



Guidance for Outreach Workers During COVID-19 Outbreak
March 16, 2020

What is it?

COVID-19, an illness caused by a newly identified type of coronavirus, can cause a respiratory infection and lead to health problems. It's usually mild and most people recover quickly if they have it, but it can be very serious for people with stressed immune systems or underlying conditions or older adults, so it's important to stay informed.

COVID-19 is spread from person-to-person by coughing or sneezing and getting exposed to droplets that have the virus in them.

What are the symptoms of COVID-19?

The main symptoms feel like the flu or a really bad cold:

- Fever • Cough • Pain when taking a deep breath • Shortness of breath/difficulty breathing • Fatigue
- These symptoms show up between 2 and 14 days after you've been exposed to the virus.

Who is at increased risk for serious illness? What are vulnerable populations?

Vulnerable populations include people who are:

- 60 years old and older.
- People with certain health conditions such as heart disease, lung disease, diabetes, kidney disease and weakened immune systems
- People who are pregnant or were pregnant in the last two weeks.
- For vulnerable populations, don't go to gatherings (of 10 people or more) unless it is essential. Avoid people who are sick.

How can we prevent COVID-19?

Wash your hands often with soap and water for at least 20 seconds. Using an alcohol-based hand sanitizer—it must have at least 60% alcohol in it—can also kill the virus.

- Avoid close contact with people who are sick.
- Cover your cough and sneeze with a tissue and throw it away in a lined trash can, or if you don't have a tissue, cough into the bend in your elbow. Wash hands with soap and water afterwards.
- Give a mask to anyone who is coughing and ask them to wear it
- Use alternates to handshakes and hugs, elbow bumps etc.
- Keep your hands away from your eyes, nose, and mouth.
- Get a flu shot. It won't prevent COVID-19 but it will prevent the flu and keep you out of clinics, pharmacies, or emergency departments and minimize your risk of contact with others who may be sick.
- Wash your hands before you put on gloves and after you take them off.

If you're feeling sick, what should you do?

Stay home if you are sick, and if you don't have a place to stay, try to minimize your close contact with other people. Monitor your fever at home and avoid others for at least 24 hours after the last fever.

Call or contact a medical provider if you can to ask about your symptoms and see if you need to even come in. Tell them your symptoms and that you are concerned about COVID-19.



Talking points to our participants on the street

Prevention:

- Good hand washing techniques are the most effective ways to prevent yourself from getting sick. This means washing your hands often with soap and water, and rub for at least 20 seconds.
- There are new hand washing stations in several areas, know where they are. If you do not have access to water—use hand sanitizer. [Bit.ly/sfhygienestations](http://bit.ly/sfhygienestations)
- Social distancing is helpful to prevent spread. When possible stay in ventilated areas, stand 3 feet away from others, ask people who are coughing to wear a mask if they have one
- If you are not ill, there is no recommendation to wear masks at this time. It will not prevent exposure.

Social Distancing & Overdose Prevention: We support social distancing as a public health strategy to slow the spread of disease, but we also want to remind people that our drug supply is still very strong and now is an especially important time to double down on the harm reduction strategies that work when it comes to preventing overdose:

- Use less
- Use slow
- Try not to use alone / have someone check on you
- Use fentanyl test strips for pills, cocaine/crack, and black tar heroin for more information on the strength of your drugs
- Have naloxone/Narcan (a lot of it) and know how to use it
- Treatment is more available than ever. Know where to refer for low barrier buprenorphine (Suboxone).

Tents

Try not to share or hang out in tents with anyone else unless you share space with your partner.

If you camp with a group, try to keep 6 feet of space between tents.

Try not to hang out in large groups or if limit your time in large groups and crowds. Try to keep an arms distance away from people.

Who to call/where to go for medical care?

Call 911 if you or a friend is having an emergency like chest pain, gasping for breath, unconscious, or cannot get up

Contact your regular doctor if you have one.

If you don't have a doctor call **415-713-1963** or go to:

<p>WPIC Urgent Care 50 Ivy Street (also called Whole Person Integrated Care – Urgent Care) Monday-Thursday 8:00-6:30 Friday 8:00-5:00 Saturday 9:00-5:00</p>	<p>ZSFG Adult Urgent Care Center 1001 Potrero Avenue, Building 5, 1st floor, 1E Monday - Friday 8:00 a.m. - 8:00 p.m. Saturday/Sunday/Holidays 8:00 a.m. - 4:00 pm</p>
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