

# 9 things you can do to manage your health when you are homeless

## If you have COVID-19 and are homeless:

1. Avoid crowded public settings. Do not use public transportation such as taxis, ridesharing or buses.



2. Monitor your symptoms. If your symptoms get worse, call your healthcare provider and tell them you have COVID-19.



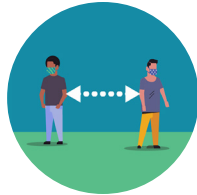
3. Wear a face mask if you need to be around other people.



4. Get rest and stay hydrated.



5. Maintain a distance of at least 6 feet away from other people.



6. Wash hands with soap and water for at least 20 seconds as often as possible.



7. Cover coughs and sneezes.



8. Do not share personal items, like dishes or towels.



9. Some local health departments have special services for homeless persons with COVID-19, such as hygiene station maps and hotel rooms. Contact your local health department for more information.

