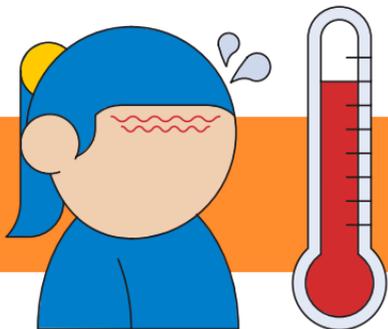


# CORONAVIRUS SYMPTOMS

- ▶ cough
- ▶ fever
- ▶ chills
- ▶ chest pains
- ▶ difficulty breathing
- ▶ fatigue
- ▶ muscle or body aches
- ▶ headache
- ▶ sore throat
- ▶ congestion or runny nose
- ▶ nausea or vomiting
- ▶ diarrhea
- ▶ new loss of taste or smell



Coastside Hope  
*Neighbors Helping Neighbors In Need...*



AGRICULTURE / WEIGHTS & MEASURES



SAN MATEO  
COUNTY HEALTH

**PLEASE NOTE:** Getting tested or seeking medical care for coronavirus will not impact Public Charge or your immigration status.

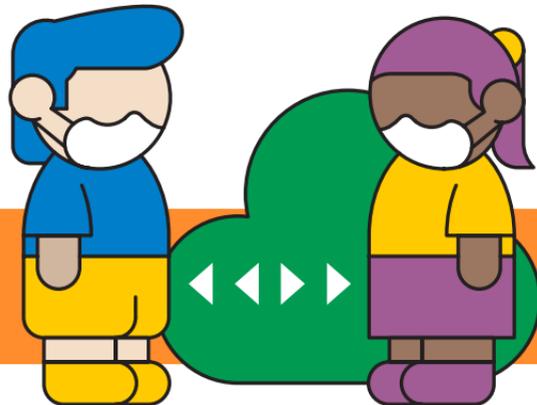
Dial 2-1-1

for non-emergency, non-medical calls

[smchealth.org/coronavirus](https://smchealth.org/coronavirus)

# COVID-19 RESOURCES

TO KEEP YOU HEALTHY



## EXPERIENCING SYMPTOMS?

Don't go to work and call your doctor immediately. No doctor? Then call:

**SAN MATEO MEDICAL NEW PATIENT CONNECTION CENTER:**  
(650) 372-3200 M-F 8:15am-4:30pm

**HEALTH PLAN SAN MATEO NURSE LINE:**  
(833) 846-8773 | 24/7

**MEDI-NURSE LINE:**  
(877) 409-9052 | 24/7

**CALL 9-1-1 IF YOU HAVE CHEST PAIN OR DIFFICULTY BREATHING.**

## CORONAVIRUS RESOURCES AND PROGRAMS

**NON-EMERGENCY QUESTIONS:** 2-1-1

**CORONAVIRUS TESTING:**  
[www.smcgov.org/covid-19-testing](http://www.smcgov.org/covid-19-testing)

**LEGAL SERVICES:**  
California Rural Legal Assistance:  
(866) 864-8208  
Legal Aid Society of San Mateo County:  
(650) 558-0915

**SAN MATEO COUNTY HEALTH COVERAGE UNIT:** (650) 616-2002

**QUARANTINE:** Not able to isolate? Call 2-1-1. The county may provide you temporary, free housing if you are eligible.

**FOOD/ FINANCIAL HELP/ FACE COVERINGS:**

- ▶ Puente: (650) 879-1691
- ▶ ALAS: (650) 560-8947
- ▶ Coastside Hope: (650) 523-3524

**SECOND HARVEST FOOD BANK:**  
(800) 984-3663

**NON-EMERGENCY PEER SUPPORT LINE:** (855) 845-7415

**NATIONAL SUICIDE HOTLINE:**  
1-888-628-9454

