

# CORONA VIRUS (COVID-19)

## Information for Unsheltered People: Protect Yourself and Others



There is a highly contagious virus (COVID-19 or coronavirus) impacting all communities. Here is important information for unsheltered people to protect yourself and others.

### Prevention

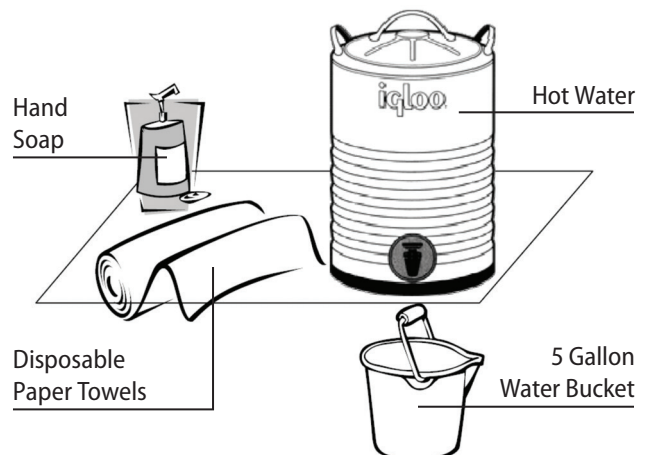
- » Wash your hands with soap and water for at least 20 seconds after touching surfaces and people.
- » Don't touch your face. Sneeze or cough into elbows.
- » If you cannot wash your hands with soap or use hand sanitizer, try to use alcohol-based hand wipes.
- » Avoid hugs and handshakes. Keep two arms' length away from other people.
- » Wipe down belongings (including money).
- » Don't share drinks and be cautious about food.
- » Try to pick up packaged meals and food from shelters and food banks.
- » **Harm reduction:** Do not share supplies, such as cigarettes, joints, pipes, and other supplies. If you have to share, wipe pipes with alcohol wipes or use mouthpieces. Prepare your own supplies and drugs.

» **Note:** Some people may have minor or no symptoms and still carry/spread the virus. Be cautious, avoid large groups of people.

### Makeshift Sanitation Station If You Do Not Have Access To Water

**Supplies needed:** 5 gallon or larger gravity flow, insulated container, water, waste water bucket, soap, paper towels, and hand sanitizer. **Ask outreach or frontline staff for help if you do not have 24/7 access to running water.**

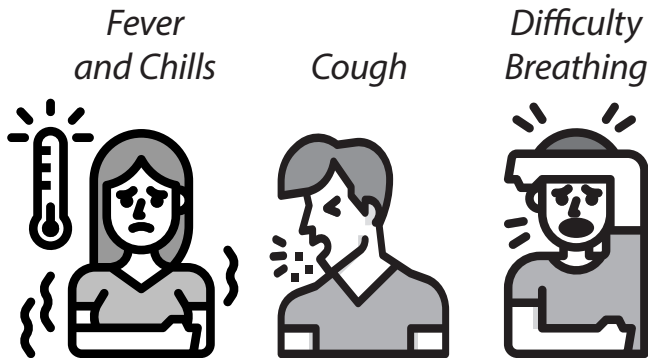
#### Temporary Food Stand Handwashing Set-up:



## Symptoms

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Symptoms of human coronaviruses may be very mild or more serious, such as:



## What To Do If:

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### 1. You have flu-like symptoms, fever or a dry cough or think you have been exposed to COVID-19.

- Try to self-isolate and call the new hotline **1 888-COVID19 (1 888-268-4319)** to ask about medical assistance and screening for testing.
- If you don't have a phone, outreach workers and shelter staff can help. Inform staff immediately of your symptoms and maintain a distance from others.

### 2. You have underlying health issues (TB, Hep, HIV, diabetes) or are immuno-compromised and are concerned about exposure to COVID-19 at clinics, hospitals or shelters.

- Call **8-1-1** for medical information. Call for non-medical information **1 888-COVID19 (1 888-268-4319)**.

### 3. You are having difficulty breathing, new chest pains or fever.

- Call 9-1-1, or ask someone to call for you

### 4. You have to self-isolate or quarantine but do not have anywhere safe to go or any supplies.

- Inform outreach or shelter staff of your situation. There will be emergency options available.
- Call the new hotline **1 888-COVID19 (1 888-268-4319)**
- Buddy up when you are using. COVID-19 is passed by droplets. Stay 2m (6.5 ft) from your buddy to avoid passing the virus. Using with a buddy is safer than using alone.

### 5. You need prescription medication, access to Overdose Prevention sites or Opioid Agonist Therapy (suboxone, methadone).

- Ask for help. Talk to a pharmacist or addictions doctor.
- Try to have the medications you need (such as OAT). Refills may be available directly through your pharmacist or by phone without having to see your physician.

**Please note some public spaces like libraries, recreation centres, community centres and stores may be closed. Please reach out and ask for help if you need it.**

For additional information visit:

**[www.bccdc.ca](http://www.bccdc.ca)**