MENTAL HEALTH SUPPORT

The New Mexico Crisis and Access Line 24/7 at

855-662-7474

UNM Mental Health: 505-272-2800

Alcoholics Anonymous: 505-266-1900

AGORA NM Crisis Center: 505-277-3013

Agora is part of the National Lifeline Crisis Chat Network

NM Peers: 855-466-7100

COVID-19 RESOURCES

OTHER RESOURCES

Senior Food Hotline 1-800-432-2080

Domestic Violence Hotline: 1-800-773-3645

New Mexico Legal Aid: 505-633-6694 & Online

NM SCI Line (Child Abuse and Neglect) - 24 hours:

1-855-333-SAFE (7233)

or #SAFE from cell

Elder Abuse Hotline: 1-866-654-3219

Unemployment Insurance Claims Self- Service

Options and Operations Call Center

1-877-NM4-MYUI (1-877-664-6984) or

https://www.jobs.state.nm.us/vosnet/Default.aspx

WASH YOUR HANDS FREQUENTLY   COVER YOUR COUGH   STAY AT HOME IF YOU ARE SICK

March 27, 2020

WHAT IS COVID-19 OR THE NOVEL CORONAVIRUS?

A new coronavirus is causing an outbreak of pneumonia. The virus was first identified in December 2019, among people who visited a seafood and animal market in Wuhan City, China. Health authorities have confirmed that the virus is able to spread from person to person. Cases have been identified in the United States.

WHAT ARE THE SYMPTOMS OF CORONAVIRUS?

Symptoms of COVID-19 include fever, cough, or trouble breathing. These symptoms may appear 2 to 14 days after being exposed to the virus.

HOW SEVERE IS CORONAVIRUS?

Most cases of coronavirus illness are mild and do not require hospital care. A small percentage of people get severely ill with lung and breathing problems, like pneumonia. Older adults and persons with underlying medical conditions are at highest risk.

HOW DOES CORONAVIRUS SPREAD?

Currently, the virus is thought to spread: • Through respiratory droplets when an ill person coughs or sneezes • Touching objects or surfaces contaminated with the virus and then touching you mouth, nose, or eyes • Close contact with ill persons (within about 6 feet)

HOW CAN I PROTECT MYSELF FROM CORONAVIRUS?

Everyone has a role to play in preventing the spread of illness, especially to protect people who are most at risk. Taking these steps will also prevent the spread of flu and the common cold:

- Wash your hands often with soap and water, for at least 20 seconds. If soap and water are not available, use a hand sanitizer containing at least 60% alcohol.
- Avoid touching your face, eyes, nose, or mouth with unwashed hands
- Avoid close contact with people who are sick
- Stay home if you are sick
- Cover your mouth and nose with tissue or elbow when coughing or sneezing
- Clean and disinfect frequently touched surfaces and objects

WASH YOUR HANDS FREQUENTLY

WHEN SHOULD I SEEK MEDICAL ATTENTION?

If you have symptoms of fever, cough, or shortness of breath OR you recently traveled to a country experiencing novel coronavirus, call the hotline below

The New Mexico Department of Health is the lead agency for the statewide coronavirus response.

NM Department of Health:

Corona Virus Hotline:

1-855-600-3453

For non-health related COVID-19 Questions

1-833-551-0518

Community members are encouraged to visit

https://cv.nmhealth.org/

STAY AT HOME IF YOU ARE SICK