

Coronavirus disease 2019 or COVID-19 is a new type of respiratory infection that is similar to the flu. It is spread through droplets from an infected persons cough or sneeze.

1. 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.

2. 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.

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

- Avoid close contact with other people when you are sick
- 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.

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