**Promotores Collaborative of San Luis Obispo County**

**COVID-19 Prevention Partnership with San Luis Obispo County Public Health**

**What is being done about COVID-19?**

The County Public Health Department and the Promotores are working together to protect everyone in the community from [COVID-19](https://www.emergencyslo.org/en/covid19.aspx). COVID-19 is a serious illness that, in severe cases, can lead to hospitalization or even death. It is important to avoid becoming infected with COVID-19, and the best way to protect yourself and those around you is to [get vaccinated](http://www.recoverslo.org/vaccine).

**What is the COVID-19 vaccine?**

The [COVID-19 vaccines](http://www.recoverslo.org/vaccine) are some of the most rigorously studied vaccines in history. They alert your immune system of what the virus looks like so that if you are exposed to the virus, your immune system is more prepared to recover from—or even prevent—an infection. Learn more at [www.recoverslo.org/vaccine](http://www.recoverslo.org/vaccine). To schedule an appointment, visit [MyTurn.CA.gov](file:///%5C%5Chafs16%5CUsersData%24%5Ctkennon%5CDesktop%5CMyTurn.CA.gov) or call (833) 422-4255.

**What do I do if I am sick or am around someone who is sick?**

If you have been exposed to someone who has been infected with COVID-19, you should [get tested](https://www.emergencyslo.org/en/testing-locations.aspx) 5 days after your exposure. If you are sick, stay home, avoid exposing others, and [schedule a COVID-19 test](https://www.emergencyslo.org/en/testing-locations). Do not hesitate to call 911 if you are short of breath or have other [severe symptoms](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html).

**What do I do if someone at home has COVID-19?**

Though isolating from family and roommates can be difficult, it is important to take precautions to protect more people from getting sick:

* Open the windows and turn on a fan to circulate fresh air from outside.
* Encourage the sick person to wear a mask and stay in one room of the home; have food and water left at the door.
* Sanitize surfaces often, such as in shared bathrooms.
* Avoid hugging or sharing personal household items, like dishes, towels, and bedding.
* Clean frequently touched surfaces and wash hands often.

**Where can I get answers to my questions about COVID-19?**

You can learn more at [RecoverSLO.org](https://www.recoverslo.org/en/index.aspx) or by calling the Public Health Department at 805-781-5500. You can also contact any of the Promotores – we are here for you and happy to help with your questions.

**COVID-19 INFORMATION**

Testing information: [www.emergencyslo.org/testinglocations](http://www.emergencyslo.org/testinglocations)

Vaccine information: [www.recoverslo.org/vaccine](http://www.recoverslo.org/vaccine)

Schedule a vaccine appointment: [MyTurn.CA.gov](file:///%5C%5Chafs16%5CUsersData%24%5Ctkennon%5CDesktop%5CMyTurn.CA.gov) or call (833) 422-4255