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Hi Amazing Community Family:

These are tough times for all our community members and it's important to support one another. Below are some tips on how to stay healthy. We will get through this together!

- Efren Martinez

CALL ME IF YOU NEED ANYTHING. 323-749-6718

“FROM THE COMMUNITY, FOR THE COMMUNITY”

Resource

SICK LEAVE

If you can't work because you are taking care of someone who's sick or quarantined you can use Paid Sick Leave from your employer. Or you can file a Paid Family Leave Claim.

UNEMPLOYMENT CLAIM

If your work hours are reduced because of COVID-19. IF you can't work because of school closures because of COVID-19.

WORKERS COMPENSATION

If you were exposed to coronavirus at work.

DISABILITIES CLAIM

If you are unable to work due to having or being exposed to COVID-19 you should file a Disabilities Claim. Employer can also provide Paid Sick Leave.

TIPS TO STAY HEALTHY

PRACTICE GOOD HEALTH HABITS

DO'S



TRIPLE YOUR HANDWASHING TIME



DISINFECT SURFACES



COVER WHEN SNEEZING / COUGHING

DONT



AVOID SICK PEOPLE



HANDSHAKES ARE CANCELLED



ELIMINATE FACE TOUCHING

STAY HEALTHY BY:



EXERCISE AT HOME REGULARLY



EAT FRUITS AND VEGETABLES



GET ENOUGH SLEEP

FILE YOUR CLAIM AT: <https://edd.ca.gov/claims.htm>