What is COVID-19?
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
- Loss of sense of smell

Prevention
- Good hand washing is the most effective way to prevent yourself from getting sick. This means washing your hands often with soap and water and rubbing for at least 20 seconds.
- Make sure you know where restrooms and handwashing stations are. If you do not have access to water—use hand sanitizer.
- Social distancing is important to prevent spread – for example, stand 6 feet away from others, don’t share utensils, and do not gather in groups larger than 5 people.
- The CDC recently updated recommendations that everyone wear a mask while in public. If you are sleeping in close quarters with others or must go out into crowded places, please consider covering your face.

Tents
- Try not to share or hang out in tents with anyone else unless you share space with your partner.
- Set up your tents/sleeping quarters with at least 12 feet x 12 feet of space per individual.
- Do not hang out in large groups (more than 5 people) and try to limit your time in large groups and crowds.

If You Are Sick
- **Call 911 or go to the ER if:**
  - You are so breathless that you are unable to speak more than a few words; OR
  - You are so ill that you’ve stopped doing all of your usual daily activities.
- Separate yourself from other people—avoid contact as much as possible. Set up a separate tent at least 12 feet from other tents.
- Call ahead before visiting your doctor – call your provider and tell them about your symptoms.
- Cover your coughs and sneezes
  - Cover your mouth and nose with a tissue or cough into your elbow
  - Throw used tissues in a lined trash can
  - Immediately wash your hands or use hand sanitizer
  - Clean your hands often—wash with soap and water for 20 seconds, or use hand sanitizer
  - Avoid touching your eyes, nose, and mouth with unwashed hands
- Monitor your symptoms
  - Seek medical care if your illness is worsening (e.g., difficulty breathing)
  - Before seeking care, call your healthcare provider and tell them about your symptoms
  - If you call 911, tell the dispatcher that you have symptoms
  - Do Not Discontinue isolation for 72 hours after fever is gone
- If you are younger than 60 and have mild symptoms you do not need to be tested.
Overdose Prevention: Social distancing is a public health strategy to slow the spread of disease, but we also want to remind people that 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
- Get treatment – ask an outreach worker

Medical Services
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 Albuquerque Health Care for the Homeless medical clinic: 505-242-4644.

24/7 Hotlines

DOH COVID-19 Hotline: 855-600-3453

New Mexico Crisis Hotline: 855-662-7474