

# COVID-19 RESOURCE GUIDE FOR IMMIGRANTS IN CALIFORNIA

We know that some of the following resources may not be accessible to everyone, depending on your immigration status. CIPC is actively advocating for our state to immediately advance policies that ensure *all* of our communities are supported during this challenging time.

## **What To Do If You Think You Are Sick**

You may have been exposed to COVID-19 if you have traveled to an [affected country](#) within the last 14 days or if you have been in close contact with a person confirmed to have COVID-19. Coronavirus symptoms include feeling like you have a fever, a new, dry cough, and shortness of breath. If your symptoms and exposure fit this description, please see the instructions below. There are a limited number of tests available, so only those with severe symptoms and higher risk factors will be tested.

### If You Have Health Insurance

- Call your doctor's office and describe your symptoms. Do not go into the doctor's office without calling first
- If a health care provider determines that you need the test, follow their instructions on how to proceed, which will vary depending on where you live
- Medi-Cal, Medicare, and most private insurance in California will cover the test at no cost

### If You Do Not Have Health Insurance

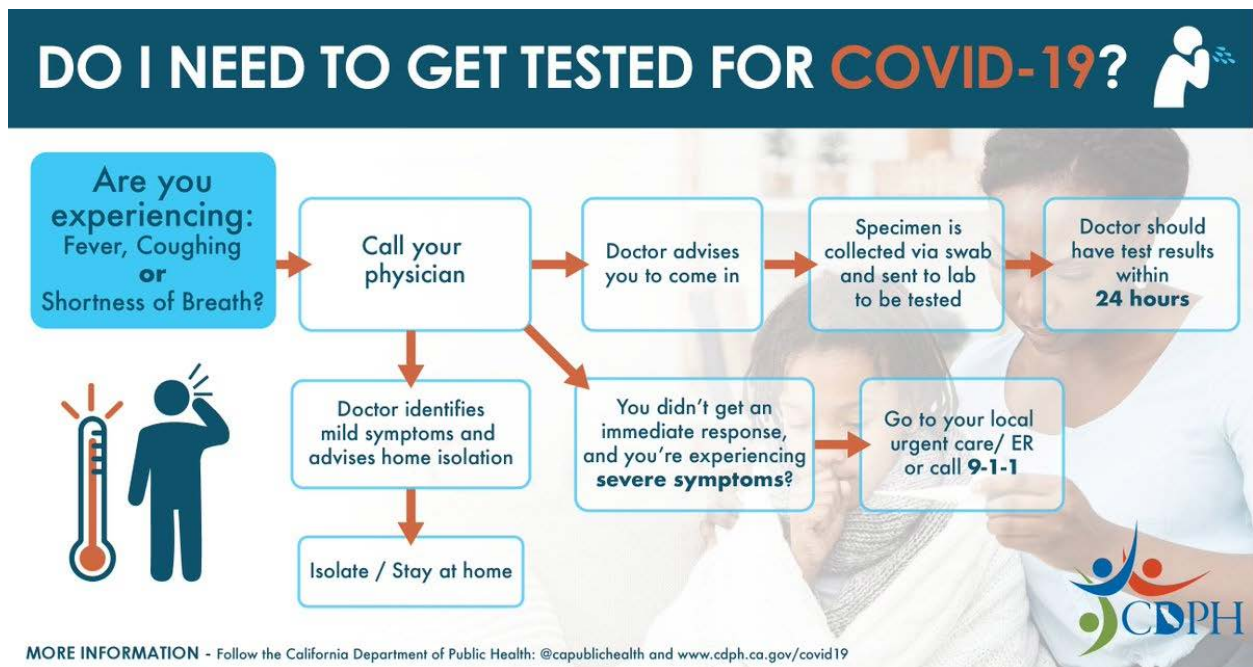
- Call your local public health department ([find yours here](#)) and describe your symptoms. Do not go in without calling first
- If they do not answer or are too busy, call a local community clinic ([look one up here](#)) or your local hospital to see if they are able to offer COVID-19 testing

- If a health care provider determines that you need the test, follow their instructions on how to proceed. Ask them to confirm you can receive the test cost free

Your immigration status does **not** matter. Anyone is eligible to get screened and tested if they need it, as long as a test is available

[U.S. Citizenship and Immigration Services \(USCIS\) has stated](#) that it will **not** consider testing, treatment, or preventive care related to COVID-19 in the public charge test, even if the health care services are covered by Medicaid. The new public charge rule also excludes public health services from your local public health agency. Thus, immigrants should be able to access coronavirus testing and treatment without it without any impact to their immigration status.

If you do not have the symptoms and exposure as described above, see the Health Resources section below for tips on how to avoid being exposed or spread the disease.



## Health Resources

### Information About COVID-19

- **[Multiple languages]** [California Department of Public Health's COVID-19 information page](#) – click the “Select Language” button on the top right of the page to view it in other languages
- **[Español]** Información general sobre el coronavirus: [Nuevo coronavirus 2019 \(COVID-19\)](#) (Centros para el Control y la Prevención de Enfermedades, CDC)
- **[Español]** [Guía sobre COVID-19](#) (Departamento de Salud Pública de California, CDPH)
- **[Asian American, Native Hawaiian & Pacific Islander languages]** [AA & NHPI Resources for COVID-19](#)
- **[Français]** [COVID-19 fact sheet](#) (Hesperian Health Guides)
- **[中文]** [COVID-19 fact sheet](#) (Hesperian Health Guides)
- **[اردو]** [COVID-19 fact sheet](#) (Hesperian Health Guides)
- **[বাংলা]** [COVID-19 fact sheet](#) (Hesperian Health Guides)
- **[Tagalog]** [COVID-19 fact sheet](#) (Hesperian Health Guides)
- **[Tiếng Việt]** [COVID-19 fact sheet](#) (Hesperian Health Guides)
- **[Bahasa Indonesia]** [COVID-19 fact sheet](#) (Hesperian Health Guides)
- **[فارسی]** [COVID-19 fact sheet](#) (Hesperian Health Guides)
- **[हिन्दी]** [COVID-19 fact sheet](#) (Hesperian Health Guides)
- **[తెలుగు]** [COVID-19 fact sheet](#) (Hesperian Health Guides)
- **[سنڌي]** [COVID-19 fact sheet](#) (Hesperian Health Guides)
- **[Português]** [COVID-19 fact sheet](#) (Hesperian Health Guides)
- **[Mixteco, Triqui, Zapoteco]** [Mensajes de audio sobre COVID-19 en Mixteco, Triqui y Zapoteco](#) (Centro Binacional Para el Desarrollo Indígena Oaxaqueño, CBDIO)

### Applying for Health Insurance

Depending on your income and immigration status, you may be eligible for health insurance or other types of health care programs. Learn more on CIPC's [chart of immigrant eligibility for CA health programs](#).



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To apply for Medi-Cal or Covered California, read this [step by step guide](#) from the Department of Health Care Services. Click the “Translate” button on the top left of the page to view it in other languages. You can also view this [helpful informational guide](#) from Health Consumer Alliance and scroll down to the section entitled “**How can I get or keep Medi-Cal during the pandemic?**”.

Visit <https://storefronts.coveredca.com/> to find a community-based organization that can assist you with enrolling in Medi-Cal for free. Assistance will need to be provided over the phone.

### Undocumented & Uninsured

Review this [healthcare services guide](#) from the UCLA Labor Center for undocumented individuals in California seeking health care services. In addition, find your nearest community health center that takes patients regardless of immigration status at [localclinic.net](http://localclinic.net). Remember to call ahead before going in to see a health care provider.

For questions about any health care programs or services in California, regardless of your immigration status, call the [Health Consumer Alliance](#) at 888-804-3536.

### **Economic Resources**

**The Worker’s Guide: Your Rights During the Coronavirus (COVID-19)** from Legal Aid At Work, Bet Tzedek, and Centro Legal de la Raza.

[English Guide](#)

[Spanish Guide](#)

If you lose your job or your hours are cut, you may be eligible to receive \$40-\$450 weekly, depending on your past wages, through [Unemployment Insurance](#). If a medical professional says you are unable to work due to the virus, you may be eligible for [Disability Insurance](#). And if a family member is



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ill, you may be able to take off work to take care of them through [Paid Family Leave](#) [all links in English & Spanish].

- **[English, Spanish, Mandarin]** [Learn more](#) about workers' rights and access to resources during the coronavirus outbreak from Legal Aid at Work.
- **[English only for now]** If you have been misclassified at work (meaning you should be an employee, but your employer is telling you that you are an independent contractor), [read this resource now](#).

We know that many of our communities are not eligible for Unemployment Insurance due to their employment status or employment history. We look forward to continuing to work with our partners to advocate for resources specifically for people who currently don't have Unemployment Insurance as an option.

### **With Ongoing Immigration Enforcement, Know Your Rights**

While ICE officials have said they will roll back some detentions and arrests, we know it's not enough. Review these [handouts](#) from the Immigrant Legal Resource Center on what to do if ICE knocks on your door [**multiple languages**].

Please share this information and know your rights!

### **Undocumented Resource Lists from our Partners:**

- [CIYJA: COVID-19 Resources for Undocumented People](#) (by region)
- [CRLAF: COVID-19 Information and Resources for Immigrant Communities in the Central Valley](#) (Central Valley)
- [Immigrants Rising: Tangible Support for Immigrant Communities During COVID-19](#)
- [Central Coast Coalition for Undocumented Student Success: Central Coast COVID-19 Info Page](#) (Central Coast)
- [Relief funds accessible to undocumented workers in California](#) (statewide)



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## **Community COVID-19 Mass Resource and Mutual Aid Lists By Region:**

- **Bay Area:**
  - [Berkeley Mutual Aid Network](#)
  - [San Francisco Bay Mutual Aid Form](#)
  - [South Bay Mutual Aid Form](#)
- **Central Valley**
  - [Fresno Bee: Resources for Loss of Income or Food](#)
  - [Fresno Bee: Locations for Free Meals for Students](#)
- **Inland Empire / Valley**
  - [Connect IE: Community Resource List](#)
- **Los Angeles**
  - [COVID-19 Mutual Aid Resources Links \(Los Angeles\)](#)
- **Sacramento**
  - [Sacramento COVID-19 Mutual Aid 2020](#)
- **San Diego**
  - [All We Got SD \(county-wide\) COVID-19 Mutual Aid](#)

*If you have any feedback or suggestions to add to this resource guide, please email Sarah Dar at [sdar@caimmigrant.org](mailto:sdar@caimmigrant.org) or Sasha Feldstein at [sfeldstein@caimmigrant.org](mailto:sfeldstein@caimmigrant.org).*