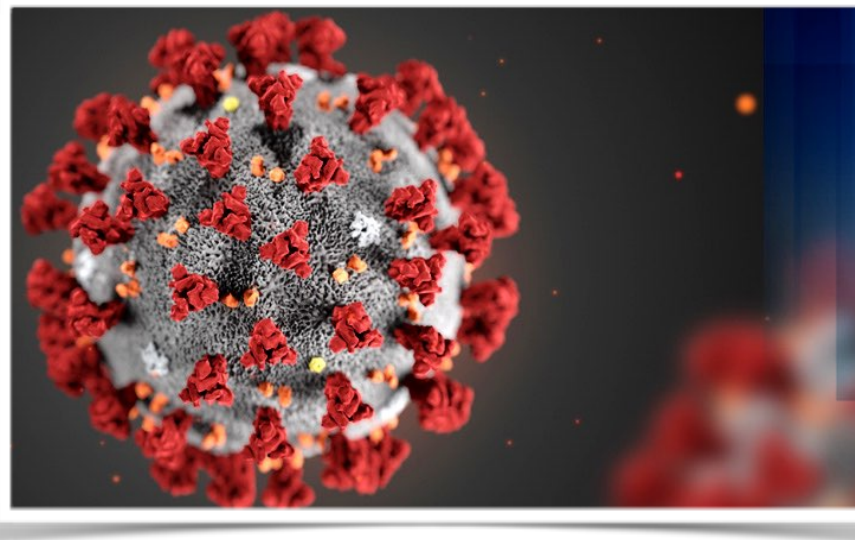


# COVID-19



MAYOR'S OFFICE OF HOMELESS SERVICES

## FACT SHEET FOR INDIVIDUALS EXPERIENCING HOMELESSNESS



### 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?

Information to date indicates that symptoms can include the following:

**FEVER**

**COUGH**

**SHORTNESS OF BREATH**

- If you experience these symptoms, **call** your healthcare provider **IMMEDIATELY** for advice.
- Also call your healthcare provider if you have been in close contact with a person who has COVID-19.
- Avoid close contact with others to limit the spread.
- **Baltimore City Health Department recommends to get medical attention IMMEDIATELY ONLY if you develop emergency warning signs for COVID-19 such as**

### How to Protect Yourself and Others?



Wash your hands often with soap and water for at least 20 seconds. Use hand sanitizer if you don't have access to soap and water.



Avoid touching your face, nose, and eyes with your hands. Cover your cough or sneeze with a tissue. Then throw the tissue in a trash bag and keep the trash bag away from you.



Avoid close contact with people who are sick.

difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion, inability to arouse, and bluish or grey lips or face.

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

You do not need to have health insurance to access medical care. If you don't have a healthcare provider or insurance, please call 211 for a list of free resources available in Baltimore City.

## Are some people at higher risk?

Yes. People with certain underlying health conditions like heart disease, lung disease, and diabetes 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 one or several underlying conditions.**

## What should I do if I sleep outside?

We know that keeping your 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 and try other options, such as waving.
- Avoid sharing objects like cell phones, cigarettes, food, and drinks.
- Dispose of all waste in bags, separate from living space.



## Stay informed through the following sources:

- <https://health.baltimorecity.gov/>
- <https://coronavirus.maryland.gov/>
- <https://www.cdc.gov/coronavirus/2019-ncov/>
- <https://homeless.baltimorecity.gov/>

## WE ARE IN THIS TOGETHER

The Mayor's Office of Homeless Services (MOHS) is actively monitoring the situation on a daily basis and has launched a series of efforts to support individuals experiencing homelessness. These efforts include partnering with service providers. We will continue to provide general updates on the City's response and MOHS' actions as additional information becomes available.

### Follow us on Social Media!



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Mayor's Office of Homeless Services