

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