

COVID-19 INFORMATIONAL GUIDE FOR PUBLIC HOUSING RESIDENTS

KNOW THE BASICS



What is COVID-19?

Coronavirus disease 2019 (COVID-19) is a new viral respiratory illness that is transmitted by close contact like standing or sitting within 6 feet of an infected person. The virus is spread through respiratory droplets from an infected person who is coughing, sneezing, or talking.



What are the symptoms?

- Symptoms range from mild to severe respiratory illness such as: Shortness of breath or difficulty breathing, persistent pain or pressure in the chest, sudden confusion, inability to respond, bluish lips or face, fever and malaise, muscle pain, chills, and/or repeated shaking with chills, cough, sore throat and new loss of taste or smell. Individuals can also be infected and infectious with no symptoms at all.
- Other less common symptoms include: gastrointestinal symptoms like nausea, vomiting, or diarrhea.

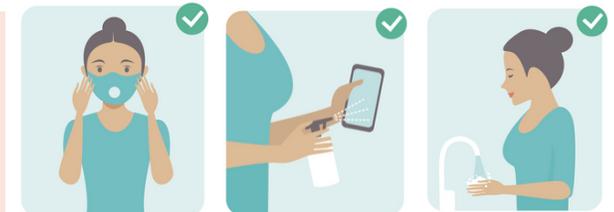


What do I do if I suspect I have COVID-19?

- Stay home except to get medical care. When seeking medical care, contact your health care provider via telephone, email, or secure messaging for further instructions on what to do, i.e. come in for testing or to obtain medication through a clinical trial.
- Separate yourself from others in your home, including pets.
- Wear a cloth covering over your nose and mouth when around other people.

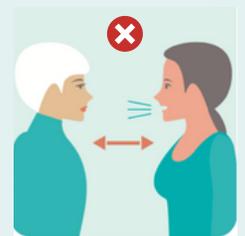
How do I prevent transmission to others?

- Wash hands often
- Avoid sharing personal items
- Clean most commonly touched surfaces every day
- Monitor your symptoms
- Cover your mouth and nose when you cough and sneeze with a tissue, throw your tissue away in a lined trash can, and immediately wash your hands with soap and water for at least 20 seconds.
- If you don't have soap and water readily available use a hand sanitizer with at least 60% alcohol.



Take the following precautions everyday:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds.
- No soap and water? Use a hand sanitizer with at least 60% alcohol.
- Always wash hands after using and being in common areas.
- Practice social distancing by staying at least 6 feet apart from other people.
- Always wear a cloth face mask when around others.



Learn how to make a mask by clicking [here](#).
Learn how to properly wash your hands by clicking [here](#).



REFERENCES:

<https://www.mayoclinic.org/diseases-conditions/coronavirus/symptoms-causes/syc-20479963>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

<https://nchph.org/wp-content/uploads/2020/04/COVID-19-Pandemic-Conference-Call-fp.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

“This publication is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1,824,000 with 0 percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit [HRSA.gov](https://www.hrsa.gov).”



National Center for Health in Public Housing

www.nchph.org