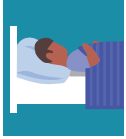


PERSONS EXPERIENCING HOMELESSNESS

What to Do When Sick

If you are sick with a fever, cough, or shortness of breath, you might have COVID-19. Take care of yourself and help prevent other people from getting sick.



Get rest and stay hydrated.



Monitor your symptoms.

- If your symptoms get worse, ask someone to contact a healthcare provider. Let them know that you have or might have COVID-19.
- For medical emergencies, call 911 and let them know that you have or might have COVID-19.



To keep others from getting sick, separate yourself from other people until your fever has been gone for at least 3 days and it has been at least 1 week since your symptoms started.



While you are separating yourself, make sure to



- Avoid common areas or areas where many people gather.
- Stay at least 6 feet away (about two arm lengths) from other people.
- If you usually sleep close to someone else, make a space for yourself (or ask for help to make a space) by using dividers like sheets, curtains, or other barriers.



- If you can, use a different bathroom from other people.
- If you must be around other people, wear a mask if you have one. Or, if you are requested to wear a mask, please do.



Cover your coughs and sneezes.



Wash your hands often and thoroughly with soap and water for at least 20 seconds.

Avoid sharing personal items (like clothes, dishes, or cigarettes) with other people.



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