



## TMA SF Connects

# Navigating the Coronavirus Resource Sheet

*As the Coronavirus outbreak escalates to a pandemic, multiple new resources have appeared on preventive measures to protect yourself and your loved ones. The purpose of this resource sheet is to provide you with the latest in how to navigate the City during these times.*

Make sure you are aware on the latest updates happening in the City. [SF Gate](#) and [SF Chronicle](#) have routinely updated lists, and the San Francisco Department of Health has [released](#) their own information as well as a factsheet in a multitude of languages.

### How *do* I navigate in the City?

[Source Cite: Consumer Report](#)

[Click Here](#) for a map of all handwashing stations set up in San Francisco. [SFist](#) has provided a list of their top 12 grocery delivery companies. Yahoo has a [list](#) of recommended non-perishable food items to keep on your shelves. See below for tips on how to limit your exposure when purchasing groceries:

- Wash nonporous containers like plastic, glass and metal with soap. Rubbing with soap and water can kill the virus as it tears the virus's outer barrier
- Wash hands, counter, and other surfaces you've touched after putting away groceries
- Wash produce under running water

If your groceries are getting delivered:

- Avoid a direct hand-off and have items delivered to our doorstep
- Tip electronically to avoid touching cash
- Order earlier than you normally due to potential delays from higher demand

If you're going to be buying your groceries in-store:

- Go shopping when it's less busy
- Take germicide with you (some stores provide it) to wipe hands and cart
- Use a credit or debit card to avoid touching cash

## Prevention Outside of the Workplace

Many Bay Area schools have now suspended in-person classes or have suspended instruction entirely. [Click Here](#) for a list of all schools affected by county, or [Here](#) for the latest updates from the San Francisco Unified School District.



The CDC has [released](#) extensive information on how to prevent Coronavirus spread in communities along with the World Health Organization that has a [page](#) on advice for the public. The US Government has released a number of [infographics](#) on keeping your workplace, schools, homes and commercial establishments safe. See below for their advice on how to reduce risks at home and at businesses.

At home:

- Account for elderly or those with underlying conditions and make a protected space or room where the door remains closed
- Healthy people should act as if they are a risk to the vulnerable and wash their hands frequently before interacting with them

At businesses:

- Limit attendance at large gatherings and use online transactions for events, avoiding close contact

## Other Considerations

Don't forget that phones can be often overlooked sources have bacteria! [Global News](#) suggests using an alcohol wipe or hand sanitizer on a cloth to disinfect it at least twice a day. If you're worried about damaging your phone from the harsh cleaners, you can alternatively use a mixture of 60% water and 40% isopropyl alcohol dampened on a lint-free, microfiber cloth to clean your phone.

News of the Coronavirus outbreak has a diverse effect on our stress levels, and SF Gate has provided a [list](#) on tips to manage anxiety levels:

- Follow what is practical on the news, not every bit of information is important or relevant
- Talk to friends and family as social activity is key to managing stress
- Exercise, which builds up your immune system while bringing anxiety down
- Sleep! Less sleep makes it more difficult to manage anxiety
- Splurge on something fun to do alone or with family at home, as you'll probably be spending less money out
- Provide context to younger members of your family

In addition, the [Anxiety and Depression Association of America \(ADAA\)](#) has more resources and expert tips on managing COVID-19 anxiety updated daily.