

# Be Red Cross Ready

Prepare so you can protect.



## Immigrants and COVID-19, Frequently Asked Questions

Like everyone, immigrants are worried about their health during the coronavirus disease 2019 (COVID-19) pandemic, a respiratory illness that is caused by a new virus and spreads quickly from person to person. Get accurate information from the Centers for Disease Control and Prevention (CDC) at [cdc.gov/coronavirus/2019-nCoV/index.html](https://www.cdc.gov/coronavirus/2019-nCoV/index.html).

Below are answers to some frequently asked questions. Since each community has its own approach, check the availability of services and resources in your area.

### How can I protect myself and my loved ones?

- For information about how to protect yourself and your loved ones from COVID-19, see [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html). Content is available in English, Spanish, Chinese, Vietnamese and Korean.

### Will getting tested or treated for the coronavirus (COVID-19) affect my immigration status?

- No. Your medical information is confidential. Your doctor may not share it with immigration officials. Also, the federal government recently announced that it will not consider testing or treatment related to COVID-19 in a public charge inadmissibility determination, even if Medicaid covers the health care services.

### What should I do if I think I have COVID-19?

- For detailed information about what to do if you are sick, see [cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html). Content is available in English, Spanish, Chinese, Vietnamese and Korean.
- According to the CDC, the most common COVID-19 symptoms include fever, shortness of breath or a cough. Symptoms may appear 2-14 days after exposure.
- If you are sick or not feeling well, help protect other people in your home and community by staying home to avoid getting others sick.
  - Call a health care provider for medical advice. If you do not have a healthcare provider, there may be local resources available, but if there are none available, seek care at a medical facility and follow their advice. *Always call ahead before visiting a doctor or a medical facility and tell them your symptoms.*
  - At home, as much as possible, you should stay in a specific "sick room" and away from other people in your home to protect other members of your household.
- Know that the U.S. Congress recently approved additional funding to pay for COVID-19 testing for anyone who is uninsured and is not covered by Medicaid, the Children's Health Insurance Program (CHIP), the Affordable Care Act

(ACA) marketplace, or any other individual or group health plan. The funding will pay for testing at *some* community health centers, outpatient clinics and doctors' offices.

- Immigrants can continue to access services at community health centers, regardless of their immigration status, and at a reduced cost or free of charge, depending on their income. Call first to find out the availability and cost of COVID-19 screening and testing. Health centers may do patient assessments over the phone or by using telehealth.
- Find contact information for state, local and tribal governments and agencies at [usa.gov/state-tribal-governments](https://www.usa.gov/state-tribal-governments). This government directory is available in English and Spanish.
- Find contact information for local health departments at [naccho.org/membership/lhd-directory](https://www.naccho.org/membership/lhd-directory).

### I lost my job, or my hours were cut. What can I do?

- If you have a work permit, you may apply for unemployment insurance with your state's employment department.
- While undocumented immigrants cannot receive unemployment insurance, they may be eligible for Disability Insurance or Paid Family Leave. Please check and file with your state's employment department.
- Find contact information for state, local and tribal governments and agencies at [usa.gov/state-tribal-governments](https://www.usa.gov/state-tribal-governments). This government directory is available in English and Spanish.
- Contact the HOPE Crisis Hotline to receive free virtual support from financial experts on mitigating the financial impacts of COVID-19. For assistance call: 1-888-388-HOPE (4673) or go to [OperationHOPE.org](https://www.OperationHOPE.org).

### What should I do if I need other help or food assistance?

- Your local or state social service agency provides several services. Contact your local or state social services department to find out if you qualify for assistance.

- Find contact information for state, local and tribal governments and agencies at [usa.gov/state-tribal-governments](https://usa.gov/state-tribal-governments). This government directory is available in English and Spanish.
- If you don't qualify for benefits due to your immigration status, other people in your home might. See [uscis.gov/greencard/public-charge](https://uscis.gov/greencard/public-charge) (Spanish: [uscis.gov/es/tarjeta-verde/carga-publica](https://uscis.gov/es/tarjeta-verde/carga-publica)) for more information, and seek advice from an expert to evaluate your circumstances if you are or will be subject to a public charge determination.
- Free food is available at local food pantries. Find your local food bank at [feedingamerica.org/find-your-local-foodbank](https://feedingamerica.org/find-your-local-foodbank). Different food banks have different procedures. Call first to check your food bank's requirements.
- Many school districts also offer free meals for students. Check with your school district office.
- Call 211 for community resources or see the [211 Call Center Search website](https://211.org). See [auntbertha.com](https://auntbertha.com) for other local resources. Find out if resources are available at your local Salvation Army at [salvationarmyusa.org](https://salvationarmyusa.org).

### What should I do if I suspect a scam?

- Unfortunately, scammers are taking advantage of people's fears. The Federal Trade Commission offers tips to protect you and others. There currently are no vaccines, pills, lotions or other prescription or over-the-counter products available to treat or cure COVID-19 online or in stores. For more information, see [consumer.ftc.gov/features/coronavirus-scams-what-ftc-doing](https://consumer.ftc.gov/features/coronavirus-scams-what-ftc-doing).

- Report suspected scams to your local or state department of consumer affairs.
- Find contact information for state, local and tribal governments and agencies at [usa.gov/state-tribal-governments](https://usa.gov/state-tribal-governments). This government directory is available in English and Spanish.

### Sellers are charging high prices for things like hand sanitizer and medical supplies. Is this legal?

- It is illegal for sellers to raise prices excessively for necessities after authorities declare an emergency. All consumers, including undocumented immigrants, are protected against price gouging. Report violations to your state attorney general's office, or your local or state department of consumer affairs.
- Find contact information for state, local and tribal governments and agencies at [usa.gov/state-tribal-governments](https://usa.gov/state-tribal-governments). This government directory is available in English and Spanish.

### Contact your local Office of Immigrant Affairs for help.

- Find contact information for state, local and tribal governments and agencies at [usa.gov/state-tribal-governments](https://usa.gov/state-tribal-governments). This government directory is available in English and Spanish.

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## Additional Resources

- See [cdc.gov/coronavirus/2019-nCoV/index.html](https://cdc.gov/coronavirus/2019-nCoV/index.html) for more information and resources. Content is available in English, Spanish, Chinese, Vietnamese and Korean.
- See [redcross.org/coronavirus](https://redcross.org/coronavirus) for more information and resources on COVID-19. Content is available in English, Spanish, French, Haitian, Simplified Chinese, Traditional Chinese, Korean, Vietnamese and Tagalog.
- Find contact information for state, local and tribal governments and agencies at [usa.gov/state-tribal-governments](https://usa.gov/state-tribal-governments). This government directory is available in English and Spanish.
- Find contact information for local health departments at [naccho.org/membership/lhd-directory](https://naccho.org/membership/lhd-directory).
- Find your local food bank at [feedingamerica.org/find-your-local-foodbank](https://feedingamerica.org/find-your-local-foodbank). Different food banks have different procedures. Call first to check your food bank's requirements.
- Call 211 for community resources and referrals. Or visit the national [211 Call Center Search website](https://211.org) to find the 211 information and referral center nearest you.
- Visit [auntbertha.com](https://auntbertha.com) for other local resources. Find out if resources are available at your local Salvation Army at [salvationarmyusa.org](https://salvationarmyusa.org).
- Contact the HOPE Crisis Hotline to receive free virtual support from financial experts on mitigating the financial impacts of COVID-19. For assistance call: 1-888-388-HOPE (4673) or go to [OperationHOPE.org](https://OperationHOPE.org).
- National [Disaster Distress Helpline](https://disasterdistresshelpline.org): Available to anyone experiencing emotional distress related to COVID-19. Call 1-800-985-5990 or text TalkWithUs to 66746 to speak to a caring counselor.
  - Deaf/Hard of Hearing. Text TalkWithUs to 66746. Use your preferred relay service to call the [Disaster Distress Helpline](https://disasterdistresshelpline.org) at 1-800-985-5990. TTY 1-800-846-8517.
  - Spanish Speakers. Call 1-800-985-5990 and press "2" From the 50 States, text Hablanos to 66746. From Puerto Rico, text Hablanos to 1-787-339-2663.
- If you are feeling overwhelmed with emotions such as sadness, depression, anxiety, or feel like you want to harm yourself or someone else, call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).