

# COVID-19

Protect yourself and others



A fact sheet for individuals experiencing homelessness

## What is COVID-19?

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



### Wash Your Hands

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



### Cover Your Mouth

Cover your cough or sneeze with a tissue. Dispose of tissue in a bag, place the bag away from you, and clean your hands. .



### Don't Touch

Avoid touching eyes, face, nose and mouth...especially with unwashed hands.



### Keep Your Distance

Avoid close contact with others to limit the spread. Separate sleeping areas by 12 feet.



If you experience symptoms (fever, cough, shortness of breath) OR if you have been in close contact with someone who has COVID-19, call your health care provider immediately for advice.

# Common Questions

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

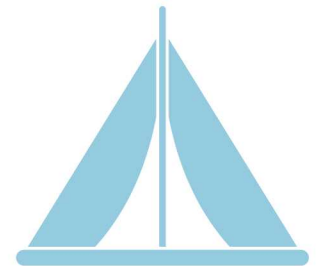
You do not need to have health insurance to access medical care. If you don't have a healthcare provider or insurance, call 211 for a list of free resources in Tulsa County.

## 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 more of these underlying conditions.

## What should I do if I sleep outside?

Keeping your distance from others can be challenging if you sleep outside. The following practices can help reduce the spread in camps and 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, separate from living space.

## WE ARE IN THIS TOGETHER!

The Mayor's office is actively monitoring the situation and has launched a series of efforts to support individuals experiencing homelessness. We will continue to provide updates through our partners and social media channels. Follow the City of Tulsa (@cityoftulsa) and A Way Home for Tulsa (@cscawh4t) for up-to-date resources and information regarding COVID-19.