

Staying Current on COVID-19
Handout for Oakmont Futures Club - March 25 , 2020

1. Oakmont

- a. OVA - <https://oakmontvillage.com/>
 - i. How to register for the OVA website
 - 1. Click on “Register” then “Member Signup”
 - 2. You will need your OVA electronic pass
 - a. Enter the first 7 digits on the back as your account
 - b. Any questions, watch the video on this page
 - 3. If you need help, email colin@oakmontvillage.com
 - ii. How to regularly get the E-Blast and other announcements
 - 1. Sign into the OVA website with the email/password from step 1
 - 2. Click on “News”
 - 3. There is a place to sign up on this page
- b. Register for NextDoor for Oakmont here:
<https://nextdoor.com/neighborhood/oakmontvillagesantarosa--santa-rosa--ca/>
- c. How to find out about your local COPE or Map Your Neighborhood group
 - i. COPE- call Sue Hattendorf at 539-2543
 - ii. MYN - email Katy Carrel at mynoakmont@gmail.com

2. Santa Rosa and Sonoma County

- a. Press Democrat - @NorthBayNews
 - i. General website - <https://www.pressdemocrat.com/>
 - ii. Coronavirus - <https://www.pressdemocrat.com/topics/?t=Coronavirus>
 - iii. Subscription page - <https://subscribe.pressdemocrat.com/>
- b. Radio and TV
 - i. KRCB (Channel 22) - <https://norcalpublicmedia.org/>
 - ii. KSRO (94.5, 103.5) - <https://www.ksro.com/get-ksro-on-your-radio/>
- c. Sonoma County - @CountyofSonoma
 - i. What to do if you feel sick? - **See the last page of this handout**
 - ii. Resources for Seniors in the County -

<https://socoemergency.org/emergency/novel-coronavirus/resources-information/resources-for-seniors-and-vulnerable-populations-during-shelter-in-place/>

- iii. Coronavirus site -

<https://sonomacounty.maps.arcgis.com/apps/MapSeries/index.html?appid=21a1653b79ba42039ff22bcb85fa5b19>

3. Alerts

a. NIXLE Alert

On your cell phone, enter your zip code and send it to 888777.

You will receive notices from both Sonoma and Napa counties. Napa is important, since “West Napa” is the other side of Hood Mountain, and you definitely want to know if there’s something going on there!

b. SoCo Alert (Sonoma County Alert) - @SonomaCo_Dem

Go to <https://socoemergency.org/home/prepare/stay-informed/socoalert/>

Scroll down to “Sign Up for SoCoAlert” and click on it. You should include both your “home” phone and your cellphone if you have different numbers.

You will receive county alerts. These are provided by text and by phone.

4. Bay Area

a. San Francisco Chronicle - @sfchronicle

i. Free daily update - <https://www.sfchronicle.com/coronavirus/>

ii. Coronavirus map - <https://projects.sfchronicle.com/2020/coronavirus-map/>

b. Radio and TV

i. KCBS (740 AM)

ii. KTVU (Fox); KNTV (NBC); KPIX (CBS); KGO (ABC)

5. National

a. Washington Post - <https://www.washingtonpost.com/coronavirus/> (free)

b. Johns Hopkins University - <https://coronavirus.jhu.edu/>

c. Johns Hopkins map - <https://coronavirus.jhu.edu/map.html>

d. Google - <https://www.google.com/covid19/>

6. Twitter

For the most up-to-the-minute information “follow” these official reputable sources by adding them to your Home timeline:

@CDCgov and/or @CDCemergency - credible health & safety updates

@CAL_OES - CA Governor’s office of emergency services

@CountyofSonoma - for local county info - links to SoCoEmergency

@CityofSantaRosa - dashboard tracking local cases

@NorthBayNews - Press Democrat

#COVID19 - For discussions and postings by other Twitter accounts including governors, congressmen and the general public

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If you feel sick you are supposed to call your health care provider:

Sutter Health - @SutterHealth

People who suspect they have coronavirus should schedule a video visit through Sutter Health's online web portal, which can be found [here](#). During the virtual appointment, a doctor will determine if and where a person should be tested. People who do choose to book in-person appointments should let their providers know that they're experiencing symptoms of the coronavirus prior to the visit. You can also call (866) 961-2889 daily 8 am to 6 pm

St. Joseph Health - @providence

St. Joseph Health is asking people with symptoms of coronavirus to [schedule a virtual visit](#), call their doctor's offices or reach out to the Sonoma County Health Department at 211 or 800-325-9604. St. Joseph Health offers an online coronavirus assessment tool [here](#). St. Joseph Health also has asked patients who have symptoms of coronavirus only to come to the emergency room if it's an emergency or a health care provider recommended to do so.

Kaiser Permanente - @KHNews

Kaiser Permanente is recommending that people who think they have the coronavirus first call 1-866-454-8855 to speak with a clinician. For more information, click [here](#).