

## Leadership High School (SF) Health & Wellness Resource Guide Guía de recursos de salud y bienestar de Leadership High School (SF)

### *Ways to Stay Healthy & Well while Sheltering in Place*

Originally compiled by [SHOP 55 Wellness Center](#), Oakland High School & adapted by Leadership High School Wellness Committee

### *Maneras de mantenerse sano y sano mientras se refugia en el lugar*

Compilado originalmente por [SHOP 55 Wellness Center](#), Oakland High School y adaptado por Leadership High School Wellness Committee

*Last Updated: Wednesday, December 4th, 2020*

*Última actualización: miércoles 4 de diciembre de 2020*

Greetings Leadership High students, families and community. We hope you and all of those you love are safe and healthy as we continue to [shelter in place](#) because of the Covid-19 pandemic. You are doing your best to engage with distance learning during this 2020-21 school year. We've adapted this health and wellness guide to support you, your family and community members to virtually access your essential needs AND take care of your **whole self**. Please feel free to share it widely with your community and anyone who may benefit.

Saludos a los estudiantes, familias y comunidad de Leadership High. Esperamos que usted y todos sus seres queridos estén seguros y saludables mientras continuamos [refugiándonos en el lugar](#) ([shelter in place](#)) debido a la pandemia de Covid-19. Están haciendo todo lo posible para participar en el aprendizaje a distancia durante este año escolar 2020-21. Hemos adaptado esta guía de salud y bienestar para ayudarlo a usted, a su familia y a los miembros de la comunidad a acceder virtualmente a sus necesidades esenciales Y a cuidar de sí mismo. No dude en compartirlo ampliamente con su comunidad y cualquier persona que pueda beneficiarse.

We give thanks to everyone who has contributed to this guide, and to the various individuals and organizations that continuously show up for our youth and families during this very challenging time. If there are changes that need to be made OR you want to add additional resources, please email

Agradecemos a todos los que han contribuido a esta guía y a las diversas personas y organizaciones que se presentan continuamente para ayudar a nuestros jóvenes y familias durante este momento tan desafiante. Si hay cambios que deben realizarse O si desea agregar recursos adicionales, envíe un correo electrónico a

[lhs-wellness-committee@leadershiphigh.org](mailto:lhs-wellness-committee@leadershiphigh.org)

#### **To Our Leadership High Students:**

If you need additional assistance getting in contact with your Provider or have questions/ need support, please contact us using information below.

#### **A nuestros estudiantes de Leadership High:**

Si necesita ayuda adicional para ponerse en contacto con su proveedor o tiene preguntas o necesita apoyo, comuníquese con nosotros utilizando la información a continuación.

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**If you need counseling support or help navigating resources,**

you can [submit a request by clicking here.](#)

Or call or text: (415) 841-8910












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Si necesita apoyo de asesoramiento o ayuda para navegar por los recursos, puede enviar una solicitud haciendo clic aquí. [submit a request by clicking here.](#)

O llame o envíe un mensaje de texto: (415) 841-8910

To move through categories, you may click on the appropriate links below:

Para moverse por las categorías puede hacer un clic en los enlaces correspondientes a continuación

 <p><a href="#">Emotional Support Services</a> Servicios de apoyo emocional</p>	 <p><a href="#">Nutrition Services</a> Servicios de nutrición</p>	 <p><a href="#">Basic First Aid @ Home</a> Primeros auxilios básicos en casa</p>	 <p><a href="#">Wellness Activities @ Home</a> Actividades de bienestar en casa</p>
 <p><a href="#">Reproductive or Sexual Health Services</a> Servicios de salud sexual o reproductiva</p>	 <p><a href="#">Staying Physically Active at Home</a> Mantenerse físicamente activo/a en casa</p>	 <p><a href="#">Resources for Undocumented Californians</a> Recursos para californianos indocumentados</p>	 <p><a href="#">Ways You or Others can Help</a> Maneras en que usted u otros pueden ayudar</p>
 <p><a href="#">Financial Support to individuals affected by COVID-19 in California</a> Apoyo financiero a las personas afectadas por COVID 19 en California</p>	 <p><a href="#">Other suggested Activities to do during this time</a> Otras actividades sugeridas para hacer en este tiempo</p>	 <p>DCYF &amp; SF Recreation &amp; Parks Department <a href="#">Community Learning Hubs</a> Centros de aprendizaje comunitarios del departamento de parques y recreación de DCYF y SF</p>	<p><a href="#">Other Resources available to you and/or your family</a></p> <ul style="list-style-type: none"><li>• Youth Legal Hotline</li><li>• Work Permit</li><li>• Tech Support</li><li>• Internet Access</li><li>• Oakland Housing</li><li>• Dental Services</li><li>• County Resources</li><li>• Staying up-to-date with COVID-19</li></ul> <p>Otros recursos disponibles para usted y/o su familia</p> <ul style="list-style-type: none"><li>• Línea legal directa para jóvenes</li><li>• Permiso de trabajo</li><li>• Apoyo técnico</li><li>• Acceso al internet</li></ul>

			<ul style="list-style-type: none"> <li>• Vivienda en Oakland</li> <li>• Servicios dentales</li> <li>• Recursos del condado</li> <li>• Mantenerse al día con COVID - 19</li> </ul>
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Other Helpful Resource Guides Otras guías de recursos útiles		
<a href="#">COVID 19 Emotional Support</a> COVID 19 Apoyo emocional	<a href="#">California Immigrant Policy Center Resource Guide</a> Guía de recursos del Centro de políticas para inmigrantes de California	

## 1. Emotional Support Services

### 1. Servicio de apoyo emocional

Emotional Support Services Servicio de apoyo emocional	Contact Information Información de contacto
<p><b>SF Mental Health Crisis Team:</b> School staff are not mental health professionals. If your gut feeling or professional training tells you that something is not right, then that's enough information for you to act. Depending on the situation, you may call Crisis on behalf of the student.</p> <p>It is also best practice to inform parents if their child is in danger or at risk (unless the parents are the suspected perpetrators).</p> <p><b>Equipo de Crisis de Salud Mental de SF:</b> El personal de la escuela no son profesionales de la salud mental. Si su instinto o formación profesional le dice que algo no está bien, entonces es suficiente información para que pueda actuar. Dependiendo de la situación, puede llamar a Crisis en nombre del estudiante.</p> <p>También es una buena práctica informar a los padres si su hijo está en peligro o en riesgo (a menos que los padres sean los presuntos autores)</p>	<p><b>Phone:</b> (415) 970-4000 Telefono</p>
<p><b>SF Health Network: <a href="#">Behavioral Health Services</a></b> <b>SF La red de la salud</b> Servicios de conducta de la salud</p>	<p><b>24 Hour Hotline:</b> 415-255-3737 or 888-246-3333 Línea directa 24 horas</p>
<p><a href="#">Crisis Text Line</a> Línea de crisis en mensaje</p>	<p><b>Text:</b> HOME to 741741 for 24/7 crisis support. Mensaje: HOME to 741741 for 24/7 apoyo en crisis</p>
<p><b>CA Peer-Run Warm Line:</b> We are here for you 24/7! Free live phone and chat support with a peer counselor with lived experience is just a call or click away. Línea cálida de CA Peer-Run: ¡Estamos aquí para usted 24 horas al día 7 días a la semana!</p>	<p><b>Phone:</b> 1-855-845-7415 <b>Chat via Instant Messaging (IM):</b> <a href="#">Online. Click here to enter</a> Telefono: 1-855-845-7415</p>

<p><a href="#">El apoyo gratuito por teléfono</a> y chat en vivo con un consejero de pares con experiencia en vivo está a solo una llamada o un clic de distancia</p>	<p><b>Chat a través de mensajería instantánea (IM):</b> en línea. Haga clic aquí para entrar (<a href="#">Online. Click here to enter</a>)</p>
<p><a href="#">CalHOPE Peer-Run Warm Line</a>: Monday – Friday from 7am – 11pm for COVID-19 specific non-emergency support.  <a href="#">CalHOPE Línea cálida dirigida en parejas</a>:: de lunes a viernes de 7 a. M. A 11 p. M. Para soporte específico que no sea de emergencia para COVID-19.</p>	<p><b>Phone:</b> 833-317-HOPE (4673)          Telefono: 833-317-HOPE (4673)</p>
<p><a href="#">California Youth Crisis Line</a>: Youth ages 12-24 can reach out for 24/7 crisis support.  <a href="#">Línea de crisis para jóvenes de California</a>: Los jóvenes de 12 a 24 años pueden solicitar apoyo en situaciones de crisis las 24 horas, los 7 días de la semana.</p>	<p><b>Call or Text:</b> 800-843-5200  <b>Chat:</b> <a href="#">chat online</a>  <b>Llame o mande mensaje :</b> 800-843-5200          Hablar: Hablar en línea</p>
<p><a href="#">TEEN LINE</a>: Teens can talk to another teen from 6pm – 9pm, or call from 6pm – 10pm.  <a href="#">LÍNEA PARA ADOLESCENTES</a>: Los adolescentes pueden hablar con otro adolescente de 6 p.m. a 9 p.m., o llamar de 6 p.m. a 10 p.m.</p>	<p><b>Phone or Text:</b> call 800-852-8336, or text “TEEN” to 839863          Teléfono o Mensaje:llame 800-852-8336, o envíe un mensaje de texto con:“TEEN” to 839863</p>
<p><a href="#">National Suicide Prevention Lifeline</a>: We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.  <a href="#">Línea de vida nacional para la prevención del suicidio</a>: Todos podemos ayudar a prevenir el suicidio. Lifeline ofrece apoyo gratuito y confidencial las 24 horas del día, los 7 días de la semana para personas en peligro, recursos de prevención y crisis para usted o sus seres queridos, y mejores prácticas para profesionales.</p>	<p><b>Phone:</b> 1-800-273-8255 or text 838255  <b>SF:</b> 415-781-0500  <b>Chat online:</b> <a href="#">Click here to enter</a>          Teléfono: 1-800-273-8255 o mande mensaje 838255  <b>SF:</b> 415-781-0500          Charla en línea: Pulse aquí para entrar <a href="#">Click here to enter</a></p>
<p><a href="#">California Suicide &amp; Crisis Hotlines</a>          Líneas directas de crisis y suicidio de California</p>	<p>Find phone numbers and links to all the suicide and crisis hotlines by county in California.          Encuentre números de teléfono y enlaces a todas las líneas directas de suicidio y crisis por condado en California</p>
<p><a href="#">Disaster Distress Helpline</a>          Línea de ayuda para casos de desastre</p>	<p>Call 800-985-5990 (TTY 800-846-8517) or text TalkWithUs to 66746 for 24/7 support.          Llame al 800-985-5990 (TTY 800-846-8517) o envíe un mensaje de texto con TalkWithUs al 66746 para recibir asistencia las 24 horas, los 7 días de la semana</p>
<p><b>24-hour Domestic Violence Hotline:</b> Call 911 if you or the person you are helping is in immediate danger.</p>	<p><b>Phone:</b> 800-799-7233 or click <a href="#">Chat Now</a>  <b>Telefono:</b> 800-799-7233 o pulse aquí <a href="#">Chat Now</a></p>

<p>Línea directa de violencia doméstica las 24 horas: llame al 911 si usted o la persona a la que está ayudando está en peligro inmediato</p>	
<p><b>Instituto Familiar de la Raza, Inc.:</b> Promoting and enhancing the health and well-being of the Chicano/Latino/Indígena community of San Francisco. <b>La Clínica</b> addresses the social, emotional, and spiritual needs of the Chicanx/Latinx community. <b>La Cultura Cura Youth Program</b> works in the community, schools, and through the courts to ensure that youth and their parents receive the advocacy and intervention services they need.</p> <p><b>Instituto Familiar de la Raza, Inc.:</b> Promueve y mejora la salud y el bienestar de la comunidad chicana / latina / indígena de San Francisco. La Clínica aborda las necesidades sociales, emocionales y espirituales de la comunidad Chicanx / Latinx. El Programa Juvenil La Cultura Cura trabaja en la comunidad, las escuelas y a través de los tribunales para garantizar que los jóvenes y sus padres reciban los servicios de intervención y defensa que necesitan.</p>	<p>Phone: 415-229-0500 or email <a href="mailto:laclinica@ifrsf.org">laclinica@ifrsf.org</a></p> <p>Phone: 415-769-4500 or email <a href="mailto:lccintake@ifrsf.org">lccintake@ifrsf.org</a></p> <p><a href="#">Referral Form</a></p>
<p><b>LHS Counseling Referral Service</b> via email or Google form. Only available to students who attend Leadership High School. Request for counseling if you (or your student/advisee) are in a non-life threatening situation, and would like to check in with someone from the LHS counseling and/or Wellness Committee.</p> <p><b>Servicio de referencia de consejería de LHS</b> por correo electrónico o formulario de Google. Solo disponible para estudiantes que asisten a Leadership High School. Solicitud de asesoramiento si usted (o su estudiante / asesorado) se encuentra en una situación que no pone en peligro su vida y le gustaría comunicarse con alguien del Comité de asesoramiento y / o bienestar de LHS.</p>	<p>Phone: (415) 841-8910; If no answer, leave a message with your name and best time to call back.</p> <p><b>Request non-urgent counseling by emailing:</b> <a href="mailto:lsong@leadershiphigh.org">lsong@leadershiphigh.org</a> or submit this online <a href="#">referral form</a>.</p> <p>Teléfono: (415) 841-8910; Si no responde, deje un mensaje con su nombre y el mejor momento para devolver la llamada.</p> <p>Solicite asesoramiento no urgente enviando un correo electrónico a: <a href="mailto:lsong@leadershiphigh.org">lsong@leadershiphigh.org</a> o envíe este formulario de referencia en línea (<a href="#">referral form</a>)</p>
<p style="text-align: center;"><b>LGBTQ Support Services</b> <b>Servicio de apoyo LGBTQ</b></p>	<p style="text-align: center;"><b>Contact Information</b> <b>Información de contacto</b></p>
<p><b>Trevor Project:</b> 24/7 information and suicide prevention resources for LGBTQ youth.</p> <p><b>Proyecto Trevor:</b> recursos de prevención del suicidio y de información 24 horas al día, 7 días a la semana para jóvenes LGBTQ</p>	<p>Phone: 866-488-7386 or text START to 678678</p> <p>Teléfono: 866-488-7386 or text START to 678678</p>
<p><b>Lesbian, Gay, Bisexual and Transgender National Hotline:</b> Available from 1pm – 9pm for support, information or help finding resources.</p>	<p>Phone: 800-273-8255</p> <p>Teléfono: 800-273-8255</p>

<p>Línea directa nacional para lesbianas, homosexuales, bisexuales y transexuales: disponible de 1:00 p.m. a 9:00 p.m. para apoyo, información o ayuda para encontrar recursos.</p>	
<p><b>Victims of Crime Resource Center:</b> Information about LGBTQ rights, legal protections, and local resources.</p> <p><b>Centro de recursos para víctimas de delitos:</b> información sobre derechos LGBTQ, protecciones legales y recursos locales.</p>	<p><b>Phone:</b> Call or text 800-842-8467 or <a href="#">chat online</a></p> <p>Teléfono: llame o mande un mensaje a 800-842-8467 o charle en línea (<a href="#">chat online</a>)</p>
<p><b>Parent &amp; Family Support Services</b> Servicio de apoyo para padres y familia</p>	<p><b>Contact Information</b> Informacion de contacto</p>
<p><b>Mission Family Center (BHS):</b> Provides individual, family, parent and group therapy to children and adolescents with serious mental or emotional problems. Offers early intervention for preschoolers. Also offers outreach to schools and community agencies in the area about children's mental health and parenting issues.</p>	<p><b>Phone:</b> (415) 642-4550; (415) 695-6955 Intake Teléfono</p>
<p><b>Mission Graduates:</b> The Parent Partner Program ensures that Latino Families in San Francisco can be effective academic partners and advocates for their children on the path to college.</p>	<p><b>Phone:</b> (415) 864-5205 or <a href="mailto:info@missiongraduates.org">info@missiongraduates.org</a> Teléfono</p>
<p><b>CARECEN SF:</b> empowers and responds to the needs, rights and aspirations of Latino, immigrant and under-resourced families in the San Francisco Bay Area — building leadership to pursue self-determination and justice.</p>	<p><b>Phone:</b> 415-642-4400 Teléfono</p>
<p><b>Community Well SF:</b> services include prenatal &amp; postpartum support, childbirth preparation classes, spiritual well-being, indigenous healing, yoga, family education and programs, somatic healing, healing circles, marriage and family therapy, and financial empowerment classes.</p>	<p><b>Phone:</b> (415) 349-4088 or <a href="mailto:info@communitywellsf.com">info@communitywellsf.com</a> Teléfono</p>

**HELPFUL TIP:** American Foundation for Suicide Prevention - [Taking Care of Your Mental Health in the Face of Uncertainty](#)

## 2. Nutrition services

### SFUSD Grab & Go Meals

In response to feedback from families to accommodate school and work schedules, meal pickup will now be offered in the afternoon, two days per week. After next week, grab and go meal sites will no longer be open on Wednesdays, 10:30-12. Schedule changes are also being made to accommodate the Thanksgiving holiday.

Please note:

- Meal Pickup Changing to Tuesday Afternoons
  - Starting November 10, the weekly pick up time for all grab and go sites will change to **Tuesday, 2-3:30 p.m.**
  - On Tuesdays, 5 days' worth of meals, including breakfast, lunch, supper, fresh fruits and vegetables, and milk is available.
  - Brown, Lau and Mission will stay open until 4 p.m.
  
- New Second Pickup Day Offered
  - Starting November 13, sites will also be open a second day to pick up additional meals and snacks.
  - On these days, 2 days' worth of meals, plus snacks, fresh fruits and vegetables, and milk is available.
  - Families can pick up meals one or both days!
  
- November Schedule
  - Wednesday, November 4, 10:30-12 (5 Day Bag)
  - Tuesday, November 10, 2-3:30 (5 Day Bag)
  - Friday, November 13, 2-3:30 (2 Day Bag)
  - Tuesday, November 17, 2-3:30 (5 Day Bag)
  - Friday, November 20, 2-3:30 (5 Day Thanksgiving Holiday Bag)
  - Thanksgiving: Closed

[Download Grab & Go Calendar](#)

Grab and go meals are available for SFUSD students and their siblings. View locations and more information at [sfusd.edu/schoolfood](http://sfusd.edu/schoolfood).

**To pick up meals for SFUSD students, please provide:**

- Barcode for meal account (printed or on your smartphone)
- If you do not have the barcode, please bring one of the following: student ID card, meal account pin number, direct certification letter, eligibility letter, or 20-21 school placement letter

**To pick up meals for siblings not enrolled in SFUSD, please provide the following:**

- School-age children: school enrollment letter or student ID card
- Younger children: birthdate to receive a grab and go card at meal site

**Grab & Go Meal Sites:**

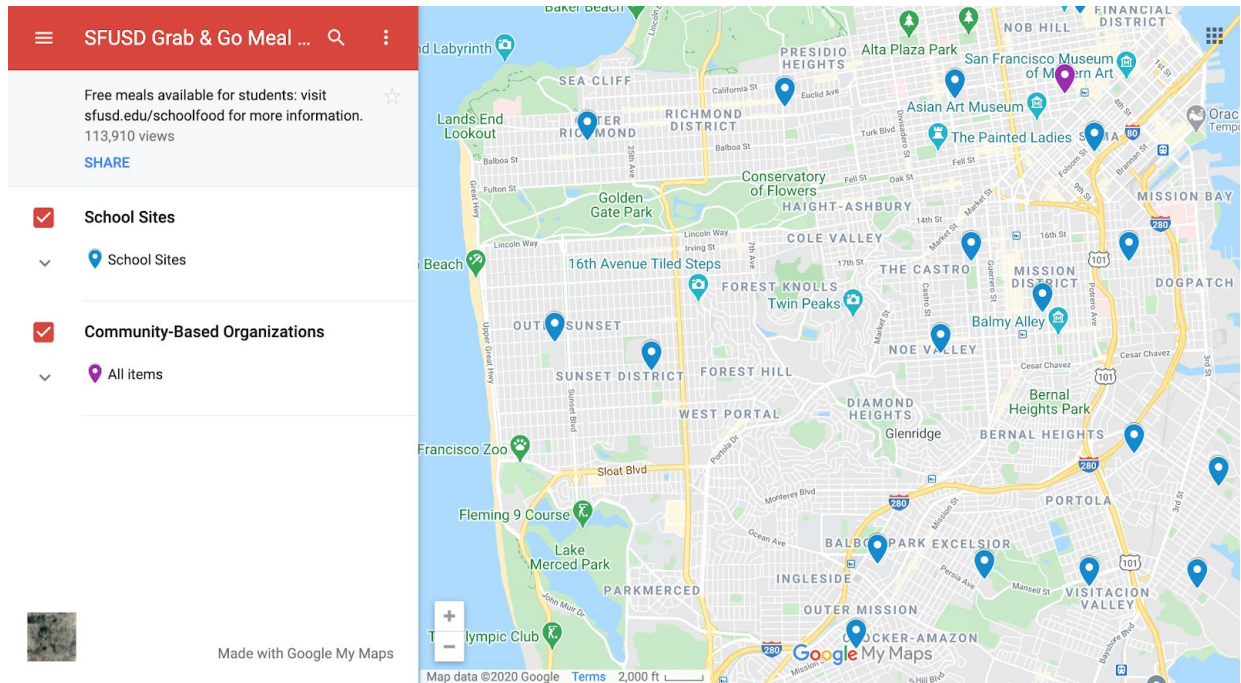
SITE	SCHEDULE
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<b>A.P. Giannini MS:</b> <a href="#">3151 Ortega St</a>	<b>Wednesday 10:30 a.m. - 12 p.m.</b> <i>Starting 11/10, Tuesday 2-3:30 p.m.</i>
<b>Bret Harte ES:</b> <a href="#">1035 Gilman Ave</a>	<b>Wednesday 10:30 a.m. - 12 p.m.</b> <i>Starting 11/10, Tuesday 2-3:30 p.m.</i>
<b>Brown MS:</b> <a href="#">2055 Silver Ave</a>	<b>Wednesday 10:30 a.m. - 12:30 p.m.</b> <i>Starting 11/10, Tuesday 2-4 p.m.</i>
<b>Carver ES:</b> <a href="#">1360 Oakdale Ave</a>	<b>Wednesday 10:30 a.m. - 12 p.m.</b> <i>Starting 11/10, Tuesday 2-3:30 p.m.</i>
<b>Carmichael K-8:</b> <a href="#">375 7th St</a>	<b>Wednesday 10:30 a.m. - 12 p.m.</b> <i>Starting 11/10, Tuesday 2-3:30 p.m.</i>
<b>Chavez ES:</b> <a href="#">825 Shotwell St</a>	<b>Wednesday 10:30 a.m. - 12 p.m.</b> <i>Starting 11/10, Tuesday 2-3:30 p.m.</i>
<b>Denman MS:</b> <a href="#">241 Oneida Ave</a>	<b>Wednesday 10:30 a.m. - 12 p.m.</b> <i>Starting 11/10, Tuesday 2-3:30 p.m.</i>
<b>El Dorado ES:</b> <a href="#">70 Delta St</a>	<b>Wednesday 10:30 a.m. - 12 p.m.</b> <i>Starting 11/10, Tuesday 2-3:30 p.m.</i>
<b>Jordan HS:</b> <a href="#">325 La Grande Ave</a>	<b>Wednesday 10:30 a.m. - 12 p.m.</b> <i>Starting 11/10, Tuesday 2-3:30 p.m.</i>
<b>Lau ES:</b> <a href="#">950 Clay St</a>	<b>Wednesday 10:30 a.m. - 12 p.m.</b> <i>Starting 11/10, Tuesday 2-4 p.m.</i>
<b>Lick MS:</b> <a href="#">1220 Noe St</a>	<b>Wednesday 10:30 a.m. - 12 p.m.</b> <i>Starting 11/10, Tuesday 2-3:30 p.m.</i>
<b>Lincoln HS:</b> <a href="#">2162 24th Ave</a>	<b>Wednesday 10:30 a.m. - 12 p.m.</b> <i>Starting 11/10, Tuesday 2-3:30 p.m.</i>
<b>Longfellow ES:</b> <a href="#">755 Morse St</a>	<b>Wednesday 10:30 a.m. - 12 p.m.</b> <i>Starting 11/10, Tuesday 2-3:30 p.m.</i>
<b>Mission HS:</b> <a href="#">3750 18th St</a>	<b>Wednesday 10:30 a.m. - 12:30 p.m.</b> <i>Starting 11/10, Tuesday 2-4 p.m.</i>
<b>Roosevelt MS:</b> <a href="#">460 Arguello Blvd</a>	<b>Wednesday 10:30 a.m. - 12 p.m.</b> <i>Starting 11/10, Tuesday 2-3:30 p.m.</i>
<b>Rosa Parks ES:</b> <a href="#">1501 O'Farrell St</a>	<b>Wednesday 10:30 a.m. - 12 p.m.</b> <i>Starting 11/10, Tuesday 2-3:30 p.m.</i>
<b>SF International HS:</b> <a href="#">655 De Haro St</a>	<b>Wednesday 10:30 a.m. - 12 p.m.</b> <i>Starting 11/10, Tuesday 2-3:30 p.m.</i>
<b>Washington HS:</b> <a href="#">600 32nd Ave</a>	<b>Wednesday 10:30 a.m. - 12 p.m.</b> <i>Starting 11/10, Tuesday 2-3:30 p.m.</i>



**Ship Shape Community Center**  
[850 Ave I, Treasure Island](#)

**Friday, 10:30-11:30 a.m.**  
*Provides 3 days worth of meals*



- You or your family may be eligible for [Supplemental Nutrition Assistance Program \(SNAP\)](#) - it is called [CALFRESH](#) in California.
  - [Eligibility for expedited benefits in 3 days](#)

**HELPFUL TIP:** Make sure to drink between half an ounce and an ounce of water for each pound you weigh, every day. For example, if you weigh 150 pounds, that would be 75 to 150 ounces of water a day (Note: There 8 ounces in 1 cup)

### 3. Basic First Aid at Home

**\*\*\*\*If you are in a life-threatening emergency, call 911 or go to the nearest emergency room.\*\*\*\***

To help you take care of your first aid needs at home, below is a symptom chart and suggested things to do at home:

SYMPTOM	WHAT YOU CAN DO
Headache	Drink more water or try tea. Hydration is important.
Head Injury	Try ice. If you experience changes in your vision, headache that does not go away, numbness, tingliness, vomiting, drowsiness, call your hospital for advice prior to going in.
Stomach ache OR Cramps	If you haven't, try eating or drinking water or tea and/or use a heating pad. You can also make one by using a NEW, clean long sock OR sew any clean unused fabric together, put uncooked rice inside, tie in a knot and

	heat up in your microwave (30 seconds at a time to avoid burning). Once it's warm, use for 10 minutes at a time and reheat as needed. Please do not leave on your body until burning pain or numbness.
Minor cut OR Scrape	Rinse with soap and water, pat dry and put bandaid(s) on as needed.
Bloody nose:	Apply pressure by using your index finger and thumb placing them on the sides of your nose (between your eyes), bleeding should stop 10-15 mins. Use ice for your forehead, top of your head or back of your neck.
Injury	<ul style="list-style-type: none"> <li>• Try heating pad or Try RICE ( Rest, Ice, Compression, and Elevation)</li> <li>• When using ice packs, make sure to cover with a paper towel prior to use to avoid skin burns. Use 10 minutes at a time. Do not leave until numbness. If pain worse, stop using.</li> </ul>

**Note: If you have tried these and any symptoms last longer than usual or worsen, seek further medical attention by calling your advice nurse or call 9-1-1.**

**Worsening symptoms may include, but not limited to:**

- o Extremely difficult breathing
- o Bluish lips or tongue or face
- o Persistent pain or pressure in the chest
- o Severe persistent dizziness or lightheadedness
- o New confusion, or inability to arouse
- o New seizure or seizures that won't stop

**Advice Nurse Hot Line by Health Network:**

- [Medi-Nurse Line](#) (CA Dept. of Health Care Services): 1(877) 409-9052
- [Medi-CAL](#) (SF Human Services Agency): 1(866) 778-8873
- Kaiser: 1(866) 454-8855
- Blue Shield of California: 1(877) 304-0504
- Anthem Blue Cross: 1(800) 224-0336

**Not sure if you have MediCal?** Have your caregiver call the [MediCal](#) Service Center through the SF Human Services Agency at 1(415) 558-4700 or email the program staff at [SFMedi-Cal@sfgov.org](mailto:SFMedi-Cal@sfgov.org).

<b>Don't have a doctor or medical Provider?</b>	
<p><b>For adults and preschool aged children (ages 0-3) who do not already have a doctor or medical provider</b> please call, <a href="#">Mission Neighborhood Health Center</a> - Shotwell Street Clinic: (415) 552-3870 OR Excelsior Clinic at (415) 406-1353.</p>	<p><b>For LHS students and school-aged children who do not have a doctor or medical provider</b>, please call (415) 552-1013, x2218 to register for services with the <a href="#">Mission Neighborhood Health Center</a> (MNHC) Teen Clinic</p>

	<p>OR</p> <p>Contact one of the community clinics in the San Francisco Health Network's <a href="#">Community Health Programs for Youth</a> (CHPY) for services.</p> <p>OR</p> <p>Schedule an appointment by calling (628) 206-5252, (628) 206-3877 to leave a voicemail for a clinic health worker, or drop-in at SF General Hospital's <a href="#">Teen and Young Adult Clinic</a></p>
<p><b>Note about Public Charge:</b> If families are concerned that the Public Charge Rule may affect their immigration case if they access medical care, please mention this when you call to register. Public Charge Rule does not apply to individuals under 21 (age 20 and below).</p>	

- Are you currently experiencing cough, fever, or shortness of breath?**
- If Yes:
    - Stay home until you get further medical advice.
    - Do you know your Primary Care Provider?
      - If Yes > Please call your Primary Care Provider for medical advice.
      - If No > If you do not know your Primary Care Provider please call your advice nurse.

**HELPFUL TIP:** Practice Healthy Hygiene. This includes:

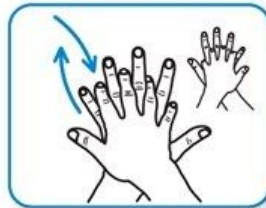
- Wash your hands
- If you have long and or fake nails, make sure to clean the top and bottom of your nails using antibacterial soap.
- Clip and groom fingernails and toenails weekly
- Avoid touching your face, especially your eyes, nose, and mouth.
- Shower or bathe daily. Clean your body and wash your hair.
- Brush your teeth twice a day and preferably floss daily
- Use personal hygiene such as deodorant or antiperspirant as needed
- Wear clean clothes and socks. Change under clothes daily
- Don't share makeup

# Six steps to clean hands

Washing your hands properly takes about as long as singing "Happy Birthday" twice, using the images below.



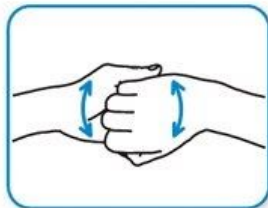
Rub hands palm to palm



right palm over left dorsum  
with interlaced fingers  
and vice versa



palm to palm with fingers  
interlaced



backs of fingers to opposing  
palms with fingers interlocked



rotational rubbing of left thumb  
clasped in right palm  
and vice versa



rotational rubbing, backwards  
and forwards with clasped  
fingers of right hand in left  
palm and vice versa.

Source: World Health Organization

[Video: Washing hands... the #1 way to stop the spread and lower the curve](#)

## Prevent Digital Eye Strain:

The infographic is divided into two sections. The top section features the title '20/20/20 TO PREVENT DIGITAL EYE STRAIN' in a blue box. Below the title are three circular icons: a laptop with 'TAKE A 20 SECOND BREAK', a clock with 'EVERY 20 MINUTES', and a person's head with 'LOOK AT SOMETHING 20 FEET AWAY'. Below these icons is a small text box with the URL 'www.aaa.org' and the American Optometric Association logo. The bottom section has the title 'TO PREVENT DIGITAL EYE STRAIN' and three large '20' numbers with labels 'SECOND BREAK', 'MINUTES', and 'FEET AWAY' below them. It also includes the same URL and logo as the top section.

**4. Wellness Activities you can do at home:** We encourage you to include one or more wellness activities during your daily routine. Below are some ideas:

- Mindfulness Activity: Why Mindfulness?: [Why Mindfulness Is a Superpower: An Animation](#)
  - Apps you can download for free:
    - Headspace - Available for download on [Android](#) and [iOS](#)
    - Calm - Available for download on [Android](#) and [iOS](#)
    - Aura - Available for download on [Android](#) and [iOS](#)
    - Stop, Breathe & Think - Available for download on [Android](#) and [iOS](#)
    - Insight Timer - Available for download on [Android](#) and [iOS](#)
  - YouTube Guided Videos
    - [10 minutes of Mindfulness Meditation](#)
    - [Body Scan Meditation](#)
    - [Mindfulness Exercises - One Simple Mindfulness Exercise](#)
    - Search "Mindfulness Exercise" on YouTube and find what works for you!
- Do nothing for 5 minutes: [Read the benefits of doing this](#)
- Journal/ Writing: Free write with what you are feeling, seeing, and/ hearing OR choose from the below prompts:
  - How would I like to feel today?
  - What do I need right now?
  - Who are the people in my life who are nonjudgmental, trustworthy and genuinely have my heart in mind?
  - What is one healthy thing I can do to support myself when I'm sad or stressed out?
  - What are several physical activities that I actually enjoy?
  - What is one story that doesn't support me, which I can reinterpret?

- What is one feeling I've been having a hard time feeling?
- What makes my heart sing?
- What would I say to someone I deeply care about who was struggling with the same issue I am?
- What is stopping me from being kind to myself?
- If I loved myself fully, how would I treat myself every day?
- What's a lesson I can learn from a recent mistake?
- Do it Yourself (DIY) Stress relief tools (Note: you'll need certain supplies, but you can get creative as well!)
  - [Stress Ball](#)
  - [Calming Glitter](#)
  - [6 DIY Fidget Toys With Common Household Items](#)
- Stress reducing coloring sheet:
  - Here are [tons of stress relieving coloring sheets](#). You can print or color online. Don't have a printer? Trace from your computer screen and color OR draw it out! (We got to get creative with what we have!)
- Create a playlist or identify songs that bring you joy or peace
  - You can create a playlist of videos on Youtube
  - Free music streaming (Will require you to sign up)
    - [Pandora](#)
    - [iHeart Radio](#)
- Take a shower, the action may feel like "washing the stress away."
- Breathing exercises:
  - Breathe to the movement of this [image](#)
  - Deep Belly Breathing
  - [Mindful Breathing - YouTube Video](#)
- Find an inspirational quote, print or write on paper to post in your room or save as a screensaver on your phone or computer!
- Draw or color! Find an object or landscape (real or imaginary) and draw/ color your heart out!
  - Free [Mandalas](#)
  - Free [coloring pages](#)
- Video chat with your friend(s) or family! Seeing the people we care for may bring us joy and peace.
- Cook a meal or Bake! Find tons of free recipes online OR find sites/app that lets you put in ingredients you do have and they will suggest a recipe for you (i.e. [Supercook](#))! (Take a picture & share on social media OR create an album on your phone).
- Continue to practice [compassion](#) for yourself and others, even virtually.

## 5. Reproductive or Sexual health

If you are in need of reproductive or sexual health services and need an appointment or have questions, Mission Neighborhood Health Clinic (MNHC) provides sensitive, respectful and non-judgmental services that are FREE and CONFIDENTIAL available to all young people of all genders from ages 12 to 2.

Please call the general Teen clinic line at [415\) 552-1013, ext. 2218](tel:4155521013) to schedule an appointment at either the [Shotwell](#) Clinic (240 Shotwell) or [Excelsior Clinic](#) (4434 Mission Street). The [Teen Clinic](#) hours are Mondays and Thursdays from 1:30-5p. You can call during other times and leave a voicemail and they will get back to you as soon as possible. Ask for health educators Jennifer Martinez (x2292), Bex Hicks (x2380), or Julia Madnick (x2339).

- [How to become a patient @ MNHC](#)
- Teen Clinic [flyer](#)

In addition, below is a list of community clinics still open that will help you with your reproductive needs.

Please call  before you visit:

<p><b>Mission Neighborhood Health Center</b> 240 Shotwell Street, SF, CA 94110 (415) 552-1013</p> <p><b>Hours</b> Mondays - Fridays: 8a - 5p</p>
<p><b>Huckleberry Youth Health Center</b> 555 Cole Street (at Haight Street) (415) 386-9398</p> <p><b>Hours</b> Drop in services on Mondays - Fridays: 10a - 2p</p>
<p><b>3rd Street Youth Center and Clinic</b> 1728 Bancroft Ave., SF, CA 94124 (415) 822-1707</p> <p><b>Hours</b> Mondays - Fridays: 1 - 5p</p>

## 6. Staying Physically Healthy at Home

Try to get at least 30 minutes of physical activity, whether outside (if permits) or inside. Below are some ways to stay active inside:

- Planet Fitness is offering free workouts virtually - The workouts will be live-streamed at 4 p.m. PT each day on [Facebook Live](#)
- Free workout apps
  - 7 - Minute Workout - Available for download on [Android](#) and [iOS](#)
  - Search your app store for free workout!
- You tube videos of guided workouts:
  - [30 days of Yoga](#)
  - [YouTube: FREE Home Work-In with The Biggest Loser trainer Erica Lugo!](#)
  - Search “workout routines at home” or “workout routines without equipment”

**Helpful Tip:** In addition to being active, make sure you get a good night sleep! Teens should be getting at least 8 hours of sleep. Read: [Sleep for Teenagers](#)

## 7. Resources for Undocumented Californians

- United We Dream - [Toolkits and Resources](#) AND MigraWatch Hotline: 1-844-363-1423
- CA Immigrant Youth Justice Alliance compiled as list of resources for those who are undocumented: <https://ciyja.org/covid19/>
- Undocumented families who plan to apply for documentation in the future should still seek testing/treatment for COVID. COVID is public charge exempt. Read more [here](#).
  - **On March 13, U.S. Customs and Immigration Services announced that testing, prevention, or treatment for COVID-19 will NOT be used against immigrants in a public charge test. This means that immigrant families should seek the care they need during this difficult time.** Below is some information about the rights of immigrants’ rights in health care settings:
    - **It is safe and smart to see the doctor if you need care.** Your doctor is required to honor your right to privacy. You do not need to share any

information about your immigration status unless you apply for Medicaid or other health coverage.

- **You can still see a doctor without medical insurance.** This includes care you receive in the emergency room, at community and migrant health centers, free clinics, and public hospitals. If you don't have a doctor, call a local community health center for assistance. You can find a health center here: <https://findahealthcenter.hrsa.gov/>
- **Hospitals and health care spaces are safe to visit.** Federal guidelines prohibit immigration agents from conducting arrests or other enforcement actions at health care facilities, such as hospitals, doctors' offices, health clinics, and urgent care facilities.
- **California residents can access [Keep Your Benefits](#) for more information** about how their use of public benefits may effect their documentation status. [Informed Immigrant](#) also provides resources and accurate information for immigrant families with questions about their benefits.
- **[CLICK HERE](#) to learn more about your rights when accessing health services.**
- If you feel your rights or the rights of someone you know have been violated, you can file an immigration enforcement civil rights complaint. To learn more about filing a complaint, [click here](#).
- [Financial support Service Worker](#) - Make sure you review [Frequently Asked Questions](#) - Note: Undocumented Service Workers are eligible and encouraged to apply! - In Spanish: <https://ofwemergencyfund.org/ayuda>
- [COVID-19 Resources for Undocumented Communities](#) - Resources nationwide and by state

## 8. Ways You or Others can Help

- Volunteer with SF Mutual Aid: [SF Mutual Aid - Offering Support](#)
- Bay Area [Mutual Aid Resources](#)
- Text or call your friends, family, or neighbors to see if they need assistance, especially those vulnerable to contracting COVID-19 -- elders and those with underlying health conditions (i.e. diabetes, cancer, etc.)
- If you know someone that is 65 or older, below are some resources to help them:
  - San Francisco and Oakland: Project Open Hand still serving and delivering meals <https://www.openhand.org>
- Safety for Survivors of Violence
  - Futures without violence - [Information on COVID-19 for Survivors, Communities, and Domestic Violence/ Sexual Assault Programs](#)
  - A huge list of Bay Area resources from Leap SF addressing family violence including reporting lines for abuse, crisis intervention, crisis shelters, counseling resources/referrals, legal resources: <https://www.leapsf.org/pdf/family-violence-resources.pdf>

## 9. Financial Support to individuals affected by COVID-19 in California

- [Financial support Service Worker](#) - Make sure you review [Frequently Asked Questions](#) - Note: Undocumented Service Workers are eligible and encouraged to apply!
- [Benefit Summary for Workers impacted by COVID-19](#)
- The Employment Development Department (EDD) is offering financial support to those affected by COVID-19. To see if you or a household member qualifies visit: <https://unemployment.edd.ca.gov/guide/benefits>
  - Examples for those who qualify:



- You can't work because your employment shut down OR reduced your hours through no fault of your own.
- You can't work because you've been diagnosed and have to be hospitalized or quarantined.
- You can't work because you have to take care of a family member who has been diagnosed.

#### HELPFUL TIPS:

- OLSE Advice Line has Attorneys and Navigation Managers who can help workers determine eligibility and apply for benefits. Call: 1(866) 870-7725
- [FAQs on Sick Leave COVID-19 in CA](#)

#### 10. Other suggested Activities to do during this time

- Set a daily schedule OR create a check list of things you want to accomplish each day
- Read! Read! Read! Knowledge is power! [Access the San Francisco Public Library](#)
- [Over 30 virtual field trips!](#)
- [150+ Educational shows on Netflix](#)
- [15 Broadway Plays and Musicals You Can Watch On Stage From Home](#)
- If you have younger siblings to take care of:
  - [Scholastic](#) is offering 20 days of exciting articles and stories, videos, and fun learning challenges!
  - [Giant list of ideas for being home with the kids](#)
- [Home-learning video / online resources](#) (only can be viewed if you have an OUSD email)

#### 11. Other Resources available to you and/or your family

##### Bay Area Legal Aid Youth Justice Project

- The Youth Justice Project gives legal advice and represents young people between the ages of 14 to 25 for FREE. They can give you advice on homelessness, medical, guardianship, etc. They keep everything you tell them CONFIDENTIAL unless they get your permission to share certain information.
- See [Flyer](#) for more information. Youth Legal Hotline: (510) 250-5277

##### LHS Student Work Permit

- Access instructions and application for youth work permits [here](#).

##### LHS Student Computer and Internet Access

- If you need to borrow a chromebook or hotspot, please contact [office@leadershiphigh.org](mailto:office@leadershiphigh.org) to arrange a day and time to come to campus to pick up what you need.

##### Internet Access

- [Companies Respond to COVID-19: Free & Low-Cost Internet Access Options](#)
- Comcast is also making Xfinity WiFi hotspots free throughout Oakland. For a map of these hotspots, visit [www.xfinity.com/wifi](http://www.xfinity.com/wifi). Once at a hotspot, select the "xfinitywifi" network name in the list of available hotspots. More information is available at <https://corporate.comcast.com/covid-19>.

##### SF Housing

- [San Francisco COVID Emergency Tenant Protections](#)
  - Mayor Breed's Eviction Moratorium Order [English/Spanish](#)
- [Housing Rights Committee of San Francisco](#)

- [Hamilton Families](#)
- [Compass Family Services SF](#)
- [Catholic Charities SF](#)
- [SF Mayor's Office of Housing and Community Development](#)

### Staying Up-to-date with COVID-19

- Free COVID-19 Testing sites (*Note: you do not have to reside in the City to get tested*)
  - [City of San Francisco](#)
  - [City of Oakland](#)
  - [City of Hayward](#)
- Get updated [info on coronavirus in San Francisco County here](#) or [SF COVID-19 Data and Reports here](#)
- California Department of Public Health (CDPH) COVID-19 [Resources en Español](#)
- [Center for Disease Control \(CDC\) for updated info and FAQs](#) AND en [Español](#)
- [California Healthy Nail Salon Collaborative COVID-19 resource guide](#)
- The California Endowment created a downloadable fact sheet, proper hygiene precautions poster, and a Stop! Poster in various languages. Download, print/share: [COVID-19 Resources for Partners](#)
- [Coronavirus: Multilingual Resources for Schools](#)
- [The Vox guide to Covid-19 coronavirus](#)
- Article - [Food Safety and Coronavirus: A Comprehensive Guide](#)
- [CDC Guide: Use of Cloth Face Coverings to Help Slow the Spread of COVID-19](#)
  - [CDC video on how to make face covering](#)

# BE SAFE & STAY HEALTHY

Infographic by Jana Maiuri

The infographic features ten safety tips arranged in two rows of five. Each tip includes an icon, a title, and text in English, Spanish, Vietnamese, and Chinese. The tips are: Stay home, Avoid crowds, Don't shake hands or hug, Stay 6 feet apart, Avoid others if you're ill, Wash your hands often, Disinfect objects, Cover your cough, Don't touch your face, and The elderly and immunocompromised are more at risk.

 <p><b>Stay home</b> Quedarse en casa 呆在家里 Ở nhà trong nhà bạn</p>	 <p><b>Avoid crowds</b> Evitar multitudes 避开人群 Tránh đám đông</p>	 <p><b>Don't shake hands or hug</b> No abrazar ni dar la mano 不要拥抱或握手 Đừng ôm hay bắt tay</p>	 <p><b>Stay 6 feet apart</b> Manténgase a 6 pies 相距6英尺 Cách nhau 6 feet</p>	 <p><b>Avoid others if you're ill</b> Evitar a las demás si este enferm@ 生病时避免他人 Tránh người khác nếu bạn bị bệnh</p>
 <p><b>Wash your hands often</b> Lavar las manos con frecuencia 经常洗手 Rửa tay thường xuyên</p>	 <p><b>Disinfect objects</b> Desinfectar objetos 消毒物体 Khử trùng đồ vật</p>	 <p><b>Cover your cough</b> Cubrir la tos 咳嗽 Che miệng khi ho</p>	 <p><b>Don't touch your face</b> No tocar la cara 不要碰你的脸 Đừng chạm vào mặt bạn</p>	 <p><b>The elderly and immunocompromised are more at risk.</b> Cuidar con los ancianos y los inmunocomprometidos. 老人要特别小心，免疫力低下 Đặc biệt cẩn thận với người già và suy giảm miễn dịch</p>

## PROTECT YOURSELF AND OTHERS

@janamaiuri