

ARE YOU EXPERIENCING COVID-19 SYMPTOMS?

HAVE
Health Coverage?

Call your regular doctor or clinic.

DON'T HAVE
Health Coverage?

IF YOU DON'T HAVE HEALTH COVERAGE:

Contact the **San Mateo County Health Coverage Unit (HCU)** at **650-616-2002** or **info-hcu@smcgov.org** for screening and enrollment assistance with public health coverage programs such as Medi-Cal, Covered California and ACE.

For the **HCU hotline**, please leave a message with your name and contact information and a Community Health Advocate will return your call within 24 hours.

Apply online at **www.coveredca.com**

IF YOU NEED TO TALK TO A NURSE URGENTLY:

Call the **Health Plan of San Mateo** regardless of your health coverage at **1-833-846-8773**, 24 hours a day, 7 days a week. A nurse will ask you about your symptom and tell you if you need to go to urgent care.

Call the state **Medi-Nurse Line** at **1-877-409-9052**. This line is available to Medi-Cal patients without a health plan. The line is available 24 hours a day, 7 days a week to answer any concerns related to COVID-19 concerns and for general medical issues.

IF YOU HAVE GENERAL CONCERNS ABOUT YOUR HEALTH:

Call **New Patient Connection Center** regardless of health coverage status at **650-372-3200** from 8:15am to 4:30pm.

Visit **www.smchealth.org/smmc-new-patients**

GENERAL GUIDELINES

- Wash your hands often with soap and water for at least 20 seconds or use alcohol-based hand sanitizer specially after you have been in a public place, or after blowing your nose, coughing or sneezing
- Keep at least 6 foot distance between yourself and other people
- Wear a cloth face cover when going out in public
- In private settings without a mask, always cover your mouth and nose when coughing or sneezing

Public Charge and COVID-19 Alert from United States Citizenship and Immigration Services (USCIS): **Seeking medical help will not impact your Public Charge test or your immigration application.**



**SAN MATEO
COUNTY HEALTH**

For more information visit [smchealth.org/coronavirus](https://www.smchealth.org/coronavirus)

Source: www.cdc.gov/coronavirus/2019-ncov/index.html#462875