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 of more away from others
- Avoiding touching your eyes, nose, and mouth