

What you need to know (COVID-19)

1. What is it?

Coronavirus disease 2019 or COVID-19 is a new type of respiratory infection that is similar to the flu. To stop the spread of COVID-19, we recommend that you learn more about how to protect yourself and others.

2. How is it spread?

- Through droplets when an infected person coughs or sneezes
- Through close personal contact, such as caring for an infected person

3. What are the symptoms?

- Cough, Fever, Difficulty Breathing
- Most people with COVID-19 have mild symptoms and will get better on their own. However, people who are elderly, pregnant, have weakened immune systems, or other medical problems are at more risk of serious illness.

4. How can I protect myself and others?

- If you are over 65 or have serious health conditions, consider staying at a shelter for the duration of the outbreak. The shelters have services that may help protect you from serious illness.
- Avoid close contact with people who are sick
- Try to keep about 6 feet of distance from other people during this outbreak
- Avoid crowds if you're older (65 years old and older) or have serious health conditions.
- Wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).
- Don't share drinks, food, pipes or cigarettes with other people. Avoid sharing blankets and bedding.
- If you are sharing a small space with someone, consider sleeping with your heads at opposite ends of the space rather than have your faces close together.
- Try to clean frequently touched objects and surfaces using household cleaning supplies or alcohol wipes.

5. What do I do if I have COVID-19 symptoms?

- Avoid close contact with other people when you are sick
- If you are at a shelter or another facility, let the staff know about your symptoms so that they can help you stay safe.
- Only use a facemask if you are sick or instructed to do so. If you feel sick and are worried about your symptoms, call your doctor before you go to the clinic to ask for their advice. If you don't have a regular doctor, call 211.
- Talk to your doctor about how you can make a plan to be safe on the streets or in your shelter. Reach out to your friends, social support, case manager/outreach worker to make a plan for self care while you are feeling sick.
- If you are having severe symptoms, like difficulty breathing or keeping fluids down, call 911 or go immediately to an emergency room.

6. How can I prepare?

- Have your healthcare provider information handy
- Get a flu shot
- Make sure you have enough medicine and supplies if you can
- Stay updated by following trustworthy sources
- Connect with your support systems during this stressful time. Take care of yourself and each other and know when and how to seek help.

This is an emerging, rapidly evolving situation. Outreach teams, case managers, and the Department of Public Health will provide you with more information and updated guidance as it becomes available. Call 211 for more information.