

Quick COVID-19 Guide

For Unsheltered Community Members

SOCIAL DISTANCING

- Keep 6 ft distance between you and others
- Ensure each person has 12 ft X 12 ft space when sleeping
- Avoid crowded areas
- No sharing food or personal items

HYGIENE

- Wash your hands with soap and water for 20 seconds or rub hand sanitizer (with at least 60% alcohol) until dry regularly
- Wipe down high contact surfaces regularly, such as phones with disinfecting (70% isopropyl alcohol) wipes
- Keep a trash bag

KNOW YOUR SIGNS OF COVID-19

- Fever (temperatures above 100.4°)
- New or worsening cough
- Shortness of breath
- Generalized weakness and muscle aching

HAVE A PLAN

- If you need supplies or other assistance, ask outreach staff for support.
- If you get a cough, mask yourself. Always cough into your elbow
- If you are showing mild symptoms or concerns, call your Primary Care doctor or call **Mount Carmel Outreach at 614-546-4200** and tell them you may have COVID-19 symptoms and need an appointment
- If you have severe symptoms or shortness of breath, call 911

