

Individuals Experiencing Homelessness FAQ

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 and through close personal contact, such as caring for an infected person.

3. What are the symptoms?

Cough, fever, and 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 65 years 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 or suspect that 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 and others stay safe. Only use a facemask if you are sick or instructed to do so. 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.