



City of Carson COVID-19 Update

Thursday, February 11, 2021

To help keep the community informed, the City of Carson is providing COVID-19 (coronavirus) news updates related to health, safety recommendations, and informational links to meet the needs of the community and protect public health.

The coronavirus outbreak began in China and has since spread across the globe with the first case reported in the U.S. by the CDC in January 2020. Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2), the etiologic agent of coronavirus disease 2019 (Covid-19), is commonly spread among people who are in contact with an infected person. Some people who are infected may not exhibit symptoms but can still spread the virus according to Public Health Experts. Although less common, COVID-19 can also spread through a person's contact with coronavirus contaminated objects and surfaces where respiratory droplets have landed and then touching their own mouth, nose, or eyes.

Transmissions can overall be significantly reduced if everyone wears a face covering always securely over their nose and mouth, maintains six feet distance from anyone outside of their household, washes their hands regularly, and stays home as much as possible. People are also urged to avoid public gatherings where people are in close proximity, unable to remain six feet apart, cheering and shouting, especially without face coverings. If you are even mildly sick or think you were exposed to someone with COVID-19, stay home and away from others, and consider being tested for the virus.

The above recommendations are essential to prevent you from unintentionally spreading COVID-19 to other people.

Centers for Disease Control and Prevention (CDC) COVID-19 Self-Checker Interactive Clinical Assessment Tool

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/coronavirus-self-checker.html>

PLEASE NOTE THAT THE CITY OF CARSON MUST ADHERE TO ANY AND ALL ORDERS SET FORTH BY THE COUNTY OF LOS ANGELES AND THE STATE OF CALIFORNIA.

COVID-19 CASES

(Numbers May Vary Depending on Time of Day)

02/11/2021	CASES	DEATHS
CARSON	8,673	187
West Carson/Unincorp.	1,971	102
County of Los Angeles	1,158,619	18,500
California	3,457,902	45,639
United States	27,649,235	479,501
Global	107,749,090	2,365,966

John Hopkins University & Medicine Coronavirus Resource Center

<https://coronavirus.jhu.edu/map.html>

State of California Coronavirus Statewide Update

<https://update.covid19.ca.gov/>

County of Los Angeles Public Health

<http://publichealth.lacounty.gov/media/Coronavirus/locations.htm>

- **COVID-19 FREE Testing And Vaccination in the County Of Los Angeles:**
 - COVID-19 Testing - Carson Community Center: To make an appointment, please log on to: <https://ushealthfairs.org/carsonform/>
 - COVID-19 Testing - Los Angeles County: For locations and appointments, please log on to: <https://covid19.lacounty.gov/testing/>
 - COVID-19 Vaccinations - For information, locations and appointments, please log on to: [VaccinateLACounty.com](https://vaccinateLACounty.com)
 - COVID-19 Vaccinations CVS Pharmacy (Starting February 11, 2021) - [CVS.com](https://www.cvs.com)

- **COVID-19 Vaccinations available to Seniors Ages 65+ From Monday, February 15 - Friday, February 19, 2021 By Appointment Only** at Dignity Health Sports Park located at 18400 S Avalon Blvd, Carson, CA 90746, in collaboration with Dignity Health Hospitals. For more information, instructions and to schedule an appointment, please go to: <https://www.eventbrite.com/o/dignity-health-32505755579>

- **Two Masks Are Better Than One To Slow The Spread Of COVID-19 According To A CDC Study** where researchers found that wearing one mask (surgical or cloth) blocked around 40% of particles being breathed in, and about 80% when a cloth mask was worn on top of a surgical mask, while when double-masks were worn by both subjects, more than 95% of the particles were blocked but it's not clear if results would be the same with every product. If done correctly, a cloth mask worn over a surgical mask can tighten the gaps around the mask's edges that can let virus particles in, the CDC said. To view the Associated Press via MSN February 10, 2021 News Report, please go to: <https://www.msn.com/en-us/health/medical/cdc-study-finds-two-masks-are-better-than-one-vs-covid-19/ar-BB1dzpbX>
 - **Center For Disease Control And Prevention:** Maximizing Fit for Cloth and Medical Procedure Masks to Improve Performance and Reduce SARS-CoV-2 Transmission and Exposure, 2021 https://www.cdc.gov/mmwr/volumes/70/wr/mm7007e1.htm?s_cid=mm7007e1_w

- **California Surpasses New York As U.S. State With Most COVID-19 Deaths On Tuesday at over 45,000**, according to a Reuters tally. As America's most populous state at over 40 million, California has the most cases and deaths in the country but when adjusted per capita it ranks 32nd in the nation at 113 deaths per 100,000, compared to Washington D.C. with about 114 deaths per 100,000 and about half the rate of New York which ranks second at 230 deaths per 100,000. The United States as a whole has reported 27.25 million infections and 468,559 deaths, as of late Tuesday. Nationwide, the daily tallies of new cases and hospitalizations from COVID-19 have been dropping steadily in recent weeks after the year-end surge of infections and hospitalizations that swept much of the country, pushing many healthcare systems to their limits. To view the Reuters News February 9, 2021 News Report, please go to: <https://www.reuters.com/article/health-coronavirus-usa-idINKBN2AA0B6>

- **First Cases Of South African Coronavirus Strain B.1.351. Were Reported In California As Of Wednesday** in the San Francisco Bay Area and in total, about 1,500 cases of different variants have been identified, according to Governor Newsom. Scientists and health officials fear the variants could be more contagious, less responsive to treatments and more likely to re-infect people who already had the virus. U.K. variant B.1.1.7. is also of particular concern as it is believed to be 50% more transmissible than the conventional variety. While currently available vaccines appear to still be effective against most of the coronavirus variants, the South African strain was not slowed down by the experimental vaccine developed by AstraZeneca and Oxford University. A COVID-19 vaccine developed by Novavax also was found to be nearly 90% effective against all types of COVID-19 when tested in Britain, yet only 49% effective in South Africa, neither Novavax nor AstraZeneca vaccines are currently being used in the U.S. To view the Los Angeles Times via MSN February 10, 2021 News Report, please go to: <https://www.msn.com/en-us/health/medical/first-cases-of-south-african-coronavirus-strain-found-in-california/ar-BB1dzUlj>



- **62.9 Million Doses Of COVID-19 Vaccines Delivered, 43.2 Million Administered in the U.S. As Of Tuesday** morning, according to the U.S. Centers for Disease Control and Prevention (CDC). The tally is for both Moderna and Pfizer/BioNTech with 32,867,213 people already having received 1 or more doses while 9,840,429 people having received the second dose as of Tuesday. To view the US News February 9, 2021 News Report, please go to: <https://www.usnews.com/news/top-news/articles/2021-02-09/629-million-doses-of-covid-19-vaccines-delivered-432-million-administered-us-cdc>
 - **Centers For Disease Control And Prevention (CDC): COVID-19 Data Tracker**
<https://covid.cdc.gov/covid-data-tracker/#vaccinations>
- **New Supplies Of COVID-19 Vaccines Are Being Reserved For People Needing Their Second Dose** which is required as close to the recommend interval as possible (three weeks for Pfizer-BioNTech and four weeks for Moderna), limiting a first dose for everyone else who is eligible, according to health officials. About 55% of the doses expected this week will be needed for second shots and a handful of major vaccination sites will be limited to administering second doses and only a very limited number of people will be able to receive their first dose. More first doses will be administered when they get larger, more sustainable shipments. Dr. Anthony Fauci said Monday that the two-dose regimen unlocks the full benefits of the vaccine and while the first dose provides “some degree of protection,” the second dose multiplies the level of protection by a factor of 10. To view the Los Angeles Times February 9, 2021 News Report, please go to: <https://www.latimes.com/california/story/2021-02-09/first-doses-of-covid-19-vaccine-have-become-limited-in-california-when-will-that-change>
- **Massive COVID-19 Vaccine Shortages Cause Dodger Stadium And Other Vaccination Locations to Temporarily Close** for at least two days starting Friday, possibly reopening on Tuesday or Wednesday of next week, scheduled second doses will not be affected. Vaccine supply is expected to be depleted by Thursday due to Los Angeles receiving only 16,000 new doses this week, slightly more than the total administered per day, while 90,000 doses were received last week, and 29,000 doses the week before that, while cities with smaller populations are receiving more doses, according to Los Angeles Mayor Garcetti. The city will keep open mobile sites that it deployed in South Los Angeles, where a disproportionate amount of residents have been affected by COVID-19. Overall, Los Angeles has given out 293,252 vaccines with an average of 13,051 inoculations daily. The county has a seven-day average testing positivity rate of 8.4 percent, lower than the 20 percent recorded around New Year's Day but still above the 5 percent threshold experts want to see before considering reopening. To view The Hill via MSN News Report, please go to: <https://www.msn.com/en-us/news/us/los-angeles-stadium-vaccine-site-to-close-over-massive-shortages/ar-BB1dBozA>
- **Some Pharmacy Chains Now Offering COVID-19 Vaccines In An Effort To Immunize More Americans Against The Coronavirus** through a federal program partnering with 21 national pharmacy chains and independent networks countrywide beginning with 1 million doses for the launch of the program that will be implemented in stages based on available vaccine supplies, according to the CDC. In California, pharmacies taking part in the program are CVS and Rite Aid but they vary by state and the CDC is encouraging consumers to make schedule an appointment prior and to view the Vaccine and Immunization page on their website for more information. To view the CBS News February 9, 2021 News Report, please go to: <https://www.cbsnews.com/news/covid-19-vaccine-pharmacy-cvs-walgreens/>
 - **CDC Vaccines & Immunizations: Pharmacies Participating in the Federal Retail Pharmacy Program Portal**
<https://www.cdc.gov/vaccines/covid-19/retail-pharmacy-program/participating-pharmacies.html>



- Walgreens And Uber Technologies Inc. Partner To Provide Free Transportation To COVID-19 Vaccination Centers And Educational Programs** to underserved communities and people in rural areas. The pilot programs will begin in Chicago, Atlanta, Houston and El Paso in the coming months, once more vaccines become available to the general public. A pre-scheduled ride will be offered via email once an appointment is schedule at Walgreens with the efforts centered on giving vaccine access to communities of color lacking access to healthcare services and who are overly represented among the working poor and accounting for a large share of high-risk jobs in food service, factories, warehouses and healthcare, that have also been ravaged by the pandemic. To view the Reuters News February 9, 2021 News Report, please go to: <https://www.usnews.com/news/us/articles/2021-02-09/walgreens-uber-partner-to-provide-access-free-rides-to-us-covid-19-vaccination-centers>
- Rheumatoid Arthritis Drug Tocilizumab (Actemra) Improves Survival, Shortens Hospital Stay, And Reduces The Need For Mechanical Ventilators** of hospitalized COVID-19 patients, according to findings from the RECOVERY trial. Tocilizumab is an intravenous anti-inflammatory monoclonal antibody drug used to treat rheumatoid arthritis and was added to the trial in April 2020 for patients with COVID-19 who required oxygen and had evidence of inflammation. The RECOVERY trial, which has been testing a range of potential treatments for COVID-19 since March 2020, found last year that the steroid dexamethasone reduced death rates by around a third and has since rapidly become part of standard-of-care for severe patients. Researchers found that said patients were taking a systemic steroid and results showed that used in combination with tocilizumab, the impact is substantial. Actemra, along with Sanofi’s similar drug Kevzara, was authorized by Britain’s NHS in early January for COVID-19 patients in intensive care units after preliminary data from a smaller study called REMAP-CAP indicated it could reduce hospital stays by about 10 days. To view the Reuters News February 11, 2021 News Report, please go to: <https://www.reuters.com/article/health-coronavirus-roche-tocilizumab/roches-tocilizumab-cuts-deaths-in-hospitalised-covid-19-patients-study-idUSL8N2KH49D>

 - University of Oxford RECOVERY(Randomized Evaluation of COVID-10 Therapy: Findings**
 - Tocilizumab reduces deaths in patients hospitalised with COVID-19 — RECOVERY Trial**
- Steroid Treatment Budesonide Appears To Reduce COVID-19 Urgent Care Or Hospitalization By 90% As Well As Recovery Time** when compared with usual care, if given within seven days of symptoms appearing, according to Researchers at Oxford University. The Inhaled drug treatment Budesonide, sold as Pulmicort by AstraZeneca Plc, is a corticosteroid commonly used in the long-term management of asthma and chronic obstructive pulmonary disease (COPD). Results from the Oxford University study are yet to be published in a peer-reviewed journal. To view Reuters News February 9, 2021 News Report, please go to: <https://www.reuters.com/article/idUSKBN2A92M7>
- Eli Lilly Receives FDA Emergency Use Authorization For Its Antibody Combination Therapy To Fight COVID-19** mild to moderate cases in patients aged 12 and older who are at high risk for progressing to severe COVID-19 and/or hospitalization, according to the company. The combination therapy of two antibodies, bamlanivimab and etesevimab, helped cut the risk of hospitalization and death in COVID-19 patients by 70%, data from a late-stage trial showed in January. According to a statement by the company, it will be available immediately and there are 100,000 doses ready immediately and an additional 150,000 doses will be available throughout the first quarter and that in collaboration with Amgen, it plans to manufacture up to 1 million doses of etesevimab for administration with bamlanivimab by mid-2021. The FDA, separately, said bamlanivimab and etesevimab are not authorized for patients hospitalized or who require oxygen therapy due to COVID-19. To View the Reuters February 9, 2021 News Report, please go to: <https://www.reuters.com/article/health-coronavirus-lilly-fda-idUSL1N2KG01L>



- **Lilly Press Release:** Lilly's Bamlanivimab (LY-Cov555) Administered With Etesevimab (LY-Cov016) Receives FDA Emergency Use Authorization For COVID-19
<https://investor.lilly.com/news-releases/news-release-details/lillys-bamlanivimab-ly-cov555-administered-etesevimab-ly-cov016>
 - **University of Oxford:** Common Asthma Treatment Reduces Need For Hospitalization In COVID-19 Patients Study:
<https://www.ox.ac.uk/news/2021-02-09-common-asthma-treatment-reduces-need-hospitalisation-covid-19-patients-study>
 - **The MedRxiv The Pre-Print Server for Health and Science:** Inhaled Budesonide In The Treatment Of Early COVID-19 Illness: A Randomized Controlled Trial <https://www.medrxiv.org/content/10.1101/2021.02.04.21251134v1>
- **COVID-19 Travel Rule-Breakers Entering England Could Face Up To A 10-Year Jail Term Beginning February 15** if concealing having had been in one of the “red list” destinations within the 10 days before arrival, and fines for failure to comply with testing and quarantine rules, according to British Secretary of Health Matt Hancock. Travelers entering the UK from 33 high-risk countries have to pay up to \$2,400 per person (hotel, transfer and testing) to quarantine in government-designated hotels, as well as take two PCR tests during quarantine (additional 10 day quarantine for a positive results) in addition to the pre-flight 72 hours negative test already required. Non-UK resident travelers from red list countries are already banned. International arrivals failing to take mandatory test will be fined \$1,400 and a \$6,900 penalty rising to \$13,800 for failure to quarantine in their designated hotel. To view The Guardian via MSN February 9, 2021 News Report, please go to:
<https://www.msn.com/en-au/news/world/covid-travel-rule-breakers-could-face-10-year-jail-term-says-hancock/ar-BB1dx1mm>
 - **British Secretary Of Health And Social Care Matt Hancock Oral Statement To Parliament:** Strengthening Our Health Protection At The Border <https://www.gov.uk/government/speeches/strengthening-our-health-protection-at-the-border>
 - **A Revised Order Health Officer Order Was Issued on Monday, February 10, 2021** By The County Los Angeles Department Of Public Health for Reopening Safer At Work And In The Community For Control Of Covid-19 Blueprint For A Safer Economy-Tier 1: Surge Response Revised Order http://publichealth.lacounty.gov/media/Coronavirus/docs/HOO/HOO_SaferatHomeCommunity.pdf
 - **Revised Re-Opening Protocols Have Been Issued** By the Health Officer of the Los Angeles County Department of Public Health. Please see below for the revised orders from January 1, 2021 to February 10, 2021

<ul style="list-style-type: none"> ▪ BMX Areas And Bike Parks http://publichealth.lacounty.gov/media/Coronavirus/docs/protocols/Reopening_BikeParks.pdf ▪ Campgrounds, RV Parks And Cabin Rental Units: Appendix O http://publichealth.lacounty.gov/media/Coronavirus/docs/protocols/Reopening_CampgroundsRVParks.pdf ▪ Car Dealerships http://publichealth.lacounty.gov/media/Coronavirus/docs/protocols/Reopening-CarDealerships.pdf 	<ul style="list-style-type: none"> ▪ Car Washes http://publichealth.lacounty.gov/media/Coronavirus/docs/protocols/Reopening_CarWashes.pdf ▪ Cardrooms: Appendix Q http://publichealth.lacounty.gov/media/Coronavirus/docs/protocols/Reopening_Cardrooms.pdf ▪ Certified Farmer’s Markets http://publichealth.lacounty.gov/media/Coronavirus/docs/protocols/Reopening_CertifiedFarmersMarkets.pdf
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- **COVID-19 Exposure Management Plan In Early Care And Education Sites**
http://publichealth.lacounty.gov/media/Coronavirus/docs/protocols/ExposureManagementPlan_ECE.pdf
- **COVID-19 Exposure Management In Institutes Of Higher Education**
http://publichealth.lacounty.gov/media/Coronavirus/docs/protocols/ExposureManagementPlan_HigherEd.pdf
- **Day Camps:** Appendix K
http://publichealth.lacounty.gov/media/Coronavirus/docs/protocols/Reopening_DayCamps.pdf
- **Drive-In Movie Theaters**
http://publichealth.lacounty.gov/media/Coronavirus/docs/protocols/Reopening_DriveInTheaters.pdf
- **Exposure Management Plan In TK-12 Schools:** Appendix T2
http://publichealth.lacounty.gov/media/Coronavirus/docs/protocols/ExposureManagementPlan_K12Schools.pdf
- **Grocery Stores And Retail Food Markets:** Appendix B-1
http://publichealth.lacounty.gov/media/Coronavirus/docs/protocols/Reopening_RetailFoodMarkets.pdf
- **Gyms And Fitness Establishments:** Appendix L
http://publichealth.lacounty.gov/media/Coronavirus/docs/protocols/Reopening_FitnessEstablishments.pdf
- **Hotels, Lodging And Short-Term Rentals:** Appendix P
http://publichealth.lacounty.gov/media/Coronavirus/docs/protocols/Reopening_LodgingShortTermRentals.pdf
- **Institutes of Higher Education**
http://publichealth.lacounty.gov/media/Coronavirus/docs/protocols/Reopening_HigherEducation.pdf
- **Miniature Golf, Batting Cages, And Go Kart Racing:** Appendix V
http://publichealth.lacounty.gov/media/Coronavirus/docs/protocols/Reopening_MiniGolfBattingGoKart.pdf
- **Museums, Galleries, Botanical Gardens, Zoos, And Aquariums:** Appendix M
http://publichealth.lacounty.gov/media/Coronavirus/docs/protocols/Reopening_MuseumsGalleriesZoosAquariums.pdf
- **Music, Television And Film Production:** Appendix J
http://publichealth.lacounty.gov/media/Coronavirus/docs/protocols/Reopening_MusicTelevisionFilmProduction.pdf
- **Office Worksites:** Appendix D
http://publichealth.lacounty.gov/media/Coronavirus/docs/protocols/Reopening_OfficeBasedWorksites.pdf
- **Owners Of Commercial Buildings**
http://publichealth.lacounty.gov/media/Coronavirus/docs/protocols/Reopening_CommercialBuildings.pdf
- **Personal Care Establishments:** Appendix R
http://publichealth.lacounty.gov/media/Coronavirus/docs/protocols/Reopening_PersonalCare.pdf
- **Programs Providing Day Care For School-Aged Children**
<http://publichealth.lacounty.gov/media/Coronavirus/docs/protocols/ChildCareSchoolAgedChildren.pdf>
- **Shopping Center Operators:** Appendix E
http://publichealth.lacounty.gov/media/Coronavirus/docs/protocols/Reopening_ShoppingCenters.pdf



- **Small Water Vessel Charters And Recreational Equipment Rental**
http://publichealth.lacounty.gov/media/Coronavirus/docs/protocols/Reopening_SmallWaterVesselCharters.pdf
- **Restaurants, Breweries And Wineries:** Appendix I
http://publichealth.lacounty.gov/media/Coronavirus/docs/protocols/Reopening_Restaurants.pdf
- **Retail Establishments Opening For In-Person Shopping:** Appendix B
http://publichealth.lacounty.gov/media/Coronavirus/docs/protocols/Reopening_RetailEstablishments.pdf
- **Warehousing, Manufacturing And Logistic Establishments:** Appendix C
http://publichealth.lacounty.gov/media/Coronavirus/docs/protocols/Reopening_Warehousing.pdf
- **Carson Emergency Rental Assistance Program For Up To \$30,000 is available to Residents.** For more information, eligibility, qualifications requirements and instructions on how to apply, please go to:
<http://ci.carson.ca.us/content/files/pdfs/housing/rental/Emergency%20Rental%20Assistance%20Fact%20Sheet.pdf>
- **California Rebuilding Fund Is Available to Small Businesses.** For more information, eligibility, qualification requirements, and instructions on how to apply, please go to: <https://www.connect2capital.com/p/californiarebuildingfund/>
- **Department Of Public Social Services (DPSS) Offers Assistance** for Medi-Cal health insurance, CalFresh food assistance, CalWORKs cash assistance for families, and general relief cash assistance and also offer social service programs such as to individuals who are experiencing homelessness, domestic violence, substance use disorders as well as others. For more information, please go to:
<https://dpss.lacounty.gov/en.html>
- **Meal Programs And Assistance For Carson Residents,** including for seniors and the homebound.
 - **Carson Essentials to Go 2.0** – Free Groceries Package Delivered Service for Seniors and Low Income Families: (310) 952-1765
 - **Free Meal Pick-Up** for those in need, Mon. - Thurs. at 11:00 a.m. : (310) 952-1750
 - **Meals on Wheels** YMCA Program for seniors age 60 and up: (310) 602-4909
 - **Grab & Go City on the Hill Church** for children and seniors (310) 740-9363
 - **Everytable:** Homemade meals delivery subscription: COVID-19 Hotline: (323) 458-6487 Mainline: (424) 296-1619
 - **Grab & Go** Food Centers, please log on to:
<https://achieve.lausd.net/resources>
 - **Los Angeles Regional Food Bank** for all in need: (323) 234-3030
<https://www.lafoodbank.org/coronavirus/>
<https://www.lafoodbank.org/wp-content/uploads/Food-Resource-Guide-2-sided.pdf>
 - **County of Los Angeles Food Resources**
<https://covid19.lacounty.gov/food/>
 - **WIC (Women, Infants and Children) Health Program Provides Food Vouchers** to low income families with children 5 years old and under. For more information, please call 1-888-WIC-WORKS or go to:
<https://www.cdph.ca.gov/Programs/CFH/DWICSN/Pages/Program-Landing1.aspx>



- **CalFresh is the Supplemental Nutrition Assistance Program (SNAP) Provides Financial Assistance** to low-income families. For more information, please call (877) 847-3663 or go to: <https://www.cdss.ca.gov/inforesources/calfresh>
- **SoCal Gas Company Utility Programs for Residents:**
 - **Gas Bill Relief Grant** (877) 238-0092
<https://www.socalgas.com/save-money-and-energy/assistance-programs/gas-assistance-fund>
 - **RES DI FREE Home Weatherization Program** ACS Group (562) 464-0880 (Lic. No. 667206 Authorized Contractor)
 - **Medical Baseline Allowance Program** (800) 427-2200
<https://www.socalgas.com/save-money-and-energy/assistance-programs/medical-baseline-allowance>
- **Southern California Edison Utility Programs For Residents:**
 - **FERA Program** Reduced Monthly Bill <https://www.sce.com/residential/assistance/care-fera>
 - **CARE Program** Reduced Monthly Bill <https://www.sce.com/residential/assistance/care-fera>
 - **EAF Program** Bill Payment Assistance Grant <https://www.sce.com/residential/assistance/energy-assistance-fund>
 - **LIHEAP** Home Weatherization and Appliance Program (800) 736-4777 <https://www.sce.com/residential/assistance/energy-saving-program>

If You Feel Anxious, Stressed, Worried, Sad, Bored, Depressed, Lonely or Frustrated

due to your current circumstance possibly caused by the coronavirus (COVID-19) outbreak as it is changing life for all of us, please use these valuable resources below for emotional support and well-being to help yourself and to help others by going to:

<https://covid19.ca.gov/resources-for-emotional-support-and-well-being/>

- **24-hour Suicide Prevention Lifeline:** [800-273-8255](tel:800-273-8255) or text [838255](tel:838255)
- **24-hour Domestic Violence Hotline:** [800-799-7233](tel:800-799-7233) or click [Chat Now](#)
- **Call 911** if you or the person you are helping is in immediate danger.

If You Are Experiencing High Fever, Along With Dry Cough And Fatigue, Call Your Health Provider Immediately for professional advice and recommendations, especially those with underlying health conditions, the elderly and pregnant women.

Please continue to follow the recommendations of public health experts to avoid the spread of COVID-19 by wearing a face mask, washing your hands often; clean and disinfect surfaces regularly; stay a safe distance from one another; stay home if you are ill; avoid others who are or if you are ill; and cover coughs and sneezes.

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Twitter: @cityofcarson_ca

