



# CORONAVIRUS COVID-19

SAN BERNARDINO COUNTY IHSS PUBLIC AUTHORITY

# BE PREPARED

LEARN THE FACTS, SHARE THE FACTS, STOP THE FEAR

## IN-HOME SUPPORTIVE SERVICES (IHSS) PROVIDERS WHAT TO DO IF YOU BECOME ILL

PER CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) WEBSITE COVID-19 GUIDELINES:

- Call your client to advise him/her you will not be in to work
- Call your client's IHSS Social Worker to inform him/her of the situation
- Stay home. Call your healthcare provider and let them know about your symptoms. This will help them take care of you and keep other people from getting infected or exposed
- Follow CDC instructions for how to take care of yourself at home
- Know when to get emergency help
- Get medical attention immediately if you have any of the emergency warning signs

The Public Authority has prepared an emergency back-up provider list for IHSS clients in need of a back-up provider. If you are an enrolled provider that is interested in being placed on the list, please reach out to the Public Authority at (866) 985-6322.

The Public Authority is committed to helping clients and providers during this time and will continue to monitor and evaluate information related to COVID-19.

## PREVENTION TIPS

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, sneezing or having been in a public place.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Avoid close contact with people who are sick and eliminate or minimize visitors.
- Stay away from work, school and other people if you become sick with a fever, cough or respiratory symptoms.

**STAY INFORMED**  
CORONAVIRUS  
COVID-19 **BE PREPARED**

[www.cdc.gov](http://www.cdc.gov)



### LOCAL RESOURCES:

San Bernardino County COVID-19  
General Public Hotline: (909) 387-3911

San Bernardino County COVID-19  
Information: [www.sbcounty.gov](http://www.sbcounty.gov)

SEIU Local 2015 MAC Center Hotline:  
(909) 454-6814 (Call or Text)