays in work scopes and coordination disruptions of 3rd party services but hopeful this will straighten out soon.



Property Management

- In our 19 year history, we have only had 4 evictions. Property management was informed that there will be NO evictions during this crisis.
- The PM team is working remotely to the best of their ability. New software solutions are being discussed that will allow property managers to perform their jobs more efficiently and effectively.
- Our Maintenance team is truly angels they are one of the few departments that have to actually perform their jobs on-site. At this time they are only addressing life safety work orders.

Quest Payee Services (QPS)

- State-wide QPS services a very vulnerable population and provides an important fiduciary service for them. Both Atlanta and Valdosta offices are closed to in-person activities. Quest Loadable Debit cards are issued to beneficiaries for shopping and personal needs. We will continue to manage their major expenses such as rent, phone, utilities etc.

It fills my heart seeing the commitment our team has shown especially during this time. They have stepped up with understood reservation and embraced the mere fact that we still have residents to house and serve. We also recognize that there are many more vulnerable individuals that need safe arousable housing and services and anticipate an increase in need during and after this crisis

Under the leadership of Dr. Faye Floyd, Chair of the Quest Communities Board, the entire Board of "Special" Directors, the Executive Officers and I want you all to know we appreciate your loyalty and continued support. "It may be difficult but it's Possible" unknown

Wishing you peace and great health,

Leonard L. Adams Jr., President and CEO

For the latest information on how Quest is responding to COVID-19, please visit the following link:

<https://www.questcommunities.org/covid-19.html>

Raising Expectations



For over 20 years, **Raising Expectations** has served Westside youth with out-of-school time enrichment, mentoring, and career programs focused on students and young adults.

In response to the new demands students and families face in adopting digital learning tools and processes, Raising Expectations is conducting hands-on, virtual sessions to assist students and parents. Their focus has been on helping “close the digital divide” and support families in addressing their general needs.

Visit <http://www.raisingexpectations.org> to learn more.

Sister's Action Team



Sister's Action Team's mission is to empower women to become proactive change agents for themselves, families, and their communities. The organization’s services include personal development coaching, economic literacy and health wellness seminars and programs that support holistic wellness.

In response to the COVID-19 crisis, Sister’s Action Team has sprung into action to serve Westside seniors by distributing resources including useful health information, face masks, hand sanitizer, and thermometers. The Sister’s Action Team staff is also assisting seniors by phone to address specific needs.

Westside Seniors - if you are suffering from loneliness due to social distancing:

Call 888-524-7143 to speak to a Sister’s Action Team team member.



United Way of Greater Atlanta

If you are looking for resources now, please reach out to United Way of Greater Atlanta's 2-1-1, a full-service contact center which connects people to the assistance they need to address everyday challenges of living as well as those that develop during emergencies.

United Way 2-1-1 is free, confidential and available 24 hours a day, seven days a week, 365 days a year in 140 different languages.

Ways to connect to 2-1-1:

- Text the keyword "211od" to 898-211 to receive Corona Virus resources
- Dial 2-1-1 and speak with a Community Connection Specialist
- Visit 211online.unitedwayatlanta.org and search our comprehensive database or chat with a Community Connection Specialist
- Email a Community Connection Specialist at contact211@unitedwayatlanta.org
- Download the 2-1-1 mobile app to access our comprehensive database



Westside Works is a long-term neighborhood program focused on creating employment opportunities and job training for residents of the Westside community, including Vine City, English Avenue, Castleberry Hill and other contiguous neighborhoods. Westside Works is a partnership among Construction Education Foundation of Georgia (CEFGA), Integrity Community Development Corporation (Integrity CDC), Per Scholas, Invest Atlanta, Metro Atlanta YMCA, The Arthur M. Blank Foundation, and Atlanta Workforce Development Agency.

WESTSIDE WORKS TRAINING PROGRAMS

CHILD DEVELOPMENT ASSOCIATE

Managed by the Metro Atlanta YMCA, the 3-week Georgia Quality CDA (Childhood Development Associate) Training Course prepares students to work with infants, toddlers, preschoolers, and their families in a variety of settings. During the course, students work towards completing the 120 hours of professional education and 480 hours of On the Job Training with the Metro Atlanta YMCA Early Learning Centers required to apply for their CDA Credential.

CONSTRUCTION

Led by Construction Education Foundation of Georgia (CEFGA), Construction Ready students participate in a four-week training program that includes hands-on skills building and industry certifications. Graduates of the program have been placed in construction-related employment opportunities throughout metro Atlanta.

CERTIFIED NURSING ASSISTANT

Students participate in a three-week course that includes digital literacy, procedural skills and industry certification. Graduates have successfully been employed in hospitals, long-term care facilities and home health care settings.

EDUCATION

Facilitated by Literacy Action Inc., participants who face challenges in meeting the TABE (Test of Adult Basic Education) requirement of Westside Works training programs receive instructor-led assistance. At the completion of 40 hours of class time, students become eligible for a retest. Those who pass are placed in a priority position when they are referred to the training program of choice.

CULINARY

In partnership with Levy Restaurants, the 6-week Culinary Academy introduces students to kitchen safety protocols, international cuisine, baking and pastry, restaurant simulations, and an opportunity to receive Serve Safe Certification. Graduates will have a path to employment through Levy Restaurants venues, as well as dining establishments throughout metro Atlanta.

INFORMATION TECHNOLOGY

Led by Per Scholas, Inc., the Information Technology program is an eight (8) week course providing hands-on instruction on troubleshooting and maintaining computers, software, networks and mobile devices. Upon graduation, students will receive a CompTIA A+ certification. In addition, Per Scholas and General Assembly are partnering to offer a 17-week Web Development program. 5-Weeks of hands on training at Per Scholas will prepare you for General Assembly's 12-week Web Development Immersive program.

For more information and to enroll, call 404-458-6413 x121 or email info@westsideworks.org.



THE YMCA OF METRO ATLANTA

Meeting Our Community's Needs in Times of Crisis

The metro Atlanta area—like communities around the world—is facing unprecedented challenges related to COVID-19. At the YMCA of Metro Atlanta, we're making plans to continue serving those who need us most during these difficult times, with essential services that seek to ensure our community stays healthy and safe.

Childcare for First Responders: The Y is one of the largest providers of early learning and afterschool programming in Atlanta, providing education for more than 7,000 children annually across metro Atlanta and northeast Georgia. As most early learning and afterschool programs have been forced to close in response to the coronavirus, we have activated a program that serves children ages six weeks to 12 to support essential hospital staff, first responders, and frontline workers (law enforcement, firefighters, grocery store workers, etc.) who must continue working. This program will be open from 5:30 a.m. to 8:00 p.m. to best serve the needs of these hard-working caregivers.

A family with two children in our childcare program, whose father is a police officer and mother is an ER nurse, shared that without the Y childcare program for healthcare and first responders, they had no idea how they would be able to work.

This vital program allows them to continue their critical work on the front lines of this crisis and know their kids are safe.

We launched the program on March 23 for school-aged children and on March 30 for early learners at select locations and are expanding in response to demand. We have the capacity to serve up to 2,000 children and expect to reach an enrollment of 1,000 in the coming weeks. Based on guidance from the CDC, we are taking extra precautions to ensure the safety of children and staff and working with philanthropic partners to ensure that the cost of the program is not a barrier for frontline workers. To keep the program affordable, the cost is \$200 per child per week (shared by families and hospital partners), but the true cost is more than \$225 per child per week. This leaves a funding gap of \$25,000 - \$50,000 per week, depending on enrollment.



Hunger Relief: The Y already plays a significant role in meeting the needs of food insecure families in our community, serving more than 30,000 families each year before the current crisis. In the face of COVID-19 challenges, we are leveraging our existing programs and strong partnerships to support 6,000 families weekly through hunger relief efforts. To date, we have:

- Provided more than 3,500 free snacks and dinners at six Y locations for children under 18 and 400 grab and go meals to four of our early learning centers in Atlanta and northeast Georgia.
- Packed 665 backpacks (feeding a family of 4) distributed at seven of our Y locations.
- Packed and distributed 690 backpacks supporting Marietta City Schools' students and families in low-income apartment complexes across Cobb County.
- Provided 125 backpacks to the senior legacy residents living in Vine City and English Avenue neighborhoods, through a partnership with the Westside Future Fund.

In the coming weeks, we will continue to provide these essential hunger relief programs as well as expand our food pantry program to provide community members with tens of thousands of pounds of food. As we continue to serve our most vulnerable neighbors through these efforts, we anticipate costs to exceed \$20,000 each week.

Operation REACH: A third priority is our members' wellbeing, specifically those over the age of 65. Because Y facilities are often a home away from home for seniors, we have implemented Operation REACH to connect with and engage our more than 6,000 seniors and vulnerable groups during this difficult time, offering resources and support to keep them connected and healthy. From delivering food to their homes to sending a daily motivational message, we are staying connected.

Now, more than ever, the Y relies on the generous support of our philanthropic partners and supporters, and funding from the Anthem Foundation will have an immediate impact on the lives of the children and first responders who need our support right now.

Thank you for considering this request. For more information on supporting our emergency programs, please contact **Amanda Minix, Director of Development**, at amandam@ymcaatlanta.org or 404-626-3233.



Do you have general questions about the novel coronavirus (COVID-19)?

Fulton County Board of Health has created a hotline to answer your questions and provide information on **how to get tested**.

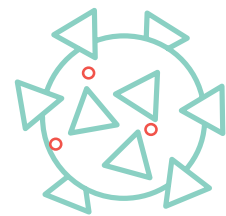
You can **call**
404 - 613 - 8150

between the hours of **9AM and 5PM**
to get your questions answered.



Call first!

Avoid exposing others to COVID-19



"I think I have COVID-19. Should I seek medical care?"

Call first.

If you think you have COVID-19, stay home and call your doctor's office, urgent care, or telehealth line. They can advise you on whether you need medical care. If you do need care and must leave your home, wear a cloth face cover.



"I'm sick with COVID-19, and my symptoms are getting worse. Should I go to urgent care or the ER?"

Call first.

Call to find out if and how soon you need care. If you must leave home to get care, wear a cloth face cover.

Why call first?

Call first so that you don't leave your home unless you really need to. Many people with COVID-19 don't need medical care or testing. When they leave their homes for care that they don't need, they put others at risk. Seek care if you need it. But call first to be sure.

And call first so that if you DO need care, the doctor's office, clinic, or hospital knows that you're coming. They may want you to use a special entrance or go to a special area.

HW 040820

© 1995-2020 Healthwise, Incorporated. Healthwise, Healthwise for every health decision, and the Healthwise logo are trademarks of Healthwise, Incorporated. This information does not replace the advice of a doctor. Healthwise, Incorporated, disclaims any warranty or liability for your use of this information.


healthwise®
for every health decision™

Coronavirus is also called COVID-19.

What you need to know.

Always follow official health advice.

COVID-19 is a **virus** that can make you **sick** or **unwell**.

You can catch this virus from **being near people who are sick with the virus**. The virus can come from breathing infected air or touching your face. People of **all ages** can be infected. It is **not serious** for **most** people, including children. **But some people will get very sick and die**. That is why it is so important to **protect yourself and others** from getting the disease.

- *Wash your hands with soap and water.
- *Do not touch your face.
- *Stay at least 6 feet away from other people.
- *Stay home if you are sick and call your doctor for advice.
- *Wear a mask and gloves if you are sick and are around other people.
- *Stay home if you don't have to go out.

Why are we **staying home**?

When we stay home or stay away other people we **stop COVID-19 from spreading between people**. People will get less sick. **And if you have to go out, wear a cloth mask to cover your nose and mouth**.

Whether you're home or out, **stay 6 feet away** from other people. This is called **social distancing**. It helps keep the virus from spreading.

These are COVID-19 symptoms. Call you doctor if you feel sick

Fever - this is a high temperature of 100.4 or more in adults.

Cough

Being tired

Hard time breathing

SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER



COUGH



***Symptoms may appear 2-14 days after exposure.**

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

SHORTNESS OF BREATH



For more information: www.cdc.gov/COVID19-symptoms

What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets 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 people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



For more information: www.cdc.gov/COVID19

10 ways to manage respiratory symptoms at home

If you have fever, cough, or shortness of breath, call your healthcare provider. They may tell you to manage your care from home. Follow these tips:

- 1. Stay home** from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



- 2. Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



- 3. Get rest and stay hydrated.**



- 4.** If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



- 5.** For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



- 6. Cover your cough and sneezes.**



- 7. Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



- 8.** As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



- 9. Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



- 10. Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



For more information: www.cdc.gov/COVID19

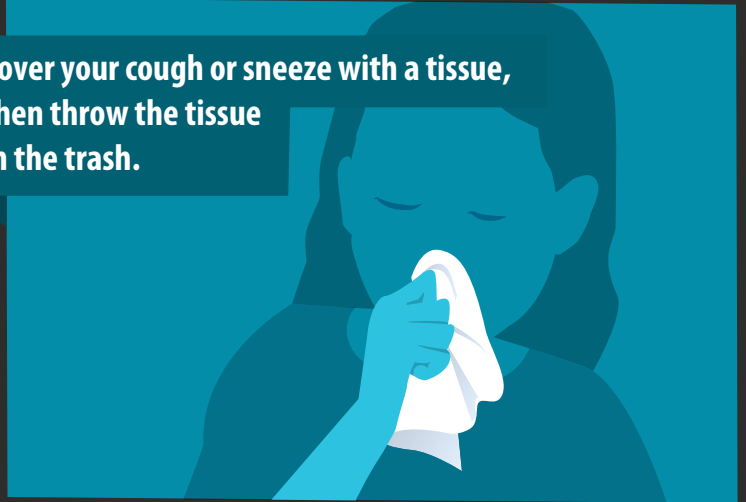
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

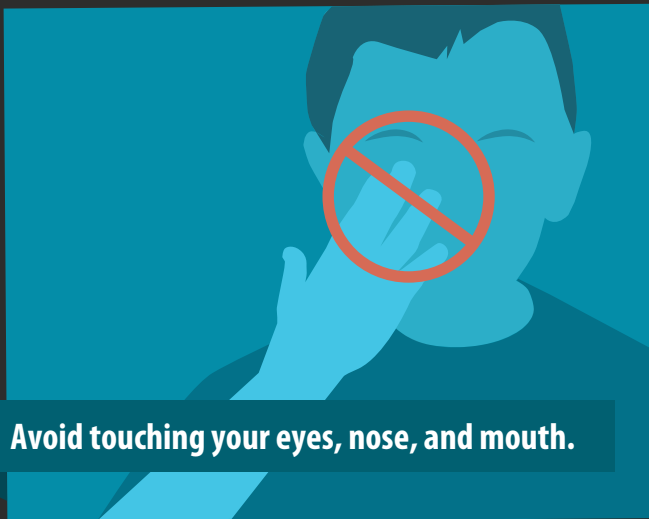
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



cdc.gov/COVID19

FREE COVID-19 TESTING



MERCEDES-BENZ STADIUM LOT

112 Postell St. Atlanta, GA 30314
THUR - SAT 10:00 AM - 4:00 PM

No Appointment Needed
No ID Required
Confidential

Fri. July 17

10am - 4pm (or up to 500 tests)

Friendship Towers

35 Northside Dr SW,

Atlanta, GA 30313

*Walk-Up ONLY

Fri. July 17

9am - 2pm (or up to 500 tests)

Mount Moriah Baptist Church

200 Joseph E. Lowery Blvd,

Atlanta GA 30314

*Walk-Up ONLY

Additional Covid-19 Testing at:

The Family Health
Center at West End

Schedule Appt. (404) 752-1400 | MON - FRI 8:00 AM - 5:00 PM

CVS at Good Samaritan
Health Center

ADULTS only - RAPID TEST | Schedule Appt. (404) 523-6571
MON - THUR 8:30 AM - 4:00 PM | FRI - SAT 8:30 AM - 12:00 PM

**Do you need help with getting food, housing, seeking
employment, counseling, or other helpful resources?**

Call the Westside COVID-19 Helpline at:

404-430-8180



WESTSIDE
ON THE RISE

[Back to List](#)

Call the Westside COVID-19 Helpline at:

404-430-8180

If you or someone you know tests positive for COVID-19, give us a call for any of the following:

- Help with getting food
- Assistance with seeking employment, counseling or housing
- Understanding your COVID-19 test results
- Tips to protect you and your family
- Ways to prevent the spread
- Monitoring your symptoms
- When to seek medical attention
- Help with getting medications
- Assistance with connecting to other helpful resources.

**Do you need a doctor or have other health related questions?
Text Westside to 51555 to connect
to a provider by phone for free.**

FREE SCHOOL-REQUIRED IMMUNIZATIONS ARE COMING TO THE WESTSIDE!

Local community partners have teamed up with the Ronald McDonald Care Mobile® to bring immunizations to kids and teens ages 4 and up!

Day 1

July 27, 2020
11:00AM - 7:00PM
Washington High School
45 Whitehouse Dr. SW
Atlanta, GA 30314

Day 2

July 29, 2020
9:00AM - 5:00PM
Brown Middle School
765 Peoples St. SW
Atlanta, GA 30310

Day 3

July 31, 2020
9:00AM - 5:00PM
Douglass High School
225 Hamilton E. Holmes Dr. NW
Atlanta, GA 30318

Day 4

August 1, 2020
10:00AM - 6:00PM
Simpson Street Church
800 Joseph E. Boone Blvd. NW
Atlanta, GA 30314

Day 5

August 3, 2020
11:00AM - 7:00PM
Hollis Innovation Academy
225 James P. Brawley Dr. NW
Atlanta, GA 30314

Day 6

August 5, 2020
9:00AM - 5:00PM
M.A. Jones Elementary
1040 Fair St. SW
Atlanta, GA 30314

- Insurance is not required, but will be accepted if applicable.
- A parent or guardian must be present and have valid ID in order to receive immunizations.
- Social distancing guidelines will be in effect to ensure your family's safety.



**WESTSIDE
ON THE RISE**

