

## What You Should Know About the Coronavirus (COVID-19)

### What is COVID-19?

COVID-19 is a disease caused by a new type of virus called coronavirus. COVID-19 causes a respiratory infection that can range from mild to serious. Some people with very severe cases have died.

### How is it spread?

The virus is thought to spread mainly from person-to-person (like the flu) between people who are in close personal contact with one another, especially **through droplets in the air** caused by the sick person coughing or sneezing or by touching a surface with the virus on it and then touching your eyes, nose, or mouth without washing your hands.

### What are the symptoms?

Symptoms can include:

- Fever
- Cough
- Shortness of breath

Symptoms may appear between 2 to 14 days after exposure.

### How can I protect myself and others?

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - If soap and water are not around, use hand sanitizer.
- Cover your cough/sneeze with a tissue, or cough/sneeze in the crook of your elbow, not your hand.
- Don't share pipes, drinks or cigarettes with other people.
- 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.

**What should I do if I get sick?**

- If you have a fever and cough, you should stay away from other people as much as you can. Do not go to public areas and avoid using public transportation, ride-sharing, or taxis.
- Cover your cough/sneeze with a tissue, or cough/sneeze in the crook of your elbow, not your hand.
- Use a facemask if you have one when you are around other people, to help prevent the spread of viruses to them.
- If you can, clean frequently touched objects and surfaces using a household cleaning spray or wipe.
- There is no need to go to the doctor unless you have shortness of breath or other symptoms beyond regular flu or cold.

**IF YOU ARE UNHOUSED AND EXPERIENCING SYMPTOMS PLEASE CALL ALAMEDA COUNTY HEALTH CARE FOR THE HOMELESS DIRECTLY FOR ADVICE:**

**(510) 891-8950 8:30pm – 4:00pm M-F**

**ADDITIONAL RESOURCES:**

- Alameda County Public Health Department:
- <http://acphd.org/2019-ncov.aspx> or (510) 268-2101
- Alameda County Health Care for the Homeless Program:  
<http://www.achch.org/coronavirus> or 510-891-8950
- Centers for Disease Control and Prevention  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>