

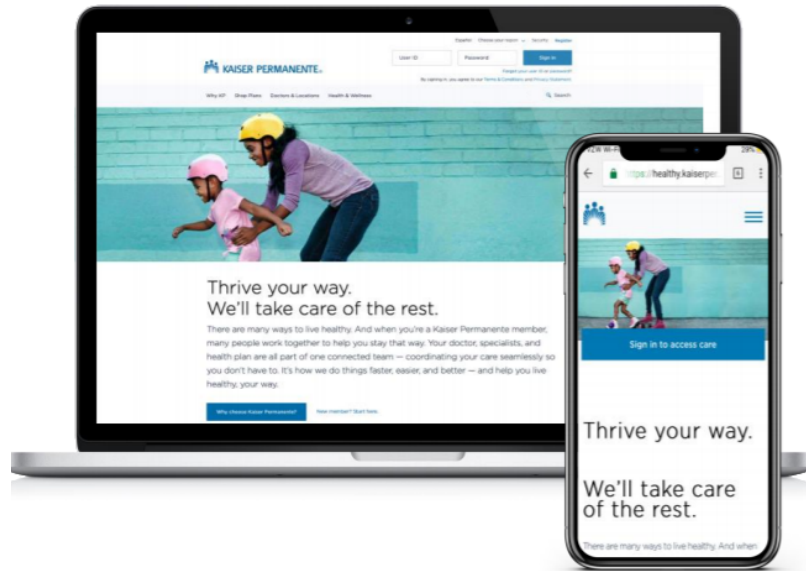
COVID-19:

How to protect yourself and get care



Stay Informed

To get **email updates** on **COVID-19**, sign in or create a kp.org account.



Helpful links

- kp.org/register to create a kp.org account and choose a doctor
- kp.org/getcare to connect with your care team and get 24/7 advice
- kp.org/rx refill to order prescriptions



Getting Care in Northern CA

You can help us continue to care for our most critically ill patients by using e-visits and phone and video appointments.



E-visit



Phone appointment



Video visit



In-Person: kp.org/getcare

New Member: kp.org/newmember.



Getting Care in Northern California

Testing currently available only with a doctor's order

- For **high-risk** patients who meet specific criteria
- **No cost-sharing** for COVID-19 screening, testing or treatment
- Public health and FDA authorized laboratories
- Pursuing testing through **KP clinical laboratories**

CONTACT US BEFORE COMING IN

Use this Link: <https://healthy.kaiserpermanente.org/health-wellness/coronavirus-information>



Emotional Wellness Support

The outbreak of the coronavirus and COVID-19 may be stressful for you and your family. Here are some resources to support your family's mental health, including how to talk to children in a reassuring way.

- [Wellness Resources](#) — A broad range of self-care resources, including apps, audio activities, articles, and more.
- [Manage Anxiety & Stress](#) — CDC resource on managing mental health and coping during COVID-19 for children and caregivers.
- [Talking to Kids About the Coronavirus](#) — Suggestions from a Kaiser Permanente physician for talking to young people about COVID-19.

Everyone needs support for total health — mind, body, and spirit. Digital tools can help you navigate life's challenges, make small changes that improve sleep, mood, and more, or simply support an overall sense of well-being.

Digital tools for emotional wellness



Thoroughly evaluated by Kaiser Permanente clinicians



Easy to use and proven effective



Safe and confidential

Explore activities and techniques that can benefit anyone — either as self-guided self-care or complements to clinical support. They're not intended to replace treatment or advice, but they can help you build resilience, set goals, and take meaningful steps toward becoming a healthier, happier you.



myStrength

myStrength is a personalized program that includes interactive activities, in-the-moment coping tools, inspirational resources, and community support. You can track preferences and goals, current emotional states, and ongoing life events to improve your awareness and change behaviors.

Helps with: Depression | Anxiety | Sleep | Stress | Substance abuse | Chronic pain