

LOVE *Action* REACTION

A REMINDER FROM LOCAL BUSINESSES & ORGANIZATIONS:

Stay Home | Stay Safe

#loveactionreaction

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Cover your mouth and nose to prevent spreading the virus that causes COVID-19.



Limit grocery shopping to once per week and maintain physical distance.



Keep physical distance of at least 6 feet away from other people in public spaces, including outdoors.



Stay safe with no contact food pick up or deliveries when possible.



Wash your hands frequently and avoid touching your face (particularly your mouth, nose, and eyes).



Only go to the hospital for emergencies.



Limit prescription medicine pick-up to once every two months.



When visiting high-traffic areas like laundromats, gas stations, grocery stores, and banks: maintain physical distance, limit touch, and wear gloves or disinfect surfaces when possible/applicable.



Connect with loved ones by phone or video, not in person.



STAY SAFE

Don't risk your safety. That means no parties, no meet-ups with friends, and no visitors. Bars, nightclubs, and gyms are closed. We all have to do our part to keep everyone safe. Even if you don't have symptoms, you could be carrying the virus and putting others at risk. **Wear a mask and practice physical distancing of at least 6 feet.**

DURING THIS PUBLIC HEALTH EMERGENCY:

Continue to shelter in place except for essential needs.

Utility companies have restored power and water service, suspended shutoffs, and waived penalties. Contact your local provider for detailed information and instructions.

You cannot be evicted if you have lost income and can't pay rent due to COVID-19. Call Oakland Rent Adjustment Program at 510-238-3721.

Don't go hungry, you can get free food at your food bank. Share this information with others.

Get more info about COVID-19 at www.acphd.org.

This postcard is provided by Oakland-based **Love Action Reaction** in partnership with the San Francisco Human Rights Commission. If you need materials for your community, visit: <https://sf-hrc.org/coronavirus-outreach-toolkit> (Translated versions available.).

Visit www.loveactionreaction.com for a list of local resources.