

**Department of Health Services**

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**County of Sacramento**

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## Guidance to the Unsheltered in Sacramento County

The following is excerpted from guidance issued by the Sacramento County Department of Public Health \* Please feel free to hand this out to clients, and remind them not to go to the emergency room for a COVID19 test.

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**PREVENTION:**

- Cover your mouth or sneeze with a tissue then throw the tissue in the trash
- Avoid touching your eyes, nose and mouth
- Clean and disinfect frequently touched objects and surfaces
- Don't share bedding, clothing, cooking supplies, utensils, food and drinks, or tobacco products.
- Wash your hands often with soap and water for at least 20 seconds
- Remain in tents or sleeping area with a blanket, plenty of water and food, over the counter cold medications and hygiene supplies including tissues
- If you are sharing a tent with others, sleep head to toe.
- Maintain a six feet distance rule between your neighbors.

Consider coming into a shelter for rest and recuperation, shower stations, and or bathroom stations to improve hygiene conditions.

Take advantage of six handwashing stations available to the unsheltered:

- North 18<sup>th</sup> St and Basler St.
- 21<sup>st</sup> Street between X and Y
- Northgate Exit & 160 Freeway
- Cesar Chavez Plaza
- Roseville Road Light rail Station
- Morris Utility Station

### **SUSPECTED ILLNESS:**

If you want a COVID-19 test, DO NOT as a first resort call 911 or go to the emergency room. A medical provider can perform a test if you have been exposed to the virus.

Other emergencies are occurring, and emergency room resources must be available to address all of them, not just COVID-19.

Follow these steps if sick:

### **Shelter in Place If:**

- You have mild to moderate symptoms, no known exposure to COVID-19 and no high risk medical condition (such as heart disease, COPD, pregnancy, diabetes, etc.)

### **Call A Medical Provider or 211 If:**

- You have a fever plus mild to moderate respiratory symptoms

### **Call 911 and report your symptoms if:**

- You have a high fever with the shaking
- Difficulty breathing
- Worsening shortness of breath
- Difficulty walking or standing upright
- Inability to Stay Hydrated or eat
- Unable to care for yourself in a tent or a shelter
- You have a fever plus mild to moderate respiratory symptoms

Don't share bedding, clothing, cooking supplies, utensils, food and drinks, or tobacco products.

For the official guidance document and a power point presentation provided by the County's Public Health Officer, [click here](#).