



P A J A R O V A L L E Y  
**COMMUNITY**  
**HEALTH TRUST**

*Improving Health & Quality of Life  
for all People of the Pajaro Valley*

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## **We are Committed to Safeguarding Community Health**

***The Health Trust is working to stay up to date on the rapidly changing COVID-19 situation and will share information about supportive resources as they become available.***

- [County of Santa Cruz Health Service Agency Covid-19 Updates](#)
- [PVUSD Meal Distribution Times and Sites](#)
- [Second Harvest Food Bank Distribution Times and Sites](#)
- [United Way 211 COVID-19 Help Line](#)

**COVID-19** is a new strain of [coronavirus](#), the family of viruses that also includes the common cold and other serious respiratory ailments like SARS and MERS. Like the common cold, COVID-19 is very contagious. It is particularly threatening to older people and those with certain health conditions like diabetes, lung disease, heart disease, and autoimmune disorders.

It will take a **COMMUNITY-WIDE EFFORT** to contain and prevent the spread of COVID-19. Here's what you can do; please follow the links for additional detail:

- **Listen to the experts** – Follow the instructions of your trusted doctor and the national, [state and county health departments](#). **OTHER SOURCES OF INFORMATION MAY NOT BE ACCURATE OR RELIABLE AND CAN PUT YOU AT RISK.**
- Wash your hands with soap and water frequently for 20 seconds or longer. **DO THIS ONCE AN HOUR IF POSSIBLE.**
- [Disinfect surfaces using bleach or alcohol.](#)
- [PRACTICE SOCIAL DISTANCING](#): Avoid large gatherings and work from home if possible; keep 6 feet distance between you and others to avoid being reached by a cough or sneeze or from someone accidentally spitting when they speak.
- Do not shake hands, hug or kiss --- not even your grandma. **Elderly individuals are particularly vulnerable.**
- Cover your cough and sneeze with your arm.

**It can take up to 14 days for COVID-19 symptoms to show up. Symptoms of COVID-19 include:**

- **Fever**
- **Cough**
- **Shortness of breath**
- **Other cold symptoms**

**If you are experiencing any of these symptoms or suspect you are infected with the virus that causes COVID-19, CALL your doctor for instructions to prevent the disease from spreading to people in your home and community.**

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STAY CONNECTED

