

## **ADDITIONAL SERVICES:**

### **COUNSELING/THERAPY/HEALTH:**

El Paso Community Mental Health Center  
(915)779-1800  
1-877-562-6467

Rio Vista Behavioral Health Treatment Center  
1390 Northwestern Dr.  
El Paso, TX  
(915)0745-7667

University Medical Center  
4824 Alberta Ave.  
El Paso, TX 79905  
(915)521-2220

San Vicente Family Health Center  
8061 Alameda Ave.  
El Paso, TX 79915  
(915)859-7545

Centro De Salud Familiar La Fe  
700 S. Ochoa  
El Paso, TX 79901  
(915)546-4008  
(income-based clinic)

Centro De Salud Familiar La Fe  
700 S. Ochoa  
El Paso, TX 79901  
(915)546-4008  
(income-based clinic)

Child Adolescent Wellness  
721 S. Ochoa St.  
El Paso, TX. 79901  
(915)545-7090

NAMI El Paso  
(915)778-5726

### **PROTECTIVE SERVICES:**

El Paso Child Protective Services  
(915)542-4535  
(After Hours)  
800-252-5400

EP COVID-19 Information Hub  
<https://www.epcovid19.org/>

## **CRISIS SERVICE HOTLINES:**

Child Abuse National Hotline  
1-800-252-2873  
1-800-422-4453

NAMI Support Hotline  
(800)950-6264

National Domestic Violence Hotline  
1-800-799-7233

Nationwide Crisis Line  
1-877-562-6467

National Suicide Prevention Hotline  
1-800-273-8255  
(or Google them for a chat)

APA Pandemic Hotline  
1-855-682-8302

### **SUBSTANCE TREATMENT:**

Alcoholics Anonymous  
(915)562-4082

Narcotics Anonymous  
(800)249-9428

Recovery Alliance  
(915)594-7000

Aliviane Treatment Resources for Youth  
(915)775-2501

### **FOOD BANK/HOMING SERVICES**

El Paso County General Assistance  
6314 Delta Dr.  
El Paso, TX 79905  
(915)546-8150

Opportunity Center for the Homeless  
1208 Myrtle Ave  
El Paso, TX 79901  
(915)577-0069

El Paso Comfort Keepers  
5927 Gateway Blvd W, Ste A  
El Paso, TX 79925  
(915)842-8195

The El Paso Coalition for the Homeless  
6044 Gateway East, Suite 211  
El Paso, TX 79905  
(915)843-2170

# COVID-19 RESOURCE GUIDE

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## Walking Paths For Staying Active

- Chuck Heinrich- MLK at Loma Casitas
- Edgemere Median Linear Trail- Airway to Hawkins
- Mesa Drain Linear Trail- 2085 Shreyna St.
- Mesquite Trails Linear Park- 1526 Snowy Plover
- Raynolds Median Linear Trail- Hastings to La Luz
- Rim Road Linear Park- Kansas to Brown
- Riverbend Trail- Turnstone Drive and Frontera Road
- Rio Grande North Linear Trail- Country Club to Borderland
- Three Hills Loop Trail- 7400 High Ridge, Westside Community
- Ojo de Agua Linear Trail- 900 Via Descanso
- Scenic Drive Linear Trail- Rim to Wheeling
- Thousand Steps- Stanton north of Vaquero
- Jan Sumrall Memorial- Thunderbird north of Singing Hills
- Lazy Cow- End of Officer Andrew Barcena Dr.
- Lost Dog- Redd at Helen of Troy
- Round House- MLK 1.3 miles North of Loma Real

## COVID-19 Scams

Beware of fake text messages, phone calls, emails, etc. requesting personal information to receive your stimulus check. The IRS will calculate and automatically send the economic impact payment to those eligible.

Scammers or scamming companies use illegal robocalls to profit from COVID-19 related fears posing as IRS or Medicare. Visit the Federal Trade Commission's website to hear about scam calls:

<https://www.ftc.gov/coronavirus>

## How to wear a mask

The CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain. The CDC also recommends the use of face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.

### Cloth face coverings should—

- fit snugly against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be machine dried without damage or change to shape
- should be routinely washed depending on frequency of use

## Blood Donation

CSL Plasma  
2200 N Yarbrough Dr. Suite K, El Paso, TX 79925  
(915)201-2908  
Monday-Friday 7:00AM-8:00PM  
Saturday-Sunday 8:00AM-5:00PM

Telecris Plasma  
3515 Alameda Ave, El Paso, TX 79905  
(915)351-0920  
Monday-Friday 8:00AM-5:00PM  
Saturday 6:30AM-4:00PM  
Sunday 6:30AM-3:00PM

Vitalant (Zaragoza)  
1338 N Zaragoza Rd, El Paso, TX 79936  
(915)544-5422  
Monday 12:00PM-6:00PM  
Tuesday-Wednesday 10:00AM-5:00PM  
Thursday 12:00PM-6:00PM  
Friday 8:00AM-2:00PM  
Saturday 8:00AM-3:00PM  
Sunday- CLOSED

Vitalant  
424 S Mesa Hills Dr, El Paso, TX 79912

(915)544-5422  
Monday 12:00PM-6:00PM  
Tuesday-Wednesday 10:00AM-5:00PM  
Thursday 12:00PM-6:00PM  
Friday 8:00AM-2:00PM  
Saturday 8:00AM-3:00PM  
Sunday- CLOSED

Plasma Center  
3515 Alameda Ave, El Paso, TX 79905  
(915)351-0920  
Monday-Friday 6:30AM-7:30PM  
Saturday 6:30AM-4:00PM  
Sunday 6:30AM-3:00PM

## **How to Protect Yourself and Others**

### **Know how it spreads**

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person. It has been found that the symptoms are very similar to the flu. The virus is thought to spread mainly from person-to-person.
- People who do experience symptoms should quarantine for 14 days in order to not spread the virus to others.

- » Between people who are in close contact with one another (within about 6 feet).
- » Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- » These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- » Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

### **Everyone should:**

#### **Clean your hands often**

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

#### **Avoid close contact**

- Stay home if you are sick.
- Avoid close contact with people who are sick.
- Put distance between yourself and other people.

- » Remember that some people without symptoms may be able to spread virus.
- » This is especially important for people who are at higher risk of getting very sick.

### **Cover your mouth and nose with a cloth face cover when around others**

- Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.

• Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

#### **Cover coughs and sneezes**

- If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

#### **Clean and disinfect**

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets,
- If surfaces are dirty, clean them: **Use detergent or soap and water prior to disinfection.**
- Then, use a household disinfectant. You can see a list of EPA-registered household disinfectants here.

### **Symptoms:**

#### **Most common symptoms:**

- Fever
- Tiredness
- Dry cough

#### **Less common symptoms:**

- Aches and pains
- Sore throat
- Diarrhea
- Conjunctivitis
- Headache
- Loss of taste or smell
- a rash on skin, or discoloration of fingers or toes

#### **Serious symptoms:**

- Difficulty breathing or shortness of breath
- Chest pain or pressure
- Loss of speech or movement

For information regarding COVID-19 & how to get tested:

City of El Paso Department of Public Health  
5115 EL Paso Dr  
El Paso, TX 79905-2818  
Phone: (915) 212-0200

Main phone (see locations below)  
915.887.3410  
[ehnepstrong.org](http://ehnepstrong.org)  
[www.emergencehealthnetwork.org](http://www.emergencehealthnetwork.org)

EHN East Valley Clinic  
2400 Trawood  
Suite 301 A  
Monday – Friday  
12:15 – 1:15 p.m.  
5:30 – 7:00 p.m.

EHN Child/Adolescent Clinic  
8500 Boeing Dr.  
Monday – Friday  
12:15 – 1:15 p.m.  
5:30 – 7:00 p.m.  
Saturday's  
11:00 – 12:30 p.m.

UMC West Clinic  
6600 N. Desert Blvd.  
Monday – Friday  
12:15 – 1:15 p.m.  
5:30 – 7:00 p.m.  
Saturday's  
11:00 – 12:30 p.m.

El Paso Psychiatric Center  
4615 Alameda Ave.  
Monday – Friday  
12:15 – 1:15 p.m.  
5:30 – 7:00 p.m.  
Saturday's  
11:00 – 12:30 p.m.

Atlantis Health Services  
6028 Surety Dr.  
Monday – Thursday  
5:30 – 7:30 p.m.  
Friday's  
1:30 – 2:30 p.m.  
Saturday's  
11:00 – 12:30 p.m.

» Seek immediate medical attention if you have serious symptoms. Always call before visiting your doctor or health facility.

» On average it takes 5-6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.

MedPost Urgent Care (Viscount)  
9100 Viscount Blvd El Paso, TX 79925  
(915)594-4475  
8:00AM-8:00PM  
\*Appointment not required but encouraged\*

MedPost Urgent Care (Zaragoza)  
1801 N Zaragoza Rd, El Paso TX 79936  
(915)249-3106  
8:00AM-8:00PM  
\*Appointment not required but encouraged\*

MedPost Kids Urgent Care (Edgemere)  
12371 Edgemere Blvd #207, El Paso TX 79938  
(915)856-0008  
8:00AM-8:00PM  
\*Appointment not required but encouraged\*

MedPost Urgent Care (Sunland)  
601 Sunland Park Dr, El Paso, TX 79912  
(915)577-8223  
8:00AM-8:00PM  
\*Appointment not required\*

Md Kids Pediatrics Health Network  
4659 Cohen Ave suite B, El Paso, TX 77039  
(915)217-1140  
8:30AM-5:00PM  
\*Appointment Required\*

CVS  
1780 Lee Trevino Dr, El Paso TX 79936  
(915)599-9000  
24hours  
\*Appointment Required\*

CVS  
12051 Tierra Este Rd, El Paso, TX 79938  
(915)921-6302  
8:00AM-10:00PM

Walgreens Drive-Thru Testing  
100 N. Americas Ave, El Paso, TX 79907  
(800)925-4744  
\*Appointment Required\*

Walmart Mobile Testing (Zaragoza)  
1850 N Zaragoza Rd, El Paso TX 79936

(915)855-6405  
7:00AM-8:30PM  
\*Appointment Required\*

CareNow Urgent Care – West El Paso  
7845 N Mesa Suite A, El Paso, TX 79932  
(915)206-4690  
8:00AM-6:00PM  
\*Appointment not required but encouraged\*