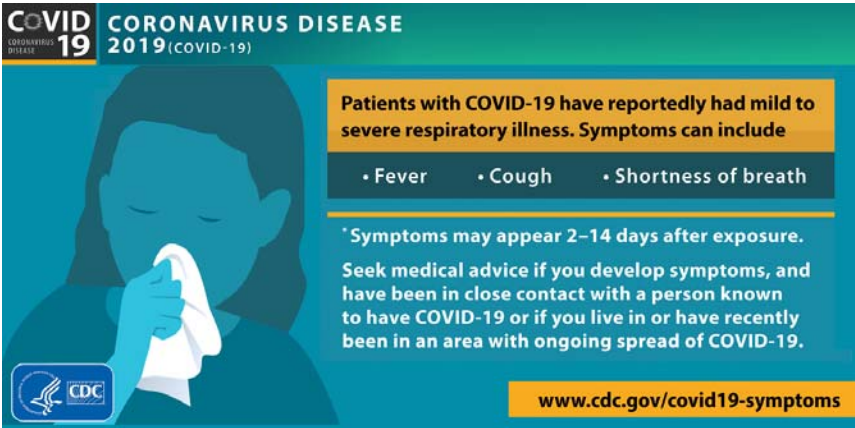


Greetings friends, colleagues, clients, readers and subscribers of Sac Cultural Hub:

SUBJECT: STAY IN THE KNOW – INFO/RESOURCES – COVID19

For the past week I've gone back and forth with how I would officially address the constituents of Sac Cultural Hub regarding the coronavirus (COVID-19) pandemic that has now caused total disruption and chaos to everyday life unlike anything we have seen before in our businesses, our communities, and our personal households. My official title is the Founder of Sacculturalhub.com and Chief Editor of THE HUB Magazine as well as the Executive Director of the Sac Cultural Hub Media Foundation, however I see myself as really a public servant agent working in concert with other public service agencies and media entities compelled to compose vital information and resources that maybe helpful to individuals, families and our communities to save our lives. As a mother of 3 daughters and grandmother to 5 grandsons, it has become essential to keep everyone in my family as well as others fully informed of I what I know and deemed to be true based on information that I've received via e-mail, social media, radio and t.v. news.



The overall purpose of this notice is to provide a centralized electronic document that is easy to follow and read on what's happening with the coronavirus, resources available to you, what should be in your emergency preparedness kit, as well as suggestions on what you can or should be doing during the numerous event cancellations/postponements, limited air travels, school closures, other business closures (either partial or full closures) that may include: bars and nightclubs; movie theaters and entertainment venues; bowling alleys and arcades; gyms and fitness centers; most churches and large houses of worships. Some are experiencing employer shutdowns and/or transition to partial telecommuting and now the proposed imposed lockdown throughout the United States by President Trump. Although the news info we are hearing and receiving remains to be FLUID as we awake to new day to hear more news announcements.

As we respond to the current public health challenge, we emphasize the following recommended steps to prevent the spread of all respiratory viruses:

- Washing hands with soap and water for 20 seconds.
- Avoiding touching eyes, nose or mouth with unwashed hands.
- Covering your cough or sneeze with a tissue or your elbow.
- Avoiding close contact with people who are sick.
- Staying away from work, school, and other people if you become sick with respiratory symptoms like fever and cough.

To learn more about California's response and the latest California Department of Public Health updates go here: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

NOVEL CORONAVIRUS

What You Need to Know

The immediate risk to the general public in Los Angeles County is low. Public Health is carefully assessing this situation as it evolves.

How is it spread?



Through droplets when an infected person coughs or sneezes



Close personal contact, such as caring for an infected person

The novel coronavirus is a new type of virus that recently started making people sick. It started in mainland China but is now also infecting people in other countries.

What are the symptoms?



Fever



Cough



Difficulty Breathing

What can I do to protect myself and others from respiratory infections like novel coronavirus?

- Stay home when you are sick.
- Limit close contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Clean and disinfect frequently touched objects and surfaces.

02.29.20 Infographic (English)

- Avoid touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).
- Use facemasks only if you are sick or have been instructed to do so by your health care provider.
- Get a flu shot to prevent influenza if you have not done so this season.



As quoted by Los Angeles City Councilmember Curren D. Price Jr.: “It is of the utmost importance for us to remain calm, exercise patience, stay prepared and educate ourselves on ways to stay safe and informed. Remember to keep areas cleaned, washing your hands regularly and stay home when sick. As a community, let us all be mindful of the actions we take to protect our health and the health of others so we can come out of this crisis a stronger and more united front.”

As I have been spiritually moved and led by the direction of my Lord and Savior, Jesus Christ/God almighty to compose and present this information, I along with you experience the personal and business hardship that COVID19 has caused in our normal everyday lifestyle. Be sure to share this document with your networks on the valuable resources included in this document (print and read in its entirety). And please remember that we must be very careful in forwarding and/or sharing misinformation that may be harmful and/or not true.

True Blessings,

Pleshette Robertson, Founder of Saculturalhub.com

(916) 234-3589 | contact@saculturalhub.com | <http://www.saculturalhub.com/about-us>

DID YOU KNOW

REMINDER: It is important that you keep up to date with the most current and accurate information to protect your health and the health of others. Here are some resources and links so that you stay informed and check frequently. This information is critical to the overall wellbeing of you, your family members, your workplace and/or in your own business.

Bay Area Coronavirus Resource Guide - <https://myemail.constantcontact.com/Bay-Area-Coronavirus-Resource-Guide---03-17-20.html?soid=1100433693853&aid=3UjarcKpjEc>

SBA Disaster Assistance in Response to the Coronavirus. The U.S. Small Business Administration is offering designated states and territories low-interest federal disaster loans for working capital to small businesses suffering substantial economic injury as a result of the Coronavirus (COVID-19). Upon a request received from a state's or territory's Governor, SBA will issue under its own authority, as provided by the Coronavirus Preparedness and Response Supplemental Appropriations Act that was recently signed by the President, an Economic Injury Disaster Loan declaration. Download full press release at:

<https://www.sba.gov/offices/disaster/dfocw/resources/1658272>

Learn more about the Pandemic Planning Guide by Connect Consulting Services specializing in Emergency Preparedness - Planning | Training | Exercises. Check out free webinars at: <https://connectconsulting.biz/free-webinars/>

5 Things You Need to Know Now About the Coronavirus: Navigating a sea of half-truths and outright falsehoods - <https://www.sistersletter.com/health/5-things-you-need-to-know-now-about-the-coronavirus>

Stop Evictions and Foreclosures: New Bill Responds to Coronavirus Crisis

Following the example of the Italian government, California lawmakers are pushing for legislation that would provide rental relief and order a temporary suspension of mortgage payments for residents affected by COVID-19, or the Coronavirus disease. Read more here:

<http://www.sacculturalhub.com/item/14715-stop-evictions-and-foreclosures-new-bill-responds-to-coronavirus-crisis>

SPECIAL NOTE: Take action now if you are not able to pay your mortgage payment for March or upcoming April 2020, by contacting your mortgage company directly by phone and requesting a hardship with mortgage relief option or forbearance in lieu of the coronavirus (as you may have been effected by loss of job/income). As of Mar 12 Presidential Candidate Bernie Sanders called for an "immediate moratorium on evictions, foreclosures and on utility shut-offs" in light of the spread of coronavirus. San Jose has already adopted the measure, and it's now gaining traction with New York lawmakers. <http://www.sacculturalhub.com/item/14715-stop-evictions-and-foreclosures-new-bill-responds-to-coronavirus-crisis>

The City of Sacramento will be releasing the Small Business Emergency Relief Fund to mitigate the impact of COVID-19 on Sacramento small businesses and their employees.

The \$1 million economic relief fund is for businesses experiencing hardships due to COVID-19. The fund will provide 0% interest loans up to \$25,000 per business. Applications will be available online by March 18, 2020 at 5 p.m. For more information about COVID-19 resources, visit: <http://www.cityofsacramento.org>. Please direct general questions to the County via email at info@211sacramento.org or by calling 2-1-1

Mitt Romney just unveiled a plan to send every American adult a \$1,000 check during the coronavirus outbreak <https://markets.businessinsider.com/news/stocks/romney-plan-1000-check-every-american-economy-coronavirus-outbreak-slowdown-2020-3-1029000877?>

5 ways for homebuyers to capitalize on the recently reduced low mortgage rates (as of 3/13/2020) E-mail contact@sacculturalhub.com for direct referrals of those organizations and licensed brokered individuals who can help you get financed to buy your first home or refinance. <https://finance.yahoo.com/news/advantage-todays-record-low-mortgage-154809010.html>

Employment Development Department adds support services for those affected by Coronavirus <https://kmp.com/news/local/the-edd-has-setup-a-variety-of-support-services-for-people-affected-by-the-coronavirus>

California adds online triage for coronavirus to help with test shortages <https://calmatters.org/health/coronavirus/2020/03/california-coronavirus-test-kits-hospitals-newsom-triage-website-verily-quest/>

Can't pay your power bill? Don't worry, you're safe for now as California utilities suspend shutoffs <https://calmatters.org/california-divide/2020/03/utilities-wont-shut-off-power-coronavirus/>

Reporting Illegal/Fraudulent Business Practices

Consumer Information Center - California Department of Consumer Affairs. To report fraudulent, unfair, and illegal business practices. 800.952.5225. <https://www.dca.ca.gov/publications/cic.shtml>

2020 Coronavirus Information and Resources: Resources & Opportunities for Parents, Community Members and their Families compiled by the Talking Drums News, the Sacramento Area Black Caucus, Black Parallel School Board and Sacramento Poor People's Campaign. http://www.sacculturalhub.com/Coronavirus%20Info_talking-drum_Mar2020.pdf

Coronavirus: Advice From an Expert Molecular Virologist & Pathologist

The following information has been shared via an email from a friend, who received this critical advice about coronavirus COVID-19 from James Robb, MD FCAP. Dr Robb is a molecular virologist and professor of pathology at the University of San Diego. He was one of the first molecular virologists in the world to work on coronaviruses (in the 1970s). <https://fibromapp.com/coronavirus-advice-from-a-molecular-virologist-pathologist/>

Best Remedy for COVID-19 Is Prevention

During the rapidly changing situation of the novel coronavirus (COVID-19), the wrong information can be dangerous for people living with cancer who may already have weakened immune systems. This new blog has the right information to help you protect yourself and the people in your community who may be at high risk. <https://blogs.cdc.gov/cancer/2020/03/16/best-remedy-for-covid-19-is-prevention>

FROM THE DESK of the NAACP: The coronavirus outbreak is now officially a pandemic, according to the World Health Organization. In the United States alone, more than 1,300 cases of the coronavirus have been confirmed. Because of the racial and economic inequities embedded in our country's systems, the effects of the coronavirus could be compounded for Black, Brown, Asian, and indigenous communities, as well as other population groups. The NAACP has released a resource to guide officials responsible for addressing health, economic, and other impacts, in remediating some of the issues that are disproportionately affecting communities of color. <https://live-naacp-site.pantheonsite.io/wp-content/uploads/2020/03/Ten-Equity-Considerations-of-the-Coronavirus-COVID-19-Outbreak-in-the-United-States-FINAL.pdf>

Race Forward Statement on the Coronavirus Emergency, Official Response and Its Impacts on Communities of Color <https://www.raceforward.org/press/statements/race-forward-statement-coronavirus-emergency-official-response-and-its-impacts>

As the coronavirus spreads and a public health emergency intensifies, Race Forward calls on local and state governments and those who are doing emergency planning to pay special attention to the impact that this disease and the response to its spread may have on people and communities of color.

We call for an approach that provides accurate information and advances practices and policies based in science, and that ensures compassionate and comprehensive medical and social services for those most vulnerable to exposure. We are all only as safe as those members of our community who are most at risk.

While we know that anyone can contract the virus, we also know that the impacts on communities of color could be severe. People of color are disproportionately likely to be in low-paying or hourly-wage jobs that make them unable to provide care or interrupt work. They are also more likely to have limited access to affordable healthcare, childcare, and transportation. People of color are more likely to face unsanitary conditions inside prisons, jails, and detention centers. Funding disparities in communities of color have led to hospital closures; shortages of frontline doctors and nurses; higher incidences of chronic conditions, such as hypertension, diabetes, and heart disease; housing overcrowding; and lack of quality elder care.

Implicit and explicit racism has often historically driven government responses to urgent health situations. Demagogues have exploited fear, fostering secondary outbreaks of xenophobia and division. The Trump administration has used this crisis to stem travel from unaffected regions, including halting asylum seekers at the Southern border. Hate-filled and racist rhetoric has stigmatized people of color as “infected,” threats to public safety, and burdens to the health care system. This public emergency has already impacted Chinese and Asian Americans in increased acts of bigotry and discrimination.

Emergency planning that does not factor in health inequities and that trades on racialized fears may exacerbate infection rates, through the misallocation of time and resources, and create a cascading set of additional problems to solve. Fear makes for poor science and worse policy. We strongly urge all health emergency managers to actively dispel myths and racist misinformation, to collectively work to create a system-wide response needed to end the spread of this communicable disease, and to address the needs of marginalized populations while stamping out stigma and blame. All of our health security is at stake.

Things to do while you are at home:

- Stockpile on supplies and food you need for your home if you have not already (see end of this document for list of supplies you should have in your home). Did you know that you can order your groceries and other items online:
- You can start completing the U.S. Census 2020 form that just arrived by mail either by phone or by mail - <https://www.2020census.gov/en/what-is-2020-census/focus/quiz.html>
- Read actual books with your children or audio books in your room via earphones
- Explore new cooking recipes
- Write or compose new music
- Starting writing your new book or memoir
- Start your new vision plan for 2020-21
- Plant a garden
- Create a vision board for your dream business

- If you live in a warm weather climate more water may be necessary
- Store water tightly in clean plastic containers such as soft drink bottles

FOOD

- Store at least a three-day supply of non-perishable food
- Select foods that require no refrigeration, preparation or cooking and little or no water
- Pack a manual can opener, paper cups, plates and plastic utensils
- Choose foods your family will eat such as:
 - Ready-to-eat canned meats, fruits and vegetables
 - Protein or fruit bars
 - Dry cereal or granola
 - Peanut butter
 - Dried fruit
 - Nuts
 - Crackers
 - Canned juices
 - Non-perishable pasteurized milk
 - High-energy foods
 - Food for infants
 - Comfort/stress foods

2. FIRST AID KIT

In any emergency, a family member may be cut, burned or suffer other injuries. If you have these basic supplies you are better prepared to help your loved ones when they are hurt. Remember, many injuries are not life threatening and do not require immediate medical attention. Knowing how to treat minor injuries can make a difference in an emergency. Consider taking a first aid class, but simply having the following things can help you stop bleeding, prevent infection and assist in decontamination.

Things You Should Have:

- Two pairs of sterile gloves
- Sterile dressings to stop bleeding
- Soap and antibiotic towelettes to disinfect
- Antibiotic ointment to prevent infection
- Burn ointment to prevent infection
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes
- Thermometer
- Prescription medications you take every day (you should periodically rotate medicines to account for expiration dates)
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies
- Medicine dropper
- First Aid book
- Non-prescription drugs (aspirin or non-aspirin pain reliever, anti-diarrhea medication, antacid, laxative)

3. OTHER ITEMS

- Cell phone
- Scissors
- Tweezers
- Petroleum jelly

- Battery-powered radio
- Flashlight
- Extra batteries
- Whistle to signal for help
- Dust mask or cotton t-shirt, to help filter the air
- Moist towelettes for sanitation
- Wrench or pliers to turn off utilities
- Plastic sheeting and duct tape to shelter-in-place
- Infant formula and diapers
- Garbage bags and plastic ties for personal sanitation
- Cash or traveler's checks, change
- Paper towels
- Fire extinguisher
- Tent
- Compass
- Matches in a waterproof container
- Signal flare
- Paper, pencil
- Feminine supplies
- Personal hygiene items
- Disinfectant
- Household chlorine bleach
 - You can use bleach as a disinfectant (diluted nine parts water to one part bleach), or in an emergency you can also use it to purify water
 - Use 16 drops of regular household liquid bleach per gallon of water
- Copies of important family records in a waterproof portable container

4. CLOTHING AND BEDDING

- One complete change of warm clothing and shoes per person, including:
 - A jacket or coat
 - Long pants
 - A long sleeve shirt
 - Sturdy shoes
 - A hat and gloves
 - A sleeping bag or warm blanket for each person
 - Rain gear

Special Needs Items

Remember the special needs of your family members. Infants, the elderly and persons with disabilities need the same planning as everyone else, and sometimes a little more, to be prepared for a terrorist attack.

1. FOR INFANTS

Make sure to keep the following in your emergency supply kit:

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications
- Moist towelettes
- Diaper rash ointment

2. FOR ADULTS

Ask your doctor about storing prescription medications such as heart and high blood pressure medication and insulin. Consider the following for your emergency supply kit:

- Denture needs
- Contact lenses and supplies
- Extra eye glasses

3. FOR SENIORS AND PEOPLE WITH DISABILITIES

Plan how you will evacuate or signal for help. Plan emergency procedures with home health care agencies or workers. Tell others where you keep your emergency supplies. Contact your city or county government's emergency information management office. Many local offices keep lists of people with disabilities so they can be located quickly in an emergency. Wear medical alert tags or bracelets to help identify your disability. If you are dependent on dialysis or other life sustaining treatment, know the location and availability of more than one facility. Teach others how to operate necessary equipment. Label equipment such as wheelchairs, canes and walkers. Additional supplies include:

- A list of prescription medications including dosage and any allergies
- Extra eye glasses and hearing-aid batteries
- A list of the style and serial numbers of medical devices such as pacemakers
- Extra wheelchair batteries and oxygen
- Copies of medical insurance and Medicare cards
- A list of doctors and emergency contacts

Portable Emergency Supply Kit

- Food (at least a three-day supply of non-perishable food)
- Battery-powered radio
- Flashlight
- Extra batteries
- First Aid Kit
- Whistle to signal for help
- Dust mask or cotton t-shirt, to help filter the air
- Moist towelettes for sanitation
- Wrench or pliers to turn off utilities
- Manual can opener
- Plastic sheeting and duct tape to shelter-in-place
- Unique family needs, such as daily prescription medications, infant formula or diapers and important family documents
- Garbage bags and plastic ties for personal sanitation

Source: <https://www.cdph.ca.gov/Programs/EPO/Pages/PrepareanEmergencySupplyKit.aspx>

E-mail us at contact@sacculturalhub.com if see any corrections or additions should be made to the *Sac Cultural Hub Compiled Info/Resource Document on COVID2019*.