COVID-19/Coronavirus

Coronavirus, or COVID-19, is a new respiratory illness that spreads from person-to-person similarly to a cold or flu:
- Through invisible drops carried by the air caused by coughing and sneezing
- Touching things with the drops on them, and then touching your eyes, nose, or mouth
- Currently there is no vaccine or medicine to treat this illness

Symptoms (appearing up to 14 days after exposure)
- Fever
- New or worsening cough
- Shortness of breath or difficulty breathing

Prevention
- Avoid getting close to people who are sick (close contact = about 6 feet)
- Wash your hands with soap and water for 20 seconds (if available use hot water), or use alcohol-based hand sanitizer (if possible, with at least 60% alcohol)
- Cover your cough or sneeze with your elbow
- Avoid touching your eyes, nose, and mouth
- Wear a cloth mask or some other cloth covering over your nose and mouth when around other people, especially if you cannot keep 6 feet of more away from others

Planning
- Stock up on medications and supplies

If you feel sick
- Avoid contact with others
- **If you have severe symptoms or are having trouble breathing, CALL 911**
- For mild or moderate symptoms, contact your healthcare provider; if you don’t have a health care provider, please call before going in:

  o Homeless Persons Health Project (Hours: M-Th 8am-5pm; Friday 8am-3pm)
    Location: 115-A Coral Street, Santa Cruz
    Call: 831-454-2080 or After hours: 831-454-5146
    Email: HPHPreferral@santacruzcounty.us

  o Emeline Health Center (Hours: M-F 8am-5pm)
    Location: 1080 Emeline Ave
    Call: 831-454-4100

  o Watsonville Health Center (Hours: M-Th 7:30am-6:30pm; F 7:30-5:00)
    Location: 1430 Freedom Blvd, Suite C
    Call: 831-763-8400

  o County Clinic After Hours (Hours: after clinic normal business hours)
    Call: 831-763-8227
Harm Reduction During COVID-19

Resources for people who use drugs

Don’t share supplies — this includes pipes, bongs, vapes, joints, nasal tubes (such as straws), and injecting equipment. If you have to share, wipe down mouthpieces with an alcohol swab.

Stock up on your drugs of choice and supplies, including Fentanyl test strips and Narcan — the supply might dry up unexpectedly.

If you are in a drug substitution program, ask if you can get a longer supply and skip in-person appointments and urine tests.

Prepare for involuntary withdrawal:

- Increase the number of people you can score off (but go slow when using a new supply)
- Consider joining a drug substitution program, such as Medication Assisted Treatment or MAT, so you have prescription medications on hand to prevent withdrawal
- Have detox supplies ready: electrolyte drinks (Pedialyte or Gatorade), protein drinks, Imodium (anti-diarrheal), Dramamine (anti-nausea), Benadryl (sleep aid and prevents runny nose), Tylenol (pain relief)

Wipe down drug packages/wraps with alcohol-based cleansers (ideally, at least 60% alcohol), and avoid storing them in your mouth, vagina, or anus.

Prepare your own drugs and only handle your own equipment.

If you are having sex or doing sex work, minimize close contact and use a condom to prevent the sharing of bodily fluids.

Prepare and plan for overdose — stock up on Narcan, go slow, and stagger use if you are with others.

For Medication-Assisted Treatment (MAT) call:

- Homeless Persons Health Project (HPHP): 831-454-2080
- Watsonville Health Center (WHC): 831-763-8400
- Santa Cruz Heath Center (Emeline): 831-454-4100