

Responding to Coronavirus

Resources for people experiencing homelessness

The coronavirus, also known as covid-19, is a new virus that can live on surfaces and spread from person-to-person contact. There is currently no treatment or vaccine available, so we must all do our part in preventing the spread of covid-19. Wash your hands as much as possible and don't touch your face.

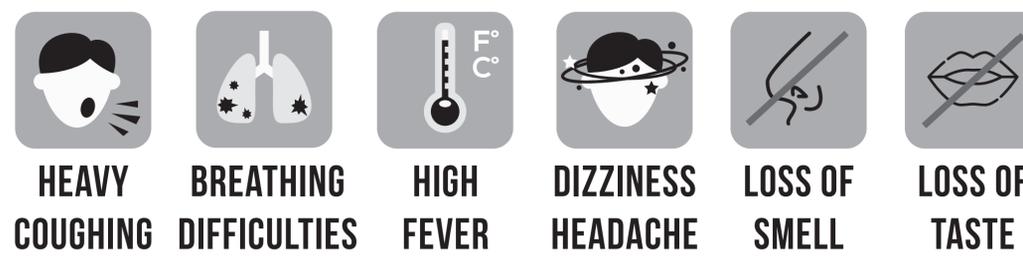


PREVENTION



STAY CONNECTED **WEAR FACEMASK** **WASH HANDS** **AVOID CONTACT** **6 ft. SOCIAL DISTANCE**

SYMPTOMS



HEAVY COUGHING **BREATHING DIFFICULTIES** **HIGH FEVER** **DIZZINESS HEADACHE** **LOSS OF SMELL** **LOSS OF TASTE**

TIPS FOR STAYING SAFE AND PROTECTING YOUR HEALTH.

- Don't share** your personal hygiene items like towel, soap, razor, etc. **Don't touch surfaces** like benches or playgrounds.
- Keep 6 feet away** from anyone who does not live with you and **wear a mask** if you cannot stay physically distant from others.
- Use **hand sanitizer** as much as possible by applying it to the palm of your hand and rubbing it all over your hands and fingers for no less than 20 seconds.
- Clean your hands at the **Purell sanitizer station** at Nativity House in Tacoma or the **handwashing station** at the Parkland Sheriff substation.

Clean hands and good personal hygiene is the #1 way to stay healthy.

- 1 Wet your hands with clean, running water and apply soap. Rubs hands together with soap.
- 2 Scrub hands for 20 seconds. How long is that? Sing the "Happy Birthday" song two times.
- 3 Rinse your hands well under running water and dry them with a clean towel.



QUARANTINE AND ISOLATION

WHAT ARE THEY?

Quarantine is the separation of a person possibly exposed to a disease but not yet sick to prevent the potential spread of disease to others.

Isolation is used to separate a currently ill person who can spread the disease to others.

WHAT DO I DO IF I GET SICK FROM COVID-19?

If you need to get tested, start with your healthcare provider. If you don't have one or need help with insurance or medical coverage, please call the Tacoma-Pierce County Health Department at **253-798-6410**.

Residents who test positive for covid-19 and are in unhealthy living situations and can't stay in their homes may be referred by a doctor to the **Temporary Care Center** in Tacoma for assessment and recovery.

Free WIFI is available. Please speak with the outreach teams or service providers to find it in your community.

