

CORONAVIRUS/COVID-19

HELP & INFORMATION

冠状病毒/COVID-19

帮助与信息

HAVE HEALTH QUESTIONS? CALL 1-833-4-ASK-ODH OR VISIT WWW.CORONAVIRUS.OHIO.GOV

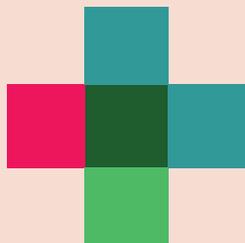
有健康问题？请致电1-833-4-ASK-ODH或访问WWW.CORONAVIRUS.OHIO.GOV

PROTECT YOURSELF, YOUR FAMILY & YOUR COMMUNITY FROM SICKNESS

COVID-19 is VERY contagious and spreads quickly from person to person.

Common symptoms include fever, cough and shortness of breath. Symptoms may appear 2-14 days after exposure.

Older adults and people with existing health conditions (high blood pressure, diabetes, COPD, heart disease and more) are at a higher risk for serious illness, but healthy people of any age can get very sick.



PREVENT SICKNESS & KEEP OTHERS SAFE

- ✓ Wash your hands often with soap and water for at least 20 seconds.
- ✓ Don't touch your face (eyes, nose and mouth).
- ✓ Avoid close contact with people who are sick.
- ✓ If you feel sick, stay away from others and do not leave your home unless you need to seek emergency medical care.
- ✓ If you are very sick and need to see a doctor, call your doctor before you leave your home to seek care. If you do not have a doctor, call your local emergency room before leaving home.

保护自己、家人和社区以免感染疾病

COVID-19具有极强的传染性，在人与人之间传播非常快。

常见症状包括发烧、咳嗽和呼吸急促。接触后可能2-14天出现症状。

老年人和有健康状况（高血压、糖尿病、COPD、心脏病等）的人出现严重病情的风险更高，但任何年龄的健康人都可能出现非常严重的病情。

预防疾病并保护他人

- ✓ 经常用肥皂和水洗手至少20秒钟。
- ✓ 不要触摸面部（眼睛、鼻子和嘴）。
- ✓ 避免与生病的人密切接触。
- ✓ 如果您感到不适，请远离他人，不要离开家，除非您需要寻求紧急医疗护理。
- ✓ 如果您的病情非常严重，需要看医生，请在离开家去寻求治疗之前先给您的医生打电话。如果您没有医生，请在离开家之前致电您当地的急诊室。

STATE OF OHIO "STAY AT HOME" ORDER

WHAT IT MEANS:

The Governor of Ohio has issued a "Stay at Home" order that everyone must follow until April 30. It is possible this order will last longer than April 30.

This means you should stay home unless you work at an essential business or need to get food or other essential supplies. You should not visit family or friends unless you need to travel to care for someone who is elderly, a child or dependent, or someone with a disability. If possible, you should drop off supplies, food, and medication to those relatives in need of assistance, but minimize interaction. If you feel sick, do not leave your home unless you need to get emergency medical care.

WHAT YOU CAN DO:

- » Go to the grocery store, pharmacy, or other supply pick-up locations.
- » Order takeout food from local restaurants that are open.
- » Walk or exercise outside, staying at least 6 feet away from other people.
- » Go to the laundromat.
- » Go to work if you are an "essential worker."
- » Seek essential medical care. Call your doctor or emergency room before leaving home.

俄亥俄州“待在家中”命令

其含义:

俄亥俄州州长发布了“待在家中”命令，在4月30日之前，每个人都必须遵守该命令。该命令的持续时间可能超过4月30日。

这意味着除非您从事非常重要的工作，或者需要获得食物或其他生活必需品，否则您应该待在家中。除非需要前去照顾老人、儿童或受抚养者或者残障人士，否则您不应拜访家人或朋友。如果可能，您应将用品、食物和药物送到需要帮助的亲戚那里，但尽量减少互动。如果您感到不适，不要离开家，除非您需要寻求紧急医疗护理。

您能够做什么:

- » 前往杂货店、药房或其他用品提取点。
- » 从开门营业的当地餐厅订购外卖食品。
- » 在室外散步或锻炼，与他人保持至少为6英尺的距离。
- » 去自助洗衣店。
- » 如果您是“必不可少的员工”，请去上班。
- » 寻求基本医疗护理。离开家之前，请致电您的医生或急诊室。

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FIND HELP WITH:

寻求以下方面的帮助:

FOOD

- » Cleveland Metropolitan School District offers free meals for children (18 years and under), even if they do not attend a CMSD school: <https://tinyurl.com/r23gy3a>
- » Greater Cleveland Food Bank at (216) 738-2067.
- » The Muslim community offers free grocery assistance. Contact (216) 532-1775 or Info.SmartDevelopmentInc@gmail.com or complete a form at <https://tinyurl.com/tqdl24v>



食物

- » 克利夫兰大都会学区为儿童（18岁及以下）提供免费膳食，即使他们不在CMSD上学也是如此：<https://tinyurl.com/r23gy3a>
- » 大克利夫兰食品银行(216) 738-2067。
- » 穆斯林社区提供免费食品援助。请联系(216) 532-1775或 Info.SmartDevelopmentInc@gmail.com，或者访问 <https://tinyurl.com/tqdl24v>，填写表格。

INTERNET ACCESS

- » **Spectrum** is offering free broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription and at any service level up to 100 Mbps. Call (844) 488-8395.
- » **Comcast** is offering two free months of internet service to all qualified, low-income households. You may cancel at any time or continue the service at \$9.95 per month. Call (855) 846-8376 or internetessentials.com.

互联网接入

- » **Spectrum**正在为有K-12学生和/或大学生并且尚未订阅Spectrum宽带的家庭以最高100 Mbps的任何服务水平免费提供60天的宽带和Wi-Fi接入。请致电(844) 488-8395。
- » **Comcast**正在为所有符合资格的低收入家庭提供两个月的免费互联网服务。您可以随时取消此服务，或者以每月9.95美元的费率继续使用此服务。请致电(855) 846-8376，或者访问 internetessentials.com。

HOUSING

Foreclosures and evictions are suspended in many communities. If you cannot afford your rent or mortgage due to COVID-19, call your landlord, mortgage company, or housing provider and see if they can help. Should you need further assistance please contact:

- » Spanish American Committee at (216) 961-2100
- » CHN Housing Partners at (216) 574-7100
- » Asian Services in Action, Inc. at (216) 881-0330
- » Smart Development Inc. at (216) 309-0833
- » Legal Aid Society of Cleveland at (216) 687-1900 *Language specific phone numbers are available at laslev.org/contact.*



住房

在许多社区暂停了丧失抵押品赎回权和房屋收回。如果您因COVID-19而无法负担房租或抵押贷款，请致电房东、抵押贷款公司或住房提供者，看看他们是否能够提供帮助。如果您需要进一步援助，请联系：

- » 西班牙裔美国人委员会，电话为(216) 961-2100
- » CHN Housing Partners，电话为(216) 574-7100
- » Asian Services in Action, Inc.，电话为(216) 881-0330
- » Smart Development Inc.，电话为(216) 309-0833
- » 克利夫兰法律援助协会，电话为(216) 687-1900、*有关特定语言电话号码，请访问laslev.org/contact。*

The City of Cleveland and State of Ohio have suspended water and power shut offs. Contact your utility provider if necessary:

- » Cleveland Water: 216-664-3130
- » Cleveland Public Power: 216-664-4600
- » First Energy/The Illuminating Company: 1-800-589-3103
- » Dominion Energy: 877-542-2630

克利夫兰市和俄亥俄州已暂停了停水和停电。必要时，请联系您的公用事业提供商：

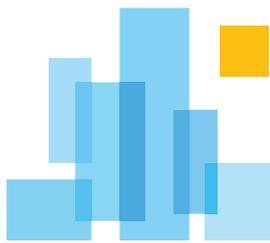
- » Cleveland Water: 216-664-3130
- » Cleveland Public Power: 216-664-4600
- » First Energy/The Illuminating Company: 1-800-589-3103
- » Dominion Energy: 877-542-2630

如果您在家中不安全，请致电俄亥俄州家庭暴力热线 800-934-9840。如果出现紧急情况，请致电9-1-1。

If you are not safe in your home, call the Ohio Domestic Violence Hotline at 800-934-9840. If it is an emergency, call 9-1-1.

UNEMPLOYMENT, BENEFITS & FINANCIAL READINESS

If an employer is not providing a safe space during the COVID-19 pandemic, first request corrective action and for the implementation of Governor DeWine's Safety Mandates.



If corrections are not made, contact your local Occupational Safety and Health Administration (OSHA) office and submit a complaint. OSHA has a whistleblower protection policy that prohibits employers from retaliating against workers for raising concerns about safety and health conditions.

- » Cleveland Area Office: (216) 447-4194

File for state unemployment benefits by calling (877) 644-6562. Phone lines are open Monday through Friday (except holidays) 8am-5pm. Apply online any time at www.unemployment.ohio.gov.

For support applying contact: *(Language support in almost any language)*

- » Spanish American Committee at (216) 961-2100
- » Asian Services in Action at (216) 881-0330

Looking for employment? Greater Cleveland Partnership has an updated list of companies hiring: <https://tinyurl.com/qrwvh8h>

If you have been affected by the COVID-19 pandemic (lost wages if you can't go to work, extra childcare costs due to school closures, or medical costs), you can apply for an emergency, interest-free loan for up to \$1,200 from HFLA of Northeast Ohio. Call 216-378-9042 to apply for a loan.

Community Financial Centers provide financial coaching and can support individuals and families in making sound financial decisions. To schedule an appointment please call (216) 453-1445.

CHILDCARE

If your job is considered essential and requires childcare, specially licensed childcare facilities are open. Please visit <https://tinyurl.com/rac8gg5> or Cuyahoga Department of Job and Family Services (216) 987-8433.



SMALL BUSINESS RELIEF

Small businesses and nonprofits in Ohio that have been affected by the pandemic can apply for emergency loans from the U.S. Small Business Association. Call 1-800-659-2955 or visit www.SBA.gov/Disaster for more information. For support applying please contact:

- » Hispanic Business Center at (216) 281-4422
- » Metro West Community Development: Kristyn Zollos at KZollos@metrowestcle.org or (216) 961-9073
- » Asian Services in Action: Susan Wong at susan.wong@asiaohio.org or (216) 881-0330 ext 8820
- » Economic & Community Development Institute (ECDI) at (216) 912-5655

失业救济金和财务准备

如果雇主在COVID-19疫情期间没有提供安全空间, 首先要求采取纠正措施, 并要求执行州长DeWine的安全要求。

如果未进行纠正, 则联系您当地的职业安全与健康管理局(OSHA)办事处并提交投诉。OSHA拥有举报保护政策, 该政策禁止雇主因员工提出与安全健康状况有关的问题而对员工进行报复。

- » 克利夫兰地区办事处: (216) 447-4194

请致电(877) 644-6562, 申请州失业救济金。电话开放时间为周一至周五(节假日除外)上午8点-下午5点。可随时访问www.unemployment.ohio.gov在线申请。

如在申请时需要支持, 请联系: *(几乎任何语言的语言支持)*

- » 西班牙裔美国人委员会, 电话为(216) 961-2100
- » Asian Services in Action, 电话为(216) 881-0330

正在寻找工作? Greater Cleveland Partnership提供更新的公司招聘列表: <https://tinyurl.com/qrwvh8h>

如果您受到了COVID-19疫情的影响(如果您无法上班而失去了工资, 因学校停课而产生额外的儿童托管费用, 或者医疗费用), 则可向俄亥俄州东北部的HFLA申请最高1200美元的紧急无息贷款。

致电216-378-9042申请贷款。要申请贷款, 请致电216-378-9042。

社区金融中心提供财务辅导, 并可支持个人和家庭做出合理的财务决策。要安排预约, 请致电(216) 453-1445。

儿童托管

如果您的工作被认为非常重要, 并且您需要儿童托管服务, 则有特别许可的儿童托管机构开门营业。请访问<https://tinyurl.com/rac8gg5>, 或者致电Cuyahoga工作和家庭服务部, 电话为(216) 987-8433。

小企业救济

已受此次疫情影响的俄亥俄州小企业和非营利机构可向美国小企业协会申请紧急贷款。有关更多信息, 请致电1-800-659-2955, 或者访问www.SBA.gov/Disaster。如在申请时需要支持, 请联系:

- » 西班牙裔商业中心, 电话为(216) 281-4422
- » Metro West Community Development: Kristyn Zollos, 电子邮件为KZollos@metrowestcle.org, 电话为(216) 961-9073
- » Asian Services in Action: Susan Wong, 电子邮件为susan.wong@asiaohio.org, 电话为(216) 881-0330转8820
- » Economic & Community Development Institute (ECDI), 电话为(216) 912-5655

To find additional food, job, housing, childcare and financial resources, call United Way 2-1-1 HelpLink. 2-1-1 is available 24/7 and they offer help in many different languages.

Please note that many people are calling 2-1-1 right now, so you may need to stay on hold or request a call back; they suggest calling between 8 a.m. and 5 p.m. for shorter wait times.

源, 请致电United Way 2-1-1 HelpLink。2-1-1全天候开放, 他们以多种不同语言提供帮助。

请注意, 许多人现在正在拨打2-1-1, 因此您可能需要等待或请求回电; 他们建议在上午8点至下午5点之间打电话, 以缩短等待时间。



VOTE & TAKE THE CENSUS

Questions? Call the census hotline at **844-2020-API** for support in English & other languages.

OHIO VOTES: Don't Lose Your Voice, VOTE!

The Ohio General Assembly has put in place a plan that will allow all Ohioans to continue voting by mail until April 28.

- » No in-person voting at polling locations.
- » Only those registered to vote by the primary deadline of February 18, 2020 are eligible to vote.
- » Absentee Ballot Request Deadline: Noon, Saturday, April 25, 2020.
- » Ballots must be postmarked by: Monday, April 27, 2020.
- » All votes already submitted by mail or in-person will be counted.

Request a vote-by-mail application online at www.boe.cuyahogacounty.us or via phone at 216-443-VOTE (8683).

OHIO COUNTS: The 2020 Census is Here!

The census is a count of people living in the country that occurs every 10 years in the United States regardless of citizenship or immigration status. Most importantly, the census is used to distribute billions in federal funds to local communities like yours.

Responding to the census is quick and simple:

- » **You can respond online.** The Census Bureau will send you instructions in mid-March 2020. Go to the official census website, enter your household ID, and then answer the questions.
- » **You can respond by phone.** Call the Census Bureau to answer the census by phone and ask questions about the census.
- » **You can respond by mail.** The Census Bureau will mail you a paper questionnaire that you can fill out and return by mail.

For more information visit www.ohiocensus.org.

投票并进行人口普查

问题? 请致电人口普查热线**844-2020-API**, 获取英语和其他语言支持。

俄亥俄州投票: 不要沉默, 请投票!

俄亥俄州大会已制定了一项计划, 该计划将允许所有俄亥俄州人通过邮寄方式继续投票, 直到4月28日为止。

- » 不要亲自到投票站投票。
- » 只有在2020年2月18日主要截止日期之前已进行了投票登记的人才资格投票。
- » 缺席选票请求截止日期: 2020年4月25日星期六中午。
- » 选票的邮戳日期必须截止到: 2020年4月27日星期一。
- » 已通过邮寄方式或亲自提交的所有选票都将计算在内。

请登录www.boe.cuyahogacounty.us或致电216-443-VOTE (8683)提出以邮寄方式投票的申请。

俄亥俄州计数: 2020年人口普查开始了!

人口普查是美国每10年进行一次的国内居民计数, 无论公民身份或移民身份如何均计算在内。最重要的是, 人口普查用于向像您这样的地方社区分配数十亿美元的联邦资金。响应人口普查快速而简单:

- » **您可以在线回答。**人口普查局将于2020年3月中旬向您发送相关说明。请转到官方人口普查网站, 输入您的家庭ID, 然后回答问题。
- » **您可以通过电话回答。**请致电人口普查局, 通过电话回答人口普查问题, 以及提出有关人口普查的问题。
- » **您可以通过邮寄方式回答。**人口普查局将向您邮寄一份纸质问卷, 您可以在填写完成后通过邮寄方式返回。

有关更多信息, 请访问www.ohiocensus.org。

如果您看到任何歧视事件, 请大声喝止并举报。可报警以及通过(216) 579-9600向反诽谤联盟报告事件。

我们团结一致, 坚决反对针对华人和亚裔任何形式的种族主义。有关COVID-19的歧视性评论和有害的刻板印象导致了针对华人和亚裔的暴力辱骂等仇恨、排外、歧视事件增加。我们谴责肇事者的这种懦夫行径, 我们不会容忍这种行径。

团结起来, 反对歧视

Speak out against and report any hate incidents if you see them. Incidents can be reported to the police and to the Anti-Defamation League at (216) 579-9600.

We stand in social solidarity against hate, xenophobia, and racial targeting of ethnic Chinese and Asian Americans due to harmful stereotyping about COVID-19. The false belief that individuals are contagious because they are ethnic Chinese or Asian American is resulting in harassment, assaults, and destruction of property against Asian Americans. We condemn these cowardly actions by perpetrators, and they will not be tolerated.



STAND TOGETHER AGAINST DISCRIMINATION

Address Block
12345 Street Drive
Place, ST 22222

