

COVID-19 INFORMATION FOR PEOPLE EXPERIENCING HOMELESSNESS

Watch for Symptoms and Emergency Warning Signs **Fever, Cough, Shortness of Breath**

If you develop these warning signs, call 911 right away.

- o Difficulty breathing or shortness of breath
- o Lasting pain or pressure in the chest
- o New confusion or unable to wake
- o Bluish lips or face

THE FACTS

WHAT IS COVID-19?

- Coronavirus disease (COVID-19) is a new virus found in 2019
- Symptoms are usually mild and most people improve quickly, but it can be very serious for people at higher risk

HOW DO PEOPLE GET COVID-19?

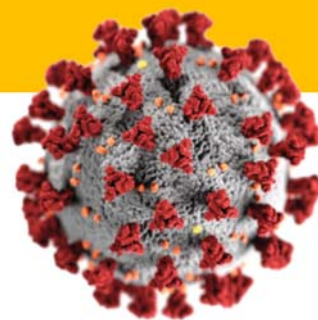
- It spreads from person-to-person by coughing or sneezing and coming into contact with droplets that have the virus in them
- The virus can live up to 3 days on some surfaces
- Symptoms start between 2 and 14 days after exposure to the virus

WHO IS AT HIGHER RISK?

- **People 65 years and older**
- **People with serious chronic medical conditions** like heart disease, lung disease, or diabetes
- **People who have compromised immune systems**, like those living with HIV/AIDS

WHAT TO DO IF YOU GET SICK

- **Stay isolated and call your doctor.** Let them know about your symptoms and that you think you may have COVID-19. This will help them take care of you and keep other people from being exposed.
- If you are not sick enough to be hospitalized, follow CDC instructions for how to take care of yourself (<https://www.cdc.gov/coronavirus>)
- **Call 911** if you have a medical emergency or any of the emergency warning signs listed above



STAYING SAFE

TAKE CARE OF YOURSELF AND EACH OTHER

PRACTICE SOCIAL DISTANCING

- Keep at least 6 feet between yourself and others. Tents are a good way to keep your distance from others.
- Avoid handshaking, hugging or other close greetings



TAKE EVERYDAY PRECAUTIONS

- **If you have access to clean water, wash your hands often** with soap for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place
- If you don't have access to soap and water, use hand sanitizer that has at least 60% alcohol
- **Avoid touching your face**, nose, eyes, mouth, etc.
- Cover your coughs and sneezes with a tissue or cough and sneeze into your elbow, not your hand
- **Clean and disinfect** your personal items often, especially frequently touched surfaces (for example: tables, tents, dishes, handles, toilets, faucets, sinks & cell phones)
- **Do not share** dishes, drinking glasses, cups, eating utensils, towels, bedding or drug paraphernalia (including smoking supplies)



MANAGE STRESS AND MENTAL HEALTH

- Everyone reacts differently to stressful situations. Fear, anxiety, and changes in sleeping/eating are a few of the effects of stress and can be overwhelming
- Take care of yourself and check in on others. Helping others cope with stress can also make your community stronger
- **Continue outdoor activities** such as walking or other forms of exercise
- Contact a healthcare provider if mental health conditions are new or worsening

WHO TO CONTACT FOR COVID-19 INFORMATION & HELP

- San Joaquin **2-1-1** for community resources
- San Joaquin Public Health Services: <http://www.sjcphs.org/>
- San Joaquin Mental Health Crisis Line: **(209)468-8686**