

## SOCIAL DISTANCING

COVID-19 (coronavirus) symptoms can be both severe and mild. Some individuals who contract coronavirus may not show any symptoms, but can still spread the disease.

Do your part to keep yourself and others safe and healthy. The virus spreads from person-to-person, sometimes even before symptoms appear or from touching contaminated surfaces or objects.

- *Minimize* physical contact as much as possible.
- *Don't share* your stuff with anyone.
- *Reschedule* appointments or ask for phone appointments.
- *Respect* the rules at shelters and programs to wash hands and keep a safe distance away from others.

## HEALTH TIPS

- *Wash* your hands often for at least 20 seconds. If water is not available, use hand sanitizer with at least 60% alcohol.
- *Avoid* touching your eyes, nose or mouth with unwashed hands.
- *Cover* your nose and mouth with a tissue when coughing or sneezing; throw used tissues in the trash. If a tissue isn't available, cough or sneeze into your elbow or sleeve, not your hands.
- *Don't* share cigarettes, marijuana, pipes, needles, lighters, alcohol, food, cups, etc.
- *Clean* and disinfect your personal items regularly, especially things you touch often.
- *Stay at least 6 feet* away from others and avoid groups of people.



- *Care* for yourself and check in on others.
- *Visit your local shelter* for help or to be connected to a healthcare professional.

# COVID-19 (Coronavirus)



## Guidance for People Experiencing Homelessness



San Joaquin County  
**Public Health Services**  
health grows here

## DO THE FIVE

**HANDS** Wash them often

**ELBOW** Cough into it

**FACE** Don't touch it

**FEET** Stay more than 6ft apart

**FEEL** sick? Stay isolated or call your healthcare provider for help.



Go to [www.sjcphs.org](http://www.sjcphs.org) for up-to-date information.



Call 2-1-1 for questions about accessing housing, healthcare, food or other supplies and services.



## CORONAVIRUS FACTS

COVID-19, also known as coronavirus, is a new and highly contagious virus present in San Joaquin County.

It is usually mild and most people recover quickly, but it can be very serious for people with stressed immune systems, underlying chronic conditions (like heart disease, lung disease, diabetes, HIV/AIDS), and people 65 years and older.

Common COVID-19 symptoms include:

- Fever
- Shortness of breath
- Dry cough

Symptoms may appear 2-14 days after exposure.

## WHAT IF I GET SICK?

**Stay isolated and call your doctor.** Let them know about your symptoms and that you think you may have COVID-19. This will help them take care of you and keep other people from getting infected or exposed.

## WATCH FOR SYMPTOMS AND EMERGENCY WARNING SIGNS

- **Pay attention for potential COVID-19 symptoms** including, fever, cough, and shortness of breath. If you feel like you are developing symptoms, call your doctor.
- If you develop emergency COVID-19 warning signs, get medical attention immediately. In adults, emergency warning signs include:
  - Difficulty breathing or shortness of breath
  - Persistent pain or pressure in the chest
  - New confusion or inability to arouse
  - Bluish lips or face