

COVID-19 INFORMATION for people living on the street



This resource guide was created by the Coalition for the Homeless of Houston/Harris County and the City of Houston Health Department

WHAT IS COVID-19?

It is a virus that is spread person-to-person by coughing or sneezing and getting exposed to droplets that have the virus in them.



WHAT ARE THE SYMPTOMS?

They feel like the flu or a really bad cold:

FEVER COUGH PAIN WHEN BREATHING DEEPLY FATIGUE
SHORTNESS OF BREATH



HOW DO I AVOID GETTING SICK?

- Wash your hands frequently with soap and water for at least 20 seconds; a good timer is to sing the "Happy Birthday" song twice.
- Hand-washing stations have been set up throughout the downtown area.
- If you can't wash your hands, use hand sanitizer.
- Don't get too close - try to stay in well-ventilated areas and keep 6 feet away from others.
- Avoid people who are coughing.
- If you are not sick, don't wear a mask. It will not prevent you from getting sick.



TENTS

- Try not to share or hang out in tents with anyone else unless you share space with your partner.
- If you camp with a group, please keep 6 feet of space between tents on all sides.
- Try not to hang out in groups larger than 10 people. If you have to be around large groups of people, keep an arm's distance away from others.



ESSENTIAL SERVICES

- Some of the programs you usually go to may not be open or they may be limited.
- If you have internet access on your phone, visit <https://www.homelesshouston.org/covid19> to get more information on programs and services.



IF YOU HAVE COVID-19 SYMPTOMS AND 30 BREATHS PER MINUTE, CALL 911 TO GET HELP AND TELL THE OPERATOR YOU ARE HAVING COVID-19 SYMPTOMS.

