

How to Care for Yourself

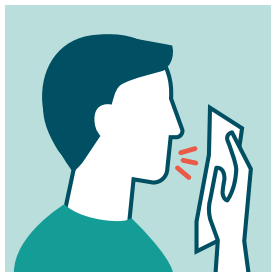
It is very important that in addition to looking out for shelter clients, you also take care of yourself.

If you are sick, stay home except to get medical care. Separating yourself from other people will decrease the chance of spreading the virus to others. If this is not possible and you must leave your home, try to avoid using public transportation, ride-sharing, or taxis.

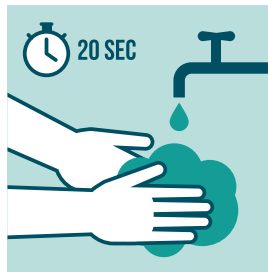
To reduce the chance of spreading the illness, follow the same guidelines you would give to someone in your care:



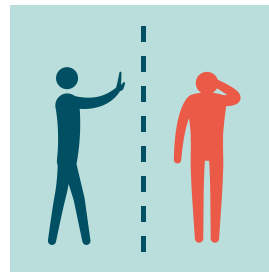
WEAR A FACEMASK AROUND OTHERS.



COVER YOUR COUGHS AND SNEEZES.



WASH YOUR HANDS REGULARLY.



AVOID SHARING PERSONAL ITEMS.

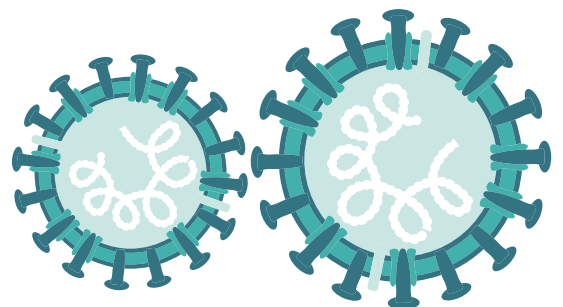


CLEAN ALL SURFACES THAT YOU REGULARLY TOUCH.

Monitor your symptoms and seek prompt medical attention if you notice your illness is worsening (e.g. difficulty breathing).

Severe Symptoms

- Extremely difficult breathing (not being able to speak without gasping for air).
- Bluish lips or face.
- Persistent pain or pressure in the chest.
- Severe persistent dizziness or lightheadedness.
- New confusion, or inability to arouse.
- New seizure or seizures that won't stop.



More Information

NATIONAL
HEALTH CARE
for the
HOMELESS
COUNCIL

For more information visit the **Coronavirus Resources Section of the National Health Care for the Homeless Council's website: www.nhchc.org**

Sources: Information in this document came from the Centers for Disease Control and Prevention and other sources available at www.nhchc.org