How can I prevent getting COVID-19?

- Wash hands often with soap and water for 20 seconds. If not available, use hand sanitizer that contains at least 60% alcohol.
- Avoid touching your face.
- Avoid crowded areas.
- Stay at least 6 feet away from others.
- Avoid contact with people who are sick.
- Isolate yourself from others when you are sick.
- Cover your mouth and nose with a tissue or sleeve when coughing or sneezing.
- Avoid sharing personal items such as cigarettes, food and utensils.
- If possible, use take-away food options.
- Wear a cloth face covering such as a mask or bandana over your nose and mouth.
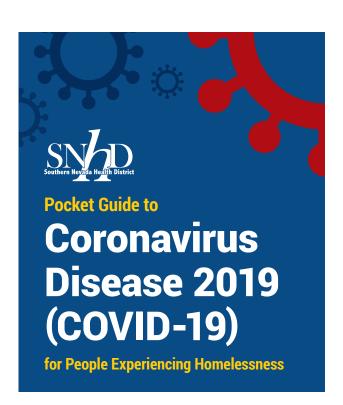
What can I do if I am sick?

- If you have a new cough or might be sick, cover your nose and mouth with a cloth face covering.
- If possible, separate yourself from others.
- If showing symptoms, try to get rest, drink plenty of fluids, and take acetaminophen (Tylenol) or ibuprofen (Advil) for fever.
- Seek medical care right away for trouble breathing, bluish lips or face, pain/pressure in the chest, new confusion or difficulty waking.

If unsheltered, spread the camp out.

If possible, set up tents and sleeping areas with at least 12 ft. by 12 ft. per person.

To learn more, visit **www.snhd.info/covid** or **www.cdc.gov/coronavirus**.

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SNHD
Southern Nevada Health District

Pocket Guide to
Coronavirus Disease 2019 (COVID-19)
for People Experiencing Homelessness

What is coronavirus disease 2019 (COVID-19)?

COVID-19 is a virus strain that has only spread in people since December 2019. Health experts are concerned because little is known about this new virus and it has the potential to cause severe illness and pneumonia in some people.

Who is at risk?

Based on what we currently know, there are some people who are at higher risk of getting very sick from this illness. This includes older adults and people who have serious chronic medical conditions like heart disease, diabetes, and lung disease. If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

How does COVID-19 spread?

Health experts are still learning the details about how this new coronavirus spreads. The virus is thought to spread mainly person-to-person through:

- the air by coughing and sneezing
- touching a surface with the virus on it, then touching your mouth, nose, or eyes
- close personal contact, such as touching or shaking hands

What are the symptoms?

People who have been diagnosed with COVID-19 have reported these symptoms, which may appear 2–14 days after exposure to the virus:

- Fever
- New/worsening cough
- New/worsening shortness of breath
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea
- Vomiting
- Diarrhea