

NOVEL CORONAVIRUS

WHAT YOU NEED TO KNOW

Carmichael HART is working to assist the homeless community with this serious virus. We recognize your risk. Bear with us as we work on measures to help you with the impact of the Coronavirus.

We know its difficult to wash hands, and stay isolated from one another and we are looking for solutions. For now, be aware and do the best you can to stay safe.

HERE IS SOME HELPFUL INFORMATION

HOW IS IT SPREAD?



Through droplets when an infected person coughs or sneezes



Close personal contact, such as caring for an infected person

THE BEST WAY TO STAY HEALTHY IS TO SEPARATE FROM GROUPS AS BEST YOU CAN

WHAT ARE THE SYMPTOMS?



FEVER



COUGH



DIFFICULTY BREATHING

WHAT CAN I DO TO PROTECT MYSELF?

- Stay inside your tent when you are sick
- Limit close contact with people who are sick
- Wash your hands often with soap & water for at least 20 seconds
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol
- Clean & disinfect frequently touched objects & surfaces
- Maintain social distaces of 6 feet apart
- Avoid touching your eyes, nose & mouth
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you don't have a tissue, use your sleeve, not your hands
- If you can get them, wear a mask and gloves *we are we are working on getting these but they are in short supply*

CALL 211 FOR MORE INFORMATION