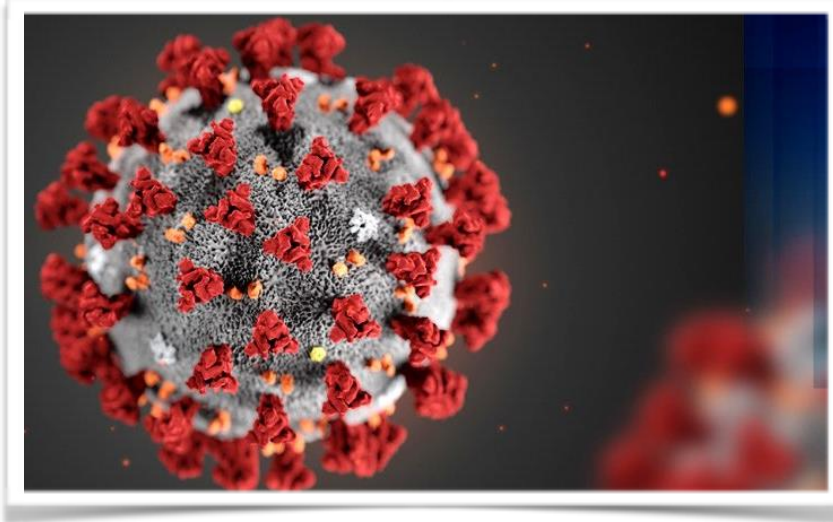




# COVID-19

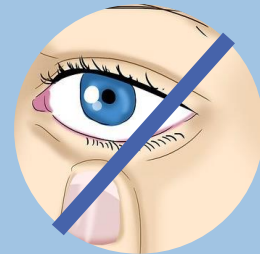
## FACT SHEET FOR INDIVIDUALS EXPERIENCING HOMELESSNESS



### *How to Protect Yourself and Others*



Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based (at least 60%) hand sanitizer if soap and water aren't available.



Avoid touching your face, nose, and eyes with your hands. Cough or sneeze into your elbow or cover with a tissue. Then throw the tissue in the trash.



Avoid close contact with people who are sick!

### What is COVID-19?

Coronavirus Disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. Risk of infection from the virus that causes COVID-19 is higher for someone who comes in contact with anyone else who has COVID-19.

### What are the symptoms?

Reported symptoms can include the following:

FEVER

COUGH

SHORTNESS OF BREATH

- For non-emergency care, please call a local provider and share your symptoms.
- Also notify your healthcare provider or local health department if you have been in close contact with a person who has COVID-19.
- Avoid close contact with others to limit the spread.
- **Get medical attention IMMEDIATELY if you develop emergency warning signs such as difficulty breathing, persistent pain or pressure in the chest, new confusion or inability to arouse, and bluish or grey lips or face.**

## What should I do if I don't have health insurance?

You do not need to have health insurance to access medical care for COVID-19. If you do not have a healthcare provider or insurance, please call 1-800-887-4304 or 211 for a list of free resources available in West Virginia.

## Are some people at higher risk?

Yes. People over 60 years of age and people with certain underlying health conditions like heart disease, lung disease, diabetes and pregnancy are at higher risk of severe illness from COVID-19 and should stay away from groups of people as much as possible. **Talk to your healthcare provider if you have underlying conditions.**

## What should I do if I sleep outside?

We know that keeping distance from others can be challenging if you sleep outside. The following practices can help reduce the spread in shelters.

- **Avoid groups of people and stay at least 6 feet away from others.**
- **Don't shake hands! Try other options such as waving.**
- **Avoid sharing objects like cell phones, cigarettes, food, and drinks.**
- **Dispose of all waste in bags and separate from your living space.**



## For the most up-to-date information, visit:

[www.coronavirus.wv.gov](http://www.coronavirus.wv.gov)

[www.cdc.gov/coronavirus/2019-ncov/](http://www.cdc.gov/coronavirus/2019-ncov/)

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## WE ARE IN THIS TOGETHER

The West Virginia Department of Health and Human Resources is actively monitoring COVID-19 on a daily basis and has launched a series of efforts, in coordination with local partners, to support individuals experiencing homelessness. These efforts include partnering with service providers. We will continue to provide general updates on the state's response and actions as additional information becomes available.