

# **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

## **Setting up a Campsite to Limit the Spread of COVID-19**

**Give yourself space!** Set up your tents or sleeping areas so that each person has their own 12 feet by 12 feet area

### **Stay with the same people:**

- Do you have a few people that you spend the most time with? Consider staying together as a group, while keeping distance from people outside the group

**Create space** between people with symptoms, such as coughing, fever, shortness of breath, from those with no symptoms. This will help stop the spread of the virus through the air.

- Keep six feet between a well person and someone who is sick
- Avoid sharing a tent or other living area with someone who is sick

**Avoid sharing** bedding, clothes or other personal items, especially with someone who has symptoms or has been coughing on their blankets and clothes

**If someone is coughing**, keep their tissues, bedding, worn clothes, and trash separate and contained

### **Protect yourself and others by:**

- Washing your hands with soap and water for 20 seconds (use hot water if available), or use alcohol-based hand sanitizer (ideally, with at least 60% alcohol)
- Covering your cough or sneeze with your elbow
- Wearing a cloth mask or some other cloth covering over your nose and mouth when around other people, especially if you cannot keep 6 feet or more away from others
- Avoiding touching your eyes, nose, and mouth