

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.



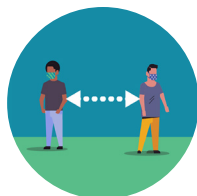
- 3.** Wear a face mask if you need to be around other people.



- 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.

