

COVID-19

Resources for people experiencing homelessness

COVID-19 is a new coronavirus. It can cause mild illness, like a cold, or severe illness, like pneumonia. No treatment or vaccine exists.



It spreads through moisture droplets when an infected person sneezes, coughs or talks.

Symptoms



- Fever.
- Chills.
- Cough.
- Shortness of breath.
- Fatigue.
- Muscle pain.
- Headache.
- Loss of taste or smell.
- Sore throat.
- Stuffy or runny nose.
- Nausea.
- Vomiting.
- Diarrhea.

If you have these symptoms, call your healthcare provider. If you need help finding a healthcare provider or insurance, call Tacoma-Pierce County Health Department at (253) 798-6410.



Quarantine means separating a person **exposed** to COVID-19 to prevent it spreading to others.

Isolation means separating a person **infected** with COVID-19 to prevent it spreading to others.



If you are exposed to or infected with COVID-19, a healthcare provider may refer you to the Temporary Care Center in Tacoma for assessment and recovery.

Protect your health.



Wash your hands often with soap and warm water. Scrub for 20 seconds. Rinse and dry with a clean towel.

You can use the handwashing station at Parkland Sheriff substation.

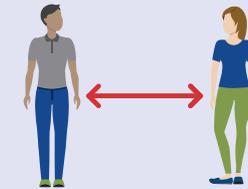


Use hand sanitizer often. Rub it on your hands and fingers for 20 seconds.

You can use the hand sanitizer station at Nativity House in Tacoma.



Cover your coughs and sneezes. Use a tissue, your elbow or your shirt collar.



Stay 6 feet away from others.



Wear a mask.



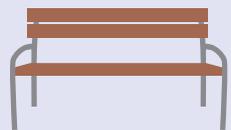
Avoid contact with sick people.



Don't touch your face or mask.



Don't share personal items, like towels, soap, razors, etc.



Avoid commonly touched surfaces, like benches or playgrounds.



Stay connected.

Ask outreach teams and service providers where Wi-Fi is available in the community.

Ask trusted people for help. Learn more at tpchd.org/coronavirus.