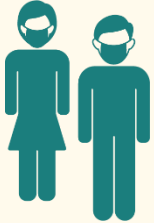


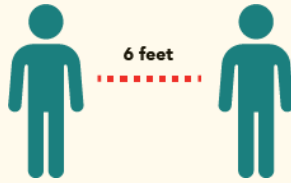
JAPANESE COMMUNITY

What you need to know now about COVID-19

Los Angeles County is safely reopening in stages. As more businesses re-open, there are important things you should continue to do:



Wear a Cloth Face Covering



Practice Physical Distancing



Frequently Wash Your Hands



Self-isolation when sick & Self-quarantine when exposed

Are you concerned about going to the emergency room or calling 9-1-1 in an emergency?



Emergency rooms and calling 9-1-1 are SAFE

Hospital emergency rooms are taking extra steps to make sure you stay safe.

Is what you're hearing from friends, family, and social media confusing?



Remember, there is NO CURE for COVID-19

Talk to your doctor about any herbs or non-prescription drugs you are taking.

Get your information from reliable places and avoid scams.

(<https://tinyurl.com/ScamJP>)

Do you have children?



Keep your well-child appointments and get your children vaccinated for other diseases.

Your doctor's offices are taking extra steps to make sure you and your family stay safe.

We are here to help

Interpretation services are available



UNEMPLOYMENT CLAIM

- For help filing an unemployment claim, call Employment Development Department: 1-800-300-5616 (English with Japanese interpretation) or the Little Tokyo Service Center (<https://www.ltsc.org/home-japanese/>): 213-473-3035 (assistance available in Japanese)

EMOTIONAL AND MENTAL HEALTH SUPPORT

- Call the Asian Pacific Counseling and Treatment Center: 213-252-2100 (request Japanese language)
- For tips on how to cope with stress: <https://tinyurl.com/MentalHJP>

FOOD, HEALTH INSURANCE, AND CASH AID

- For help with CalFRESH, Medi-Cal, CalWORKS, or General Relief (<https://tinyurl.com/GenRef>), call the Department of Public Social Services: 1-866-613-3777 (English with Japanese interpretation) or Little Tokyo Service Center (<https://www.ltsc.org/home-japanese/>): 213-473-3035 (assistance available in Japanese)

DOMESTIC VIOLENCE

- To get help, call the Center for the Pacific Asian Family (<https://tinyurl.com/DomVJP>): 1-800-339-3940, 24-hours a day (say you speak Japanese) or Little Tokyo Service Center (<https://www.ltsc.org/home-japanese/>): 213-473-3035 (assistance available in Japanese)

CONFLICT RESOLUTION

- For help, call the Asian Pacific American Dispute Resolution Center (APADRC): 1-213-250-8190 (English only)

HATE CRIMES

- To report a hate crime, go to: www.a3pcon.org/stopaapihate