

MACARTHUR PARK ZINE

COMMUNITY HEROES



**Protect your community
from COVID-19**

Welcome to Community Heroes, a collaborative effort to help MacArthur Park stay safe and healthy during the COVID-19 pandemic!

The zine in your hands was produced by students from Art Division under the guidance of artists and staff from USC Fisher Museum of Art and the USC Roski School of Art and Design. Our objective is to make us all superheroes, empowering MacArthur Park and Westlake residents with the tools and knowledge to combat the spread of the virus.

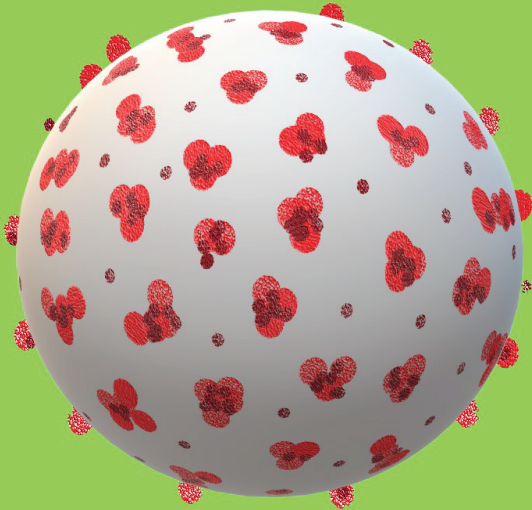
Our neighborhood is home of a large community of immigrants from Mexico, Central and South America. Many of us are essential workers. Many of us have family members who place themselves at risk every day to help others.

Through art, Community Heroes provides essential health and safety information to protect the people that we care about.

From your neighbors with love

Project Lead: Maria Galicia
Teaching Artist: Jose Guadalupe Sanchez III
Student Artists: Dennice Blas,
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Alex Gonzalez, Vanessa Melesio,
Enrique Sanchez, and Guillermo Perez.

03



El Virus

WHAT WE KNOW ABOUT COVID-19

It can affect your **LUNGS,**
AIRWAYS, and in some cases
CAN BE FATAL.

Older adults and anyone with underlying
medical conditions have a higher risk.

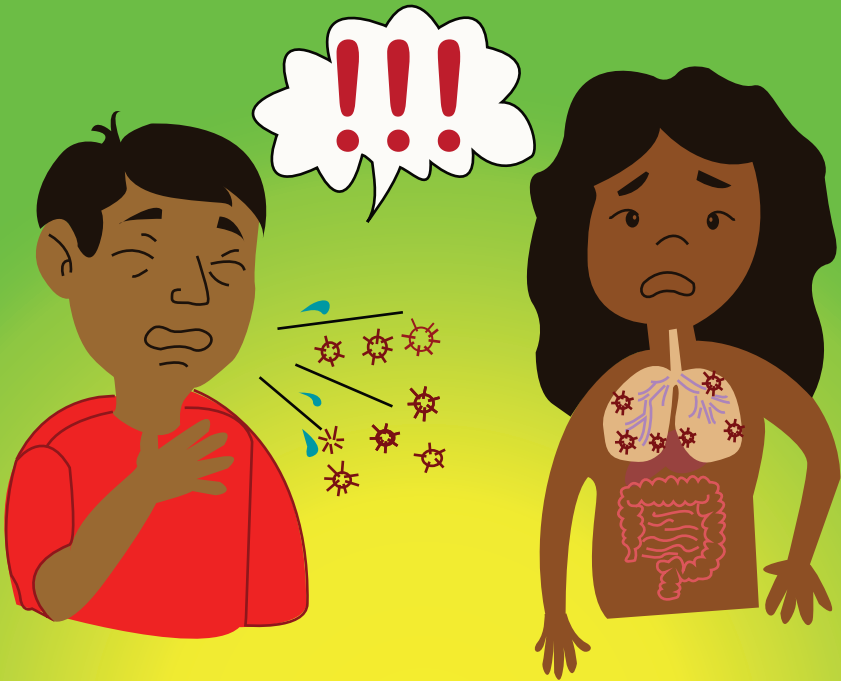
How is COVID-19 spread?

Through **RESPIRATORY DROPLETS**
produced when an **infected person**
COUGHS, SNEEZES, or **TALKS.**

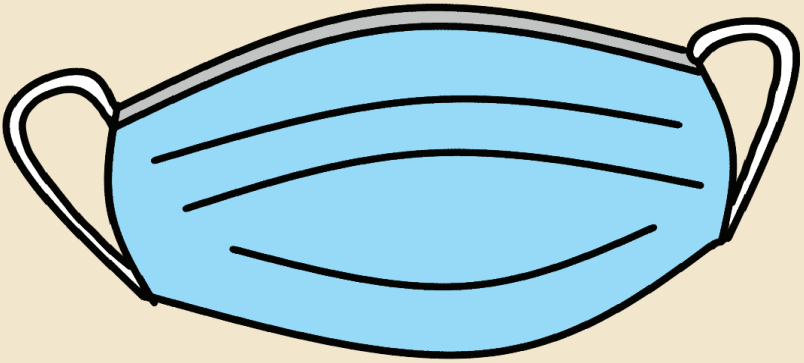
These droplets can land in the mouth,
nose, or be inhaled by anyone nearby.

Symptoms may appear 2-14 days
after exposure

KEEP A 6FT DISTANCE
TO AVOID THESE DROPLETS



01



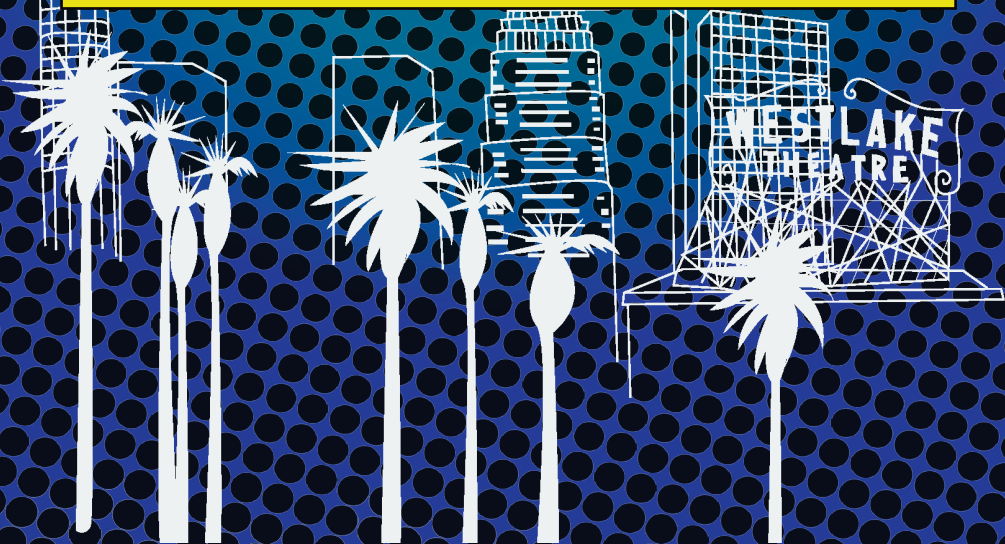
La Máscara

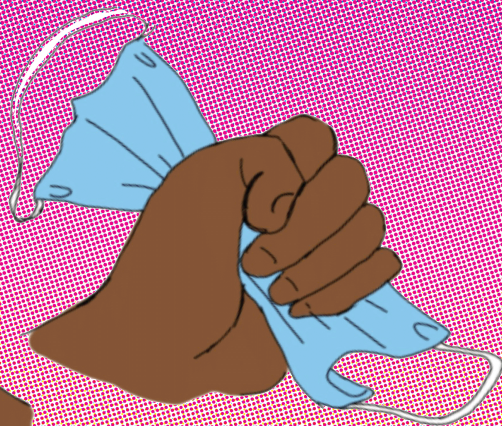
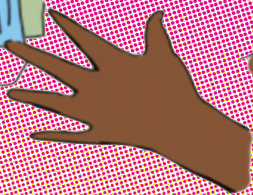
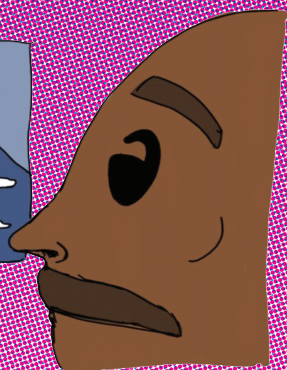
WHY SHOULD YOU WEAR A FACE MASK?

The mask acts as a barrier preventing droplets from traveling into your lungs. You can still spread COVID-19 if you do not show any symptoms or feel sick.

**ALWAYS WEAR A MASK
WHILE IN PUBLIC.**

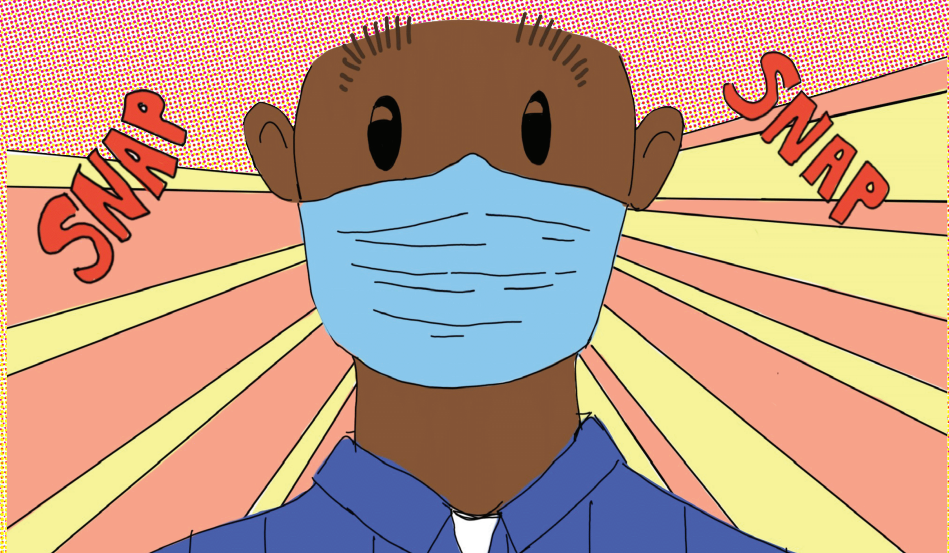
- Don't place a mask on a child younger than two.
- Make sure you can breathe easily with your mask.
- Masks should cover your nose and mouth.
- Try not to touch your mask.
- Wash your mask at the end of the day.





SNAP

SNAP



08



El Guante

WHEN SHOULD YOU WEAR GLOVES ?





- When disinfecting your home
- When caring for someone who is sick

Wearing gloves when shopping or traveling will not necessarily protect you from getting COVID-19.

The best way to protect your family, friends, and yourself when running errands is by:

- **WASHING YOUR HANDS WITH SOAP AND WATER FOR 20 SECONDS OR USING HAND SANITIZER WITH AT LEAST 60% ALCOHOL.**
- **MAINTAINING 6-FT DISTANCE**

IF YOU DO WEAR GLOVES:

-  **Don't touch your mouth, nose, or eyes**
-  **Don't disinfect or reuse gloves**
-  **Do wash your hands after removing your gloves**
-  **Dispose of used gloves inside a trash can**



04



Lavarse las Manos

WHY YOU SHOULD WASH YOUR HANDS

Your hands can spread the virus by touching infected surfaces, mouth, nose, or eyes.

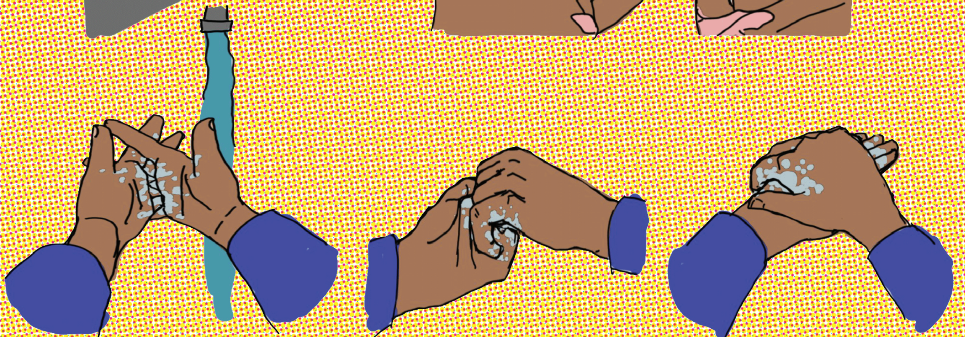
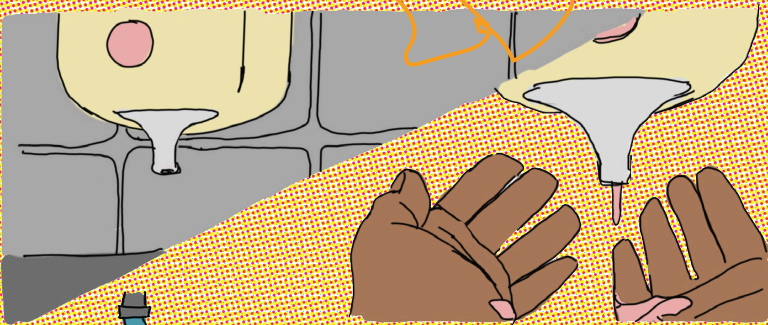
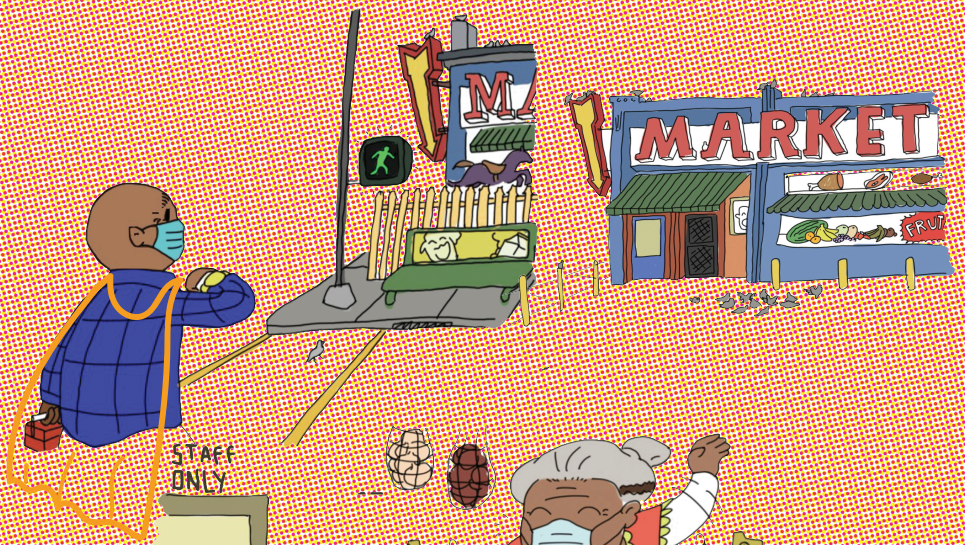
**WASHING YOUR HANDS IS
CRUCIAL!**

WASH YOUR HANDS PROPERLY:

- Apply enough soap to cover your hands.
- Rub the back of your hands, between your fingers, and under your nails.
- Wash your hands for at least 20 seconds.

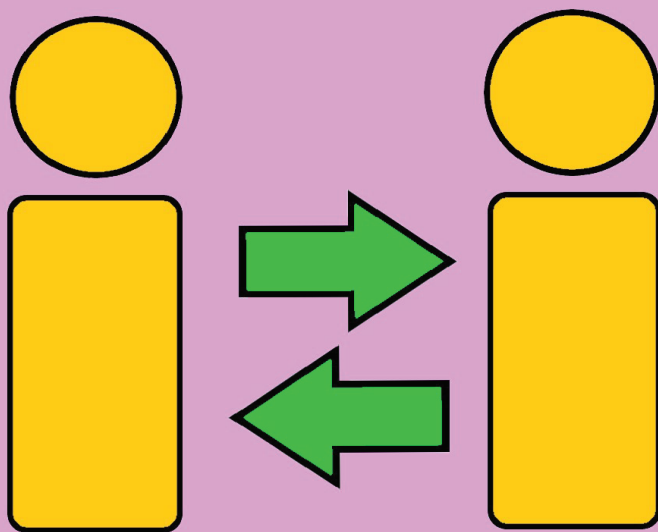
WHEN TO WASH YOUR HANDS:

- After blowing your nose, coughing, or sneezing.
- After returning from a public outing (grocery store, work, hospital,, bus, elevator, etc.)
- Before and after caring for someone who is sick.
- Before and after eating.
- After going to the bathroom.
- After using frequently used objects such as computers, money, cell phones, etc.



05

6 PIES



Distancia Social

WHY SHOULD YOU MAINTAIN 6FT DISTANCE?

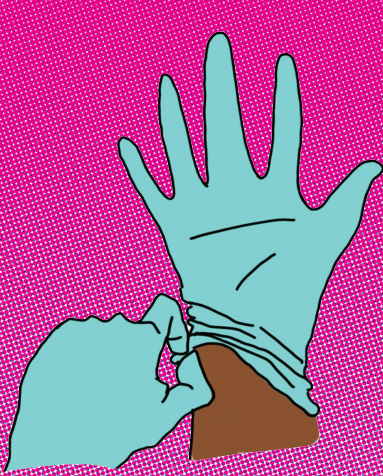
Droplets can travel 3-6 feet and may contain the virus. Maintaining 6 feet distance reduces the chance of catching the virus and spreading it to our loved ones.

IF YOU NEED TO GO OUT:

- Wear a face mask
- Avoid people who are not wearing one
 - Maintain a 6 ft distance
- Limit the number of outings
 - Avoid large gatherings

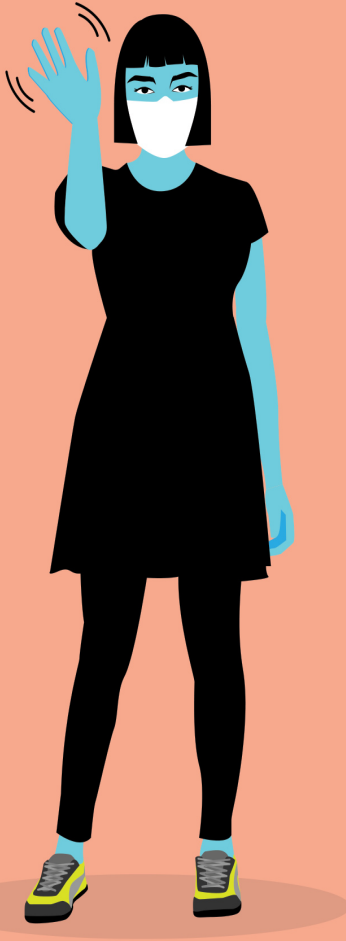
6 ft

**IT'S ALWAYS SAFER
TO STAY AT HOME
IF YOU CAN**



6 FT
6 PIES

11



EL SALUDO



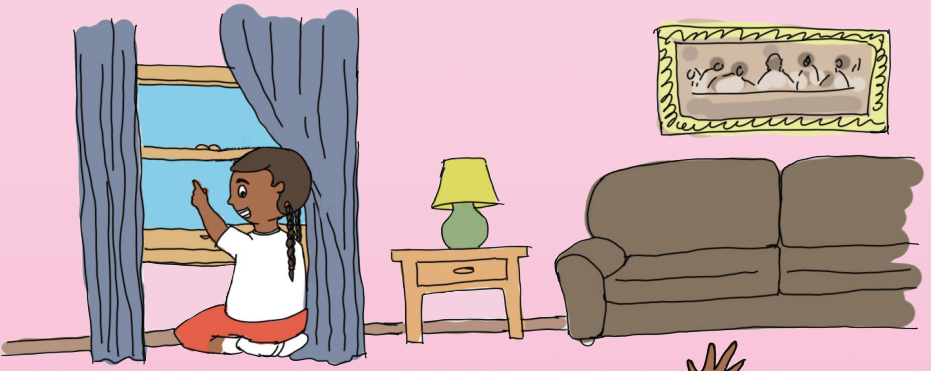
WHY SHOULD YOU AVOID HANDSHAKING?

Handshaking is one of the ways one can spread the virus.

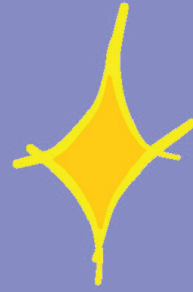
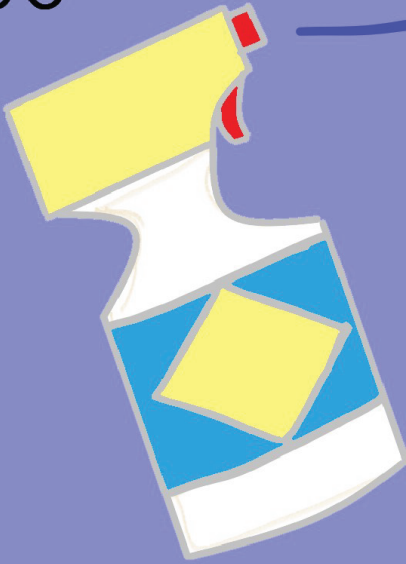
Avoid handshakes and hugs with people outside of your household.

Handshake Alternatives:

- Bowing
- Nodding
- Foot bump
- Elbow bump
 - Wave
- Fist bumps



06



El Desinfectante

CLEAN AND DISINFECT

It may be possible to get COVID-19 by touching a surface or object that has the virus and then touching your mouth, nose, or possibly eyes.

Centers for Disease Control and Prevention (CDC) recommends cleaning and disinfecting frequently touched surfaces.

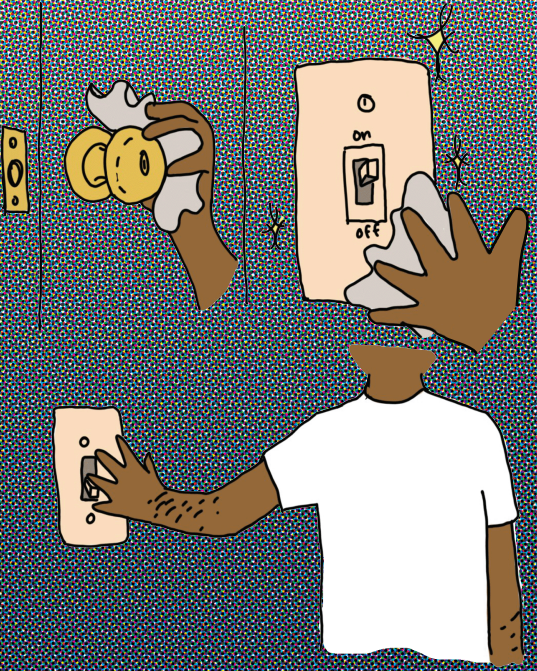
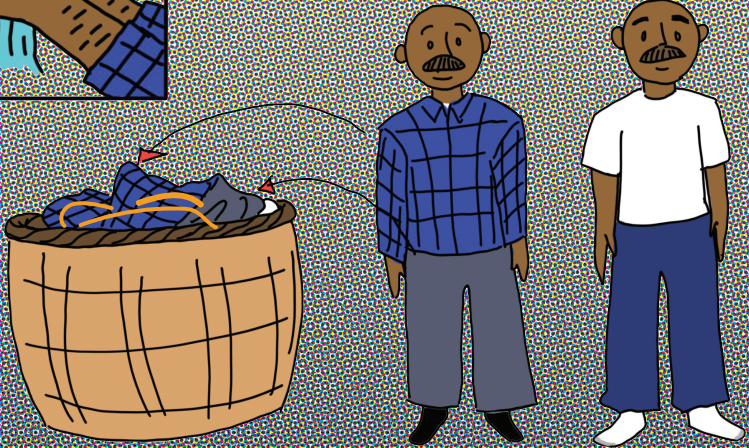
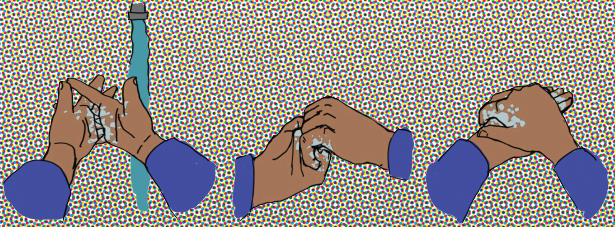
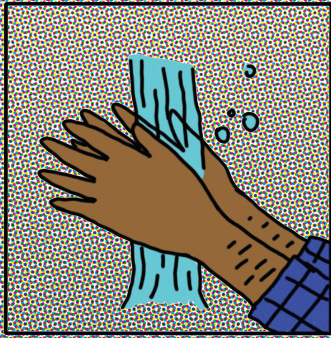
Use alcohol-based wipes or sprays containing at least 60% alcohol to disinfect electronics. Dry surfaces thoroughly.

Always read and follow the directions on the label to ensure safe and effective use.

DISINFECT & CLEAN:

- **Doorknobs**
- **Light switches**
 - **Desks**
 - **Keyboards**
 - **Tables**
- **Faucet handles**
- **Cellphones**
 - **Toilets**

• **other frequently touched subjects**





Frequently Asked Question:

What should I do if I am diagnosed with COVID-19?

- Isolate yourself at least 10 days until you are no longer at risk of spreading COVID-19. **YOU MUST ISOLATE EVEN IF YOU DO NOT SHOW ANY SYMPTOMS.**
- Tell your close contacts and anyone you may have exposed to infection.
- Monitor your symptoms.
- If symptoms get worse, call your healthcare provider immediately or call 211 if you do not have a provider.
- Rest and drink lots of water.
- Cover your mouth with a tissue each time you cough and sneeze. Continue to cover your mouth if you live with other people. They should also wear a mask.
- Wash your hands frequently with soap and water for at least 20 sec.
- Wear your mask in and outside when around people, when visiting a doctor, and getting medications.
- Disinfect all surfaces and items.

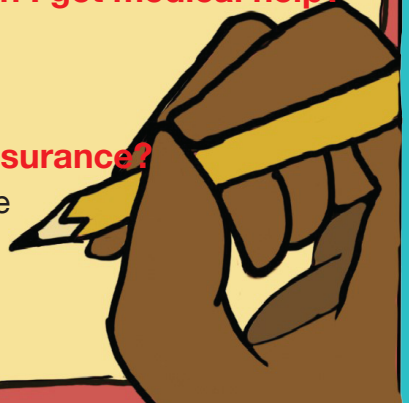
For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.

I tested positive for COVID-19 and I have no insurance or a doctor, where can I get medical help?

Call 211, they will direct you to the best place to seek help.

Can I get a test if I don't have insurance?

Tests are free even if you do not have insurance. Getting the test or other resources will not affect your immigration status.





Questions Regarding The Vaccine:

Why is it necessary to get vaccinated when my immune system can fight COVID-19?

To stop a pandemic it is necessary to use all available tools. Vaccines work together with the immune system to prepare your body to fight the virus.

Can I get the COVID-19 vaccine now?

The vaccine is currently offered to people ages 65 and older, workers in the food, agriculture, health care, education, childcare and emergency services. The goal is that everyone can easily receive a vaccine as soon as large quantities are available; this may take a few more months.

Are Pfizer/BioNTech and Moderna safe?

Yes, they are safe and effective. mRNA technology that was used in Pfizer/BioNTech and Moderna vaccines has been around for more than a decade and is not new to the field of vaccine development. The vaccine was also studied in more than 70,000 volunteers, including adults of all ages and different racial and ethnic groups.

Is it true that the vaccine contains the virus COVID-19?

No, the vaccine does not contain a live, weakened or dead virus. Most people have minor side effects such as arm pain, aches, chills, and fever after vaccination. These symptoms are healthy and expected reactions to the vaccines and often disappear within a few days

What are the ingredients of the vaccines against Covid-19 ?

Currently available vaccines have mRNA, lipids, salt, sugars and buffer solutions. Buffer solutions help maintain pH stability. The ingredients of the vaccine vary by manufacturer.

What should I mention to the vaccination provider before getting vaccinated?

Tell the vaccination provider about all of your medical conditions, including if you:

- have any allergies
- have a fever
- have a bleeding disorder or are on a blood thinner
- are immunocompromised or are on a medicine that affects your immune system
- are pregnant or plan to become pregnant
- are breastfeeding
- have received another COVID-19 vaccine

What should I do regarding side effects?

Everyone who gets vaccinated against COVID-19 are being monitored before leaving. If you experience severe allergy reactions at a later time, call 9-1-1 or go to your nearest hospital.

Should I keep wearing my mask even if there is a vaccine?

There is currently not enough information available to say when the CDC will stop recommending the use of masks. Experts need to know more about the protection offered by vaccines against COVID-19 before making that decision. Other factors that they must take is how many people were vaccinated and how the virus spreads in communities.

Resources:

To get the most recent updates on COVID-19 :

<https://www.cdph.ca.gov/>

<http://publichealth.lacounty.gov/media/Coronavirus/>

Find local vaccination locations:

Call 211

<https://myturn.ca.gov/>

1-833-422-4255

<http://publichealth.lacounty.gov/media/Coronavirus/vaccine/index.htm>

1-833-540-0473

<https://carbonhealth.com/covid-19-vaccines/los-angeles>

Gilbert.Cedillo@lacity.org

213-473-7001

<https://www.calvax.org/>

To find the closest testing sites in Los Angeles:

<https://corona-virus.la/testing-center-map>

<https://covid19.lacounty.gov/testing/>

For free or low-cost flu shots

<https://lacountylibrary.org/free-flu-shots/>

<http://publichealth.lacounty.gov/media/FluSeason/>

Find food banks near you:

Los Angeles Regional Food Bank

Website: www.lafoodbank.org

Phone: (323) 234-3030

Call 211 if you do not have access to a computer to get resources like testing and vaccine sites, etc.

Health insurance for undocumented people:

MyHealthLA or call 211

<https://dhs.lacounty.gov/my-health-la/find-a-clinic/>

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Lorem ipsum



**TOGETHER AGAINST
COVID-19**