

COVID-19

Families and Individuals Living in Encampments

How is COVID-19 spread? COVID-19 can be spread by spending time with people who have the virus and by touching things that have the virus on them and then touching your face. **Even if you or others do not have any symptoms you may still have COVID-19.**

You can still spread the virus after you start feeling better. To keep others safe, stay isolated until it's been 3 full days without a fever (feelings of being unusually hot or cold) *and* without taking medicine that makes your fever lower. You should also wait until your other symptoms have gotten better and it has been at least 10 days since your symptoms started.

If you decide to isolate in your tent, car, or RV, follow these steps while you are sick to keep others safe:



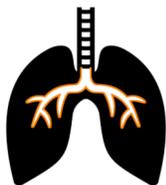
Stay in your tent, car, or RV as much as possible



Cover your mouth and nose



Avoid touching your eyes, nose, and mouth



If you smoke, try to decrease the amount you smoke or stop



Wear a face covering that covers your mouth and nose



Keep track of your symptoms, seek help if they get worse



If you use drugs, alcohol or tobacco try not to share



Stay 6 feet apart



Avoid sharing household items



Wash your hands with soap and water or use hand sanitizer