

Free Health Services

Every 2nd Saturday of the Month

Time: 10:00 AM – 1:30 PM

***Last patient accepted at 12:30 PM**

Offered Health Services

- Health Screening
- Blood Pressure Screening
- Medication Counseling
- Public and Behavioral Health Education
- Dental Consultation
- Seasonal Flu Shots (October and/or November)
- Care from UCSF Providers

Next Clinic Date:

Who We Are

About Us

The Mabuhay Health Center (MHC) is a volunteer-run organization that provides free health care resources to the people of San Francisco. Our main service is a free community health clinic that operates in San Francisco's South of Market (SoMa) district at the Bayanihan Community Center.

Contact Us

(415) 633-6421

info@mabuhayhealthcenter.org

www.mabuhayhealthcenter.org



Mabuhay Health Center

1010 Mission Street

San Francisco, CA 94103

Last Revised: 03/17/2020



COVID-19 Prevention Measures

MHC Behavioral Health



Image provided via [Victeezy.com](https://www.victeezy.com)

Overview of COVID-19

COVID-19 is a novel coronavirus. It is important to take preventative measures and be cautious because you can a) **contract the coronavirus** and b) you can **increase the spread**.

Common symptoms include but are not limited to:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

Preventative Measures

At Home

- Avoid touching your eyes, nose, and mouth,
- Cover your cough and sneeze with a tissue - then throw the tissue away.
- Clean and disinfect frequently touched objects and surfaces with cleaning sprays and wipes.
- Stay home if you are sick, except to get medical help.
- Wash your hands with soap and water for 20 seconds.
- Use hand sanitizers with 60%-70% alcohol!

In the Community

- **Limit your outings if you are over 60 or have health conditions.** Vulnerable populations, including those with heart disease, lung disease, diabetes, kidney disease, and weakened immune systems are at increased risk.
- **6 Feet Rule:** Try to stay 6 feet away from people.
- **Avoid large crowds** of people or big community events with 50 people or more.

- **Avoid sharing** personal items and make sure to wipe things down.
- **Stay informed** about the local outbreak situation (check the local news and the CDC Website!)

What to do if you (or others) are sick?

- **Get tested.** Contact a healthcare professional by phone or email. This is important because a) you can get treated and b) you can prevent it from spreading to others.
- **Stay at home!** If you become sick, stay in contact with others by phone or email.
- If someone in your home is sick, keep them in a separate room and make sure to keep yourself safe by using good hygiene.

Other Resources

Friendship Line via the Institute of Aging in San Francisco.

800-971-0016

This is a telephone service available 24/7 to help reassure seniors feeling anxious and to comfort them during self-isolation.