

COVID-19 HEALTH WARNING FOR PEOPLE LIVING HOMELESS

What is COVID-19?

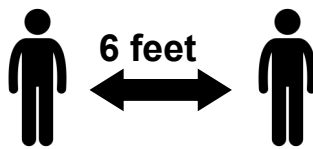
COVID-19 is a new virus spreading from person-to-person. It is currently in the United States and many other countries.

How does it spread?

Health experts are still learning more about the spread. Currently, it is thought to spread:



When a sick person coughs, sneezes, or talks



Between people who are close to each other (within about 6 feet)



By touching a surface or object with the virus and then touching your mouth, nose, or eyes

You can still spread COVID-19 even if you do not have any symptoms.

What are the symptoms?

People who have Covid-19 have symptoms that may show up 2-14 days after being exposed to the virus. The most common are:

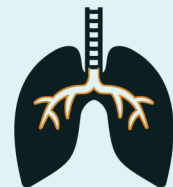
Fever
(100.4 or above)



Cough



Hard time breathing



Other symptoms can include severe body aches, headache, sore throat, shaking, chills, fatigue, congestion or runny nose, nausea or vomiting, diarrhea, and being unable to smell or taste foods.

How bad is novel coronavirus?

Most people will feel mild symptoms such as fever and cough. Most people do not require hospital care. A much smaller number of people get really sick with lung and breathing problems.

Am I at higher risk?

People at higher risk include people:

- With other diseases like cancer, kidney disease, COPD, heart or lung disease, high blood pressure, sickle cell disease or diabetes
- With weakened immune systems
- Who weigh a lot

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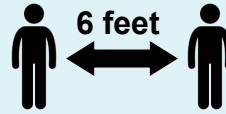
How do I protect myself & others?



Wash your hands often with soap and water for at least 20 seconds (if soap/water is not available, use alcohol-based hand gel)



Wear a cloth face covering that covers your mouth and nose in public



Stay 6 feet apart (about two arm lengths).



Avoid touching your eyes, nose, or mouth, especially with unwashed hands



Cover your mouth/nose with a tissue, sleeve, or elbow when coughing or sneezing

When do I need to talk with a doctor?

Call your regular doctor, and **do not go to the emergency room**, if you have:

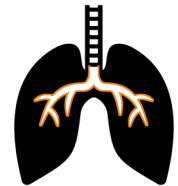
Fever
(100.4 or above)



Cough



Harder time breathing than normal



If you are having a really hard time breathing, you should call 911. If you have symptoms and think you were around someone with the virus, call both your regular doctor, if you have one, and our King County COVID-19 Call Center at **(206) 477-3977**.

What if I don't have a doctor?

Here are a few places you can see a provider:

- **Downtown Public Health** – Phone number: (206) 477-8300
Address: 2124 4th Ave./Seattle, WA 98121
- **Mobile Medical Van** – Seattle & South King County
Locations vary, learn more: www.kingcounty.gov/mobilemed

If you are (or someone else) is having any of the symptoms below Call 911:

- Trouble Breathing
- Inability to wake up or stay awake
- Chest Pain or Pressure
- Bluish Lips or Face
- Confusion/Dizziness