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.

- Difficulty breathing or shortness of breath
- New confusion or unable to wake
- Lasting pain or pressure in the chest
- 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](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