

## Corona Virus / COVID-19 Resources

We are ALL going through this challenging time and the threat of “Corona Virus” or “Covid19”.

We need to remember that we are luckier than thousands if not millions of people around the world at least we have running water, lights, hopefully governmental help, resources, and modern technology that can help us still stay in touch on Facetime or video conferencing, and working etc.

Though, I know that some of us will suffer more than others due to the business interruptions and the quarantines either self-imposed or mandated.

Only if we stand together we can overcome this, this will not go away tomorrow or the day after – it will take a while.

Only if we #standunited we can overcome this!

### **BUSINESS OWNER PREVENTION CHECKLIST:**

**As a business owner, it’s important to do EVERYTHING you can to help protect yourself and your clients from the spread of the Coronavirus.**

We need to choose to be leaders, so we can assist others the right way instead of waiting and keep depending on others and that help, or assistance might never be available.

- 1- If you are a business that needs to stay open: Make sure that you limit close contacts with your clients
- 2- Use gloves even if they are the surgical kind
- 3- Wear masks especially if you feel you are not feeling well. Yes, the masks do not help much but at least they might prevent even a small percentage.
- 4- Have hand sanitizers or disinfectant wipes available
- 5- Do not hug or handshake
- 6- Keep social distancing 6 feet at least
- 7- Look for free resources like from the SBA, SBDC, SCORE that have been advised to help in these times



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- 8- Take this time to re-think about all the projects, expansions, new ideas or new products that you always wanted to do but never had time to do.
- 9- If you feel sick, stay home, if anyone from your staff shows any sign of sickness – send them home
- 10- If you feel any flu symptoms, call your Doctor immediately

In general, you can follow some of the same tips mentioned above, and:

- 1- Stay home if you can and conduct your business virtually
- 2- Practice social distancing
- 3- Ask that people avoid wearing their street shoes into your house, business, or workout spaces. This can help avoid tracking in any germs or bacteria. Please bring a separate pair of sneakers that you only wear inside, or have shoe covers to wear.
- 4- Practice air-high-fives, elbow bumps or even foot bumps for right now!
- 5- Sleep well and for at least 7 hours
- 6- Take care of your immune system, eat well, increase vegetables and fruits high in Vitamin D, eat a healthy diet packed with vegetables, and low in red meat and refined foods, particularly sugar
- 7- Stay hydrated. Drinking enough water makes it easier for your cells to do their job – plus allows your body to more easily process food and eliminate waste. Shoot for at least 8 8-ounce (240 ml) glasses a day
- 8- Do not live in continuous fear or worry, stress reduces your immune system, so you are hurting yourself
- 9- Avoid public transportation if possible
- 10- Avoid touching your face period or at least if you haven't washed your hands
- 11- Wash your hands for at least 20 seconds or longer with soap
- 12- Limit non-essential travel
- 13- Get some fresh air and try to exercise even in door
- 14- Practice meditation or at least deep breathing exercises



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15-Wipe down any surfaces you come into contact with, disinfect your hands with an alcohol-based sanitizer

16-No need to hoard anything, especially toilet paper, the virus DOES NOT cause diarrhea.

17-Think about others that might need some of the supplies that you are hoarding for their little child or their aging parents

Being young, doesn't mean that you are immune, you might not be showing symptoms, but you can infect others if you have been exposed to the virus either you are conscious about it or not

While we do NOT want to cause any panic or fear, it's important to be on top of the situation and take the necessary steps to keep yourself and your members healthy.

## **These are few resources**

Keep Checking this page on my website:

- <https://www.saharconsulting.com/coronavirustips>

OR

- <https://www.reinventyourselftogreatness.com/coronavirustips>
- **Products with EPA-Approved eEmerging Viral Pathogen Claims** that are expected to be effective against COVID-19 based on data for harder to kill viruses.  
[www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2?fbclid=IwAR017te4Gv6btcbYerOZPtXRx0Lx\\_Z3jOFpxTffljYjfyviQ\\_ZQpQff799c](http://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2?fbclid=IwAR017te4Gv6btcbYerOZPtXRx0Lx_Z3jOFpxTffljYjfyviQ_ZQpQff799c)
- **CDC Coronavirus “Protect Your Health”**  
<https://www.cdc.gov/coronavirus/2019-ncov/protect/prevent.html>
- **CDC Coronavirus “What You Should Know”**  
<https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>
- **LA COUNTY PUBLIC HEALTH DEPARTMENT**  
<http://publichealth.lacounty.gov/?fbclid=IwAR0lioRGV0vSZiRAHMyVDfHr209XZU-VqiEh3nvcwWhH2qIZES5JIDT1YjU>



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- **Mayor Garcetti- City of Los Angeles page:**  
<https://www.lamayor.org/mayor-garcetti-issues-temporary-restrictions-help-slow-spread-novel-coronavirus-protect-public>

## **Thank you Go Daddy for gathering much of this list**

From federal health advisories to local organizations offering must-know coronavirus info, here are some best practices for bookmarking resources that can help you, your employees, your customers and your community manage better through the COVID-19 pandemic.

The resources outlined below are not exhaustive and will be regularly updated.

## **Follow preventative health guidelines**

Take to heart [these big-picture preventative health tips](#) from health organizations.

- [Daily COVID-19 updates from the World Health Organization \(WHO\)](#)
- [The Centers for Disease Control and Prevention \(CDC\) Coronavirus resource site](#)
- [The National Institutes of Health \(NIH\) Coronavirus resource site](#)

## **Curate helpful federal, state and local coronavirus info**

Bookmark federal, state and local government and business groups with information that might affect your business. These include:

- [House Small Business Committee](#)
- [U.S. Small Business Administration \(SBA\) coronavirus resource page](#)
- [SBA's Economic Injury Disaster Loans](#): This program provides small businesses with working capital loans of up to \$2 million “to help overcome the temporary loss of revenue they are experiencing.”

## **Disaster / Financial Support from SBA:**

3 -Step Disaster Loan process:



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- [https://disasterloan.sba.gov/ela/Documents/Three\\_Step\\_Process\\_SBA\\_Disaster\\_Loans.pdf](https://disasterloan.sba.gov/ela/Documents/Three_Step_Process_SBA_Disaster_Loans.pdf)

Link for Apply For a Disaster Loan:

<https://disasterloan.sba.gov/ela/Information/ApplyOnline>

SBDC Covid-19 Webpage:

<https://smallbizla.org/covid19-response-guide/>

- [SBA Guidance for employers to plan and respond to COVID-19.](#)

## State Support

- *Employment Development Department (EDD)* - Reduced Work Hours - Unemployment Insurance Work Sharing Program - alternative to layoffs. [Employer Info](#)
- EDD Tax Assistance - request a 60 day extension to file payroll and more. Call the EDD Taxpayer Assistance Center 1-888-745-3886 (toll-free). [More from EDD>>>](#)
- *CA Infrastructure and Economic Development Bank (IBANK)*- Disaster Relief Loan Guarantee Program (DRLGP), [Jump Start Loan Program and more.](#)
- *Department of Industrial Relations*- [Cal/OSHA Guidance on Requirements to Protect Workers from Coronavirus.](#) Review the Aerosol Transmissible Diseases (ATD) and required protection.
- [National Federation of Independent Business \(NFIB\) coronavirus resources](#)
- [National Small Business Association \(NSBA\)](#)
- [U.S. Chamber of Commerce: Combatting the Coronavirus — Resources & Guidelines for Business](#)
- [U.S. Department of Labor: Coronavirus Resources](#)
- **State and local small business associations.** Search the [SBA's Local Assistance guide](#) for business resources near you. [SCORE](#) is also sharing coronavirus resources on the organization's homepage.
- **State and local chambers of commerce.** [Find your local chamber of commerce.](#)
- **State and local health officials.** [According to the U.S. Chamber of Commerce:](#)



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**“The intensity of an outbreak may vary by location, and local health officials will be issuing guidance specific to their communities. Employers should learn about the plans in place in each community where they have a business.”**

**Find coronavirus tips and insights for your industry**

Gather industry-specific resources that can help your kind of business navigate through the coronavirus crisis. Here are some starters:

- List of [trade associations](#).
- **National Association for Homecare & Hospice:** [Coronavirus Resources for Home Care & Hospice](#)
- **National Association of Realtors®** [Coronavirus guide](#)
- **National Council of Nonprofits:** [The Nonprofit Community Confronts the Coronavirus](#)
- **National Electrical Contractors Association:** [Coronavirus Resource Center](#)
- **National Restaurant Association’s** [Coronavirus Information and Resources page](#)
- **National Retail Federation:** [Coronavirus Resources for Retailers](#)
- **Society of Professional Journalists:** [Coronavirus \(COVID-19\) announcements, information and resources](#)
- **The Global Association for the Attractions Industry:** [IAAPA Member Resources for Coronavirus \(COVID-19\)](#)
- **World Tourism Organization:** [Tourism and Coronavirus Disease](#)