



Guidance for People Living on the Street During COVID-19 Outbreak

March 16, 2020

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

Prevention

- Good hand washing is 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.
- 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

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
- Get treatment – more available now than ever! Ask an outreach worker

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 you need to limit your time in large groups and crowds. Try to keep an arms distance away from people.



Resources

Hand Washing Stations: https://www.google.com/maps/d/viewer?ll=37.77251031480697%2C-122.42804134159735&z=13&mid=1jCE9ll8lv12tO-wWrF6RIQPWKXGBK0_z

TENDERLOIN	Willow St. & Polk St. Hemlock Alley Ellis & Taylor St Turk & Leavenworth
UN PLAZA	Leavenworth & McAllister
SOMA	527 5th St. @ Bryant Mission & 9th
BAYVIEW	Barneveld Ave & Loomis St 1940 Evans Ave. 1634 Armstrong Ave 1150 Thomas Ave. @ Hawes Carroll & Ingalls
MISSION	Alabama St. & Mariposa Folsom & 21st 1550 Bryant St.
HAIGHT	Ashbury & Haight St
LAKE MERCED/SF STATE	Winston Dr. & Buckingham Way
CASTRO	3565 16th before Market St
EMBARCADERO	Market St & Steuart St.
CHINATOWN	Jackson & Powell St.

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 **415-713-1963** or go to:

- **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
- **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