

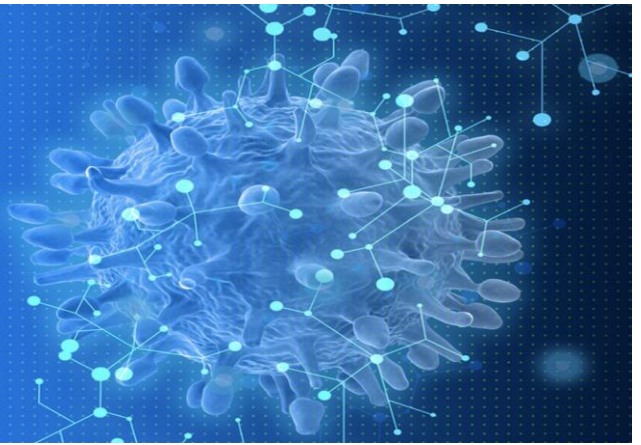


# TICK SEGERBLOM

Clark County Commissioner, District E

SPECIAL EDITION

## CLARK COUNTY DISTRICT E NEWSLETTER



### A MESSAGE FROM TICK

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During this uncertain time, I wanted to reach out to all of you and provide you with some information and resources to help. Your health, well-being, and safety is my number one priority. I am working with my colleagues at the County, as well as with our state, federal, local, and private partners throughout this time to find solutions for all of our residents.

I have put together a special edition of the newsletter with information on COVID-19 and resources to help during this time. As always, if you have questions or need assistance, please contact my office at:

**(702) 455-3503** or

[ccdiste@ClarkCountyNV.gov](mailto:ccdiste@ClarkCountyNV.gov). We are also posting regular updates on my Facebook page at: [www.facebook.com/tick4nevada/](https://www.facebook.com/tick4nevada/)



# COVID-19 RESOURCES & INFORMATION



## Southern Nevada Health District

If you have specific questions about COVID-19 you can call the Health District's info line at: **(702) 759-INFO (4636)**. Please note that if you have concerns about your health, you are encouraged to call your doctor first.



## Food Assistance: Three Square

If you need assistance finding food or are a senior (60+) in need of home-delivered groceries call the Three Square Center at: **(702) 765-4030**. You can also find food pick up locations by visiting their website at: <https://www.threesquare.org/help>



## Unemployment Insurance (DETR)

To file an unemployment claim, please call **(702) 486-0350**. You can also visit: <http://ui.nv.gov/css.html>



## Small Business Administration

The Las Vegas Global Economic Alliance is partnering with the U.S. Small Business Administration to host a disaster assistance webinar **Tuesday, March 24<sup>th</sup> at 2:00pm**. To learn more visit [LVGEA.org](http://LVGEA.org). To apply for an SBA low-interest federal disaster loan visit [sba.gov/disaster](http://sba.gov/disaster).



## Nevada 2-1-1

Nevada 2-1-1 is a free service that provides information about health and human service programs available. **Dial 2-1-1** on a touch-tone phone from anywhere in Nevada (Or call 1-866-535-5654 from anywhere).



## Essential vs. Non-Essential Businesses

If you have questions about what is considered an essential business under Governor Sisolak's order, please visit the following: <https://nvhealthresponse.nv.gov/wp-content/uploads/2020/03/3.20-Emergency-regulations.pdf>

# Coronavirus Disease 2019 (COVID-19)



## What is coronavirus disease 2019 (COVID-19)?

COVID-19 is a virus strain that has only spread in people since December 2019. Health experts are concerned because little is known about this new virus and it has the potential to cause severe illness and pneumonia in some people.

## Who is at risk?

Based on what we currently know, there are some people who are at higher risk of getting very sick from this illness. This includes older adults and people who have serious chronic medical conditions like heart disease, diabetes, and lung disease. If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

## How does COVID-19 spread?

Health experts are still learning the details about how this new coronavirus spreads. Other coronaviruses spread from an infected person to others through:



the air by coughing and sneezing



touching a surface with the virus on it, then touching your mouth, nose, or eyes



close personal contact, such as touching or shaking hands

## What are the symptoms?

People who have been diagnosed with COVID-19 have reported symptoms that may appear in as few as two days or as long as 14 days after exposure to the virus:



Fever



Cough



Difficulty breathing



Mild to severe illness

## How can I prevent getting COVID-19?

COVID-19 is a new disease and we continue to learn more about how it is transmitted from person-to-person. The CDC risk assessment will be updated as new information becomes available. Steps you can take to prevent the spread of flu and the common cold will also help prevent coronavirus:

- Wash hands often with soap and water. If not available, use hand sanitizer.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid contact with people who are sick.
- Stay home while you are sick and avoid close contact with others.
- Cover your mouth/nose with a tissue or sleeve when coughing or sneezing.



To learn more, visit [www.snhd.info/coronavirus](http://www.snhd.info/coronavirus) or [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)

