

COVID 19 Overview for People Experiencing Homelessness

How it Spreads:

COVID 19 virus mainly spreads from an infected person to others through respiratory droplets produced when a sick person sneezes or coughs. People *may* also get COVID-19 by touching a surface or someone that has virus on it, and then touching their own mouth, nose or eyes.

Symptoms:

Symptoms may appear 2-14 days after exposure, and include fever, cough and shortness of breath.

What should I do if I feel sick

If a person develops symptoms of COVID-19 including fever, cough or shortness of breath, and has reason to believe they may have been exposed, they should **call their health care provider** or local health department before seeking care. Contacting them in advance will make sure that people can get the care they need without putting others at risk. People with symptoms (cough and fever) can wear a disposable face mask to prevent spread of virus to others.



Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms can include

- Fever
- Cough
- Shortness of breath

Precautions

Avoid contact with sick individuals, wash hands often with soap and warm water for at least 20 seconds, and get a flu shot.

- Wash hands with liquid soap and water and rub for at least 20 seconds; use hand sanitizer if soap/water are not available.
- Cover your mouth and nose with a tissue or your sleeve/elbow (not your hands) when coughing or sneezing;
- Refrain from touching your eyes, nose and mouth;
- Avoid close contact with people who are sick; Don't share pipes, drinks or cigarettes with others
- Stay home when you are sick; and
- Get a flu shot to protect yourself and others from the flu, which has similar symptoms to COVID-19



Face masks

A disposable face mask (surgical mask) does not protect healthy persons from respiratory illnesses. Someone who has flu symptoms **should** wear a facemask to protect others from getting sick. The use of fitted facemasks (respirators or N95) is crucial for health workers and other people who are taking care of someone who is infected with COVID-19 in close settings.