



# FRESNO BARRIOS UNIDOS

Advocacy • Education • Wellness

## Youth Resource Guide

### *Services in Fresno During COVID-19*

We are all learning together how to navigate this new way of living. While many things are closed, there are services that can still be accessed.

Now more than ever, it's important to take care of ourselves and those around us. Below you can find useful information regarding COVID-19, health care services, and more.

#### LEGEND



18 years and older



Fresno State Students



Fresno City College Students

#### CONTENTS

|   |    |
|---|----|
| COVID-19 .....  | 2  |
| COVID-19 & Sexual Health .....                        | 5  |
| Relationships During COVID-19 .....                   | 6  |
| Feeling Overwhelmed During COVID-19? .....            | 10 |
| Fresno Barrios Unidos Open Zoom Meetings .....        | 11 |
| Getting Confidential Health Care Services (12+) ..... | 12 |
| CLINICS .....   | 13 |
| SURVIVOR SERVICES .....                               | 14 |
| LGBTQ+ SERVICES .....                                 | 15 |
| RESOURCES FOR YOUTH IN FOSTER CARE .....              | 15 |
| MENTAL HEALTH RESOURCES .....                         | 16 |
| MISCELLANEOUS RESOURCES .....                         | 17 |

## COVID-19

COVID-19 (also known as the coronavirus) is a virus that can affect the upper respiratory tract (how we breathe).

Shelter-In-Place means stay at home unless you have an essential reason for going out.

Essential services include:

- Food (grocery stores, farmers markets, food banks, convenience stores, take-out, and delivery restaurants)
- Gas stations, pharmacies, banks, laundromats/laundry services
- Essential state and government functions, including law enforcement and offices that provide government programs and services.
- Healthcare: emergency services. If you are experiencing flu-like symptoms, please call the doctor ahead of time.

For more information on CA directives, visit [Stay home Q&A - Coronavirus COVID-19 Response](#).

See below for information from the CDC about COVID-19 prevention and symptoms.

# Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



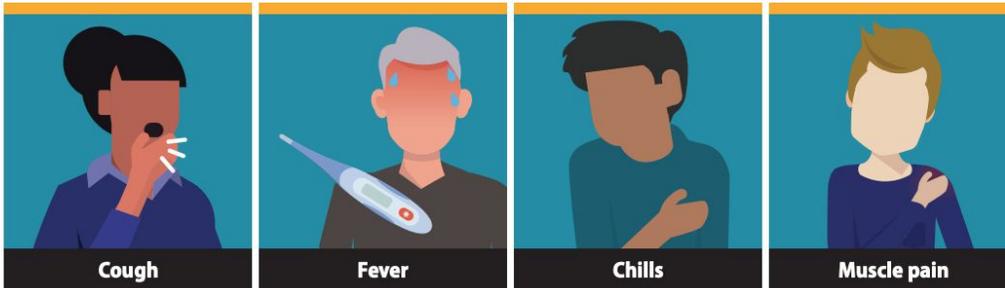
[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

316917-A May 13, 2020 11:00 AM

A

# Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

**\*Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

317142-A May 20, 2020 10:44 AM

If you are feeling symptoms or showing signs, please contact a healthcare provider. The provider can help you determine what services you need and where you can access them. Local clinics can be located on page 8. Some locations may offer COVID-19 testing. You can also register for testing at <https://lhi.care/covidtesting>.

## COVID-19 & Sexual Health

To avoid spreading the virus, avoid direct contact with others. This includes sex. COVID-19 is not considered an STI (sexually transmitted infection). However, people can get COVID-19 if they are exposed to certain bodily fluids with somebody who has the virus, which could happen during sex.

COVID-19 is spread through direct contact with saliva, mucus, and poop. During sex, people may be exposed to saliva by kissing, and to poop if somebody's mouth comes in contact with somebody's anus (AKA "rimming" or "rim job"). A [recent study](#) also found COVID-19 in the semen of people who had the infection, including those who recovered.

### If you choose to have sex, it may be safest to have sex with:

- Yourself (masturbation)
- A partner(s) you live with

Avoid having sex with somebody who is not sheltering-in-place with you. For example, if you usually have sex with people you meet on dating apps, you may want to avoid this, even if they are sheltering-in-place by themselves.

### Precautions to take during sex:

- If you or a partner(s) are not feeling well, let your body rest. This can be a time to show intimacy through caregiving rather than through sex.
- Before and after sex:
  - Wash hands with soap and warm water for at least 20 seconds.
  - Wash sex toys with soap/sex toy cleaning products and warm water.
  - Pee before and after sex to prevent UTIs (urinary tract infections). 🚽
- Use a dental dam or condom when having oral sex to reduce exposure to body fluids from your partner. (You can get free condoms at Planned Parenthood or purchase condoms at a drugstore.) To learn about dental dams, check out [this video from Planned Parenthood](#).
- Although COVID-19 has not been found in vaginal fluids and it is unclear if it can be transmitted through semen, condoms are still recommended to prevent other STIs and/or unintended pregnancy. 🍆
- Dispose of any condoms or dental dams in the garbage (never the toilet) right away after using.







## Sexting

Sexting is sending sexual messages, photographs, or videos primarily between text messaging, social media, or emails.

**ÄÄÄ 1ÄÄ** If somebody is under 18 and is sending and/or receiving photos/videos that are sexual/nude, it could legally be considered child pornography. Sexting requires consent from all people involved (see “Consent,” p. 6). Sexting is a valid form of sexual expression, but without consent, it is sexual harassment. No one should pressure others to sext or feel pressured to sext.

### **If people choose to sext, here are some things to keep in mind:**

Sender(s): Remember that once something is sent, it is out of our control. Here are some precautions to take if you choose to send a sexual message:

- Do not show your face
- Hide any birthmarks, tattoos, or other body markings that could prove it is you in the photo/video
- Be aware of what is in your background

Receiver(s): It is the responsibility of the person receiving the confidential photos/videos/messages to . . . . . The sender is consenting and trusting that you will be the only one viewing these materials. If you share/send these items without the consent of the sender, there are laws in place that can get you in trouble.

Both: Discuss what your boundaries are. What is off-limits? What app will you use? Will you delete or keep the photos? Is screenshotting okay? Remember to check in with each other to make sure everyone feels safe and comfortable, and stop sexting if someone feels uncomfortable or reverses their consent. Also, find a way to keep the photos safe and private, such as by using the “Hide” feature in the Photos app or by locking them in a private note or folder with TouchID or a password.

Remember: Even if you delete something, it’s never truly gone forever.

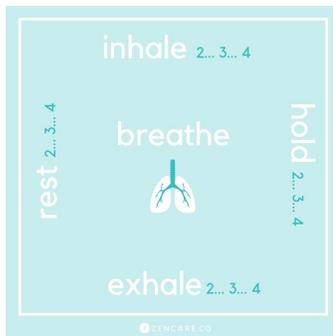
## Feeling Overwhelmed During COVID-19?

Everybody is experiencing different feelings on different days, and **all feelings are valid**. Try these tips for when you feel your emotions start to intensify:

- Do a forward-fold to help calm your emotions.



- Try a calming breathing exercise, such as square breathing: Inhale for 4 seconds, hold for 4, exhale for 4, rest for 4, and repeat. You can find more breathing exercises at [www.destressmonday.org](http://www.destressmonday.org).



- Place an ice pack or cold compress over your eyes and let it rest there for at least 15-30 seconds.
- Set boundaries ([Boundary Setting During a Pandemic](#))

Other things you can do:

- Yoga: Yoga does not require flexibility. This is a good time to connect with our bodies and yoga is a great tool to do that. YouTube has plenty of free yoga videos to choose from.
- Meditation: Meditation isn't about not thinking about anything. It is about organizing your thoughts. Find free meditation guides on YouTube as well.
- Journal: Have an extra notebook laying around? Write down what you're feeling, or find journaling prompts online.
- Create: We are all creators! Make some art for the sake of feeling good and not being good at it. Color, paint, build something with Legos. What brings you joy in creating?
- Connect with Mother Earth: Go for a walk. Take your shoes off and sit/stand/lay on the grass. Play an outdoor game.

## Fresno Barrios Unidos Open Zoom Meetings



**Womxn Empowered** is a beloved, inclusive community intended for female-identified and gender-expansive youth ages 12-24 that incorporates healing practices and cultural teachings to help young people tap into their identities and own their power to grow into powerful, strategic leaders.

Contact Jenny at [jenny@fresnobarriosunidos.org](mailto:jenny@fresnobarriosunidos.org) for more info.

RSVP at <https://forms.gle/AZKE87bwDJ25vSuj8>.

## MEN WITH HEART



**Men With Heart** brings male-identified and gender-expansive youth together for learning and action. Meetings involve learning together and using our voices and collective power to make positive change.

Contact Joseph at [joseph@fresnobarriosunidos.org](mailto:joseph@fresnobarriosunidos.org) for more info.

## Getting Confidential Health Care Services (12+)

Minors in the state of CA have the right to consent to medical services by themselves. A parent or guardian is not required for services, but if it is safe to do so, talk to a trusted adult when seeking services and resources.

When minors consent for themselves, services are kept confidential. Confidential means “intended to be kept private.” This means the doctors, nurses, and healthcare staff legally cannot share with anybody (including your family) what services you are getting.

In CA, youth of any age have the right to access:

- Birth control (inc. emergency contraception)
- Pregnancy testing and prenatal care
- Abortion services
- Rape, abuse, or assault services

In CA, if you are 12 years of age or older, you have the right to access:

- Mental health and drug or alcohol treatment
- Prevention, testing, and treatment for STIs

Visit [My School My Rights](#) and [ACLU Northern California: Know Your Rights](#) for more information.

Minors can get free or low-cost reproductive health care. Visit [Your Health Your Rights: Free or Low-cost Programs](#) for more information on health coverage.





## LGBTQ+ SERVICES

### Fresno EOC LGBTQ Resource Center

Visit: [LGBTQ Resource Center Facebook](#)

### TrevorSpace

Visit: [TrevorSpace - Online Community](#)

### Fresno State Cross-Cultural and Gender Center

Visit: [Fresno State CCGC Facebook](#)

## RESOURCES FOR YOUTH IN FOSTER CARE

Know your rights as a youth in foster care: [The Foster Youth Bill of Rights](#)

### CA Foster Youth Ombudsperson

Hotline: 1-877-846-1602  
Email: [fosteryouthhelp@dss.ca.gov](mailto:fosteryouthhelp@dss.ca.gov)  
Website: [www.fosteryouthhelp.ca.gov](http://www.fosteryouthhelp.ca.gov)

### Free Technology Programs

If you are a current or former foster youth aged 13-26 and in care on your 13th birthday, you are eligible for a free cell phone from iFoster! 📱 Fill out the Application and check out the FAQs below.

[Application](#)  
[FAQs](#)

Current and former foster youth ages 13 to 26 who are attending school can get smartphones/hotspots with unlimited data and tablets, Chromebooks, and laptops through an online survey. Stay on top of your classes no matter what!

[iFoster Online Survey](#)

A representative from iFoster will be in touch with you once you fill out the survey. Or you can also reach out to ask about their available electronics via phone call or email.

Contact iFoster at 1-855-936-7837 or [support@ifoster.org](mailto:support@ifoster.org).



## MENTAL HEALTH RESOURCES

What is a crisis?

### **Crisis Services (available 24/7)**

#### **California Youth Crisis Line**



Call or Text: 1-800-843-5200

Online Chat: [CA Youth Crisis Chat](#)

#### **National Runaway Safeline**

Call: 1-800-786-2929

Text: 66008

Crisis Email: [NRS Email](#)

Online Chat: [NRS Live Chat](#)

Online Forum: [NRS Online Forum](#)

#### **Central Valley Crisis and Suicide Prevention Hotline**

Call: 1-888-506-5991

#### **National Suicide Prevention Lifeline**

Call: 1-800-273-8255

TTY: (800) 799-4889

Online Chat: [Lifeline Chat](#)

#### **The Trevor Project**



Call: 1-866-488-7386

Text: "START" to 678678

Online Chat: [TrevorChat](#)

### **Non-emergency Services**

#### **Fresno County Behavioral Health COVID-19 Warm Line**



Call: (559) 600-9276

