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