

# Our+Care OC

A newsletter created by HIV-positive individuals  
for people living with HIV



## COVID-19

This issue of the Our+Care newsletter will talk about tips for staying in care and getting important services and resources during the COVID-19 pandemic.

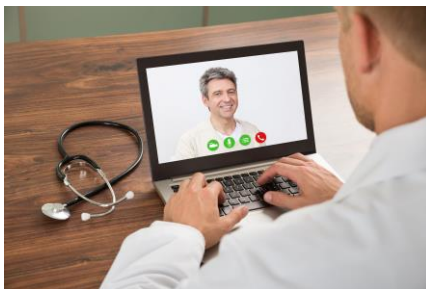
### Putting the CARE in Healthcare

It is important to continue to take your medications and to attend your medical appointments. This is the best way to keep your immune system healthy and avoid getting sick.



### Consider All Options

Talk to your doctor about setting up telehealth visits to reduce person-to-person contact. You can also ask your doctor and/or pharmacy about switching to a 90-day supply of your medications or having your medications mailed to your home to limit visits to the pharmacy.



**Follow these steps to help prevent the spread of COVID-19:<sup>1</sup>**

- ✓ **Wear a face cover** in public.
- ✓ **Avoid close contact.** Stay at least 6 feet apart away from others.
- ✓ **Wash your hands** often with soap and water for at least 20 seconds.
- ✓ **Clean and disinfect** often, especially surfaces like phones, doorknobs, and countertops.
- ✓ **Cover coughs and sneezes** with your arm or use a tissue.
- ✓ **Avoid touching your face.**
- ✓ **Stay home** if you are sick.

<sup>1</sup>Centers for Disease Control and Prevention (2020). Retrieved from: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

With COVID-19 greatly affecting our daily routines, the following agencies are available to help with your questions or concerns.

### COVID Testing

- ✓ Contact your primary care doctor first about testing and care if you develop symptoms.
- ✓ There are many resources available throughout Orange County including locations that offer FREE testing.
- ✓ For more information, visit [ochealthinfo.com/covidtest](http://ochealthinfo.com/covidtest) or call the Orange County Health Care Agency Referral Line at (800) 564-8448

### Housing Resources

In order to shelter-in-place, steady housing is important during this time. The following agencies can help with housing.

- **APAIT**  
(714) 636-1349  
<http://apaitonline.org>
- **City of Anaheim Housing Authority**  
(714) 765-4320  
<http://www.anaheim.net/668/Housing-Authority>
- **City of Santa Ana Housing Authority**  
(714) 667-2200  
<https://www.santa-ana.org/cd/housing-authority>
- **Radiant Health Centers**  
(949) 809-5700  
<https://www.radianthealthcenters.org>

### Transportation Resources

The following agencies assist with transportation services in Orange County.

- **Radiant Health Centers**  
(949) 809-5700  
<https://www.radianthealthcenters.org>
- **OCTA Resource:**  
<https://www.octa.net/Your-Safety-Is-Our-Priority/>
- **Shanti Orange County**  
(949) 452-0888  
<https://www.shantioc.org/>

### Mental Health Resources

Taking care of your health includes your mental health as well. The following agencies provide mental health services in Orange County.

- **APAIT**  
(714) 636-1349  
<http://apaitonline.org>
- **Radiant Health Centers**  
(949) 809-5700  
<https://www.radianthealthcenters.org>
- **Shanti Orange County**  
(949) 452-0888  
<https://www.shantioc.org/>

### Food Resources

The following agency can assist with food resources:

- **Radiant Health Centers**  
(949) 809-5700  
<https://www.radianthealthcenters.org>

Additionally, there are also many free community food resources in Orange County. For more information, visit:

<https://www.aap-oc.org/covid19-community>

### ORANGE COUNTY HIV QUALITY MANAGEMENT COMMITTEE



This is a project of the Orange County HIV Quality Management Committee and HIV Client Advocacy Committee. The HIV Quality Management Committee works to improve the quality of Ryan White services. If you have feedback or suggestions for future newsletters, please contact **Marlon-Ray Velasco** at [MVelasco@ochca.com](mailto:MVelasco@ochca.com)



