



## County of Sacramento

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# Coronavirus Disease 2019 (COVID-19) Guidance for Homeless Services March 6, 2020

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Sacramento County Public Health is monitoring the global novel coronavirus (COVID-19) outbreak closely and working with our partners at the Centers for Disease Control and Prevention (CDC) and California Department of Public Health (CDPH). There have been confirmed cases in Sacramento County and we'll be sharing more information as soon as materials and guidance are released. Until then, here's some COVID-19 basics to promote effective hygiene, to prevent and address potential Coronavirus infections among those experiencing homelessness, and how to keep staff safe.

### Transmission:

Experts believe that COVID-19 is spread mainly from person-to-person in the following ways:

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly inhaled into the lungs.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their mouth, nose, or possibly their eyes, but experts do not believe that this is the main way the virus spreads.

Experts believe that people are most contagious when they are most symptomatic (the sickest).

### Prevention:

Tips for both staff and clients include:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- Post handwashing signs throughout your site and provide training on good hand hygiene for staff and clients.
- For facilities, install and distribute hand sanitizer with at least 70% alcohol content throughout your facility.
- For outreach teams, distribution of hand sanitizer with at least 70% alcohol content and promote its use to street-based clients and staff.

- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Ensure staff have access to disposable gloves and know how to use and discard safely.
- Get your flu shot. The flu vaccine won't protect against COVID-19, but it is highly recommended to help keep you healthy.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. Avoid touching your eyes, nose, and mouth. Promote this among clients and fellow staff.
- If you're sick, stay at home. Experts recommend that staff who have symptoms of acute respiratory illness stay home and not come to work until they are free of fever (100.4° F or greater using an oral thermometer), signs of a fever, and any other symptoms for at least 24 hours, without the use of fever-reducing or other symptom-altering medicines (e.g., cough suppressants).

Some individuals may come to school or work wearing face masks. The CDC does not recommend the use of face masks among healthy individuals, however, it is important that anyone wearing a mask be treated with respect and not fear. N95 respirator masks are not designed for and should not be worn by children. If individuals are wearing face masks, they should not be excluded. Please provide families with the information provided or direct them to the websites listed below.

#### **Symptoms, Assessment, and Treatment:**

Symptoms may appear **2-14 days after exposure:**

- Fever
- Cough
- Shortness of breath
- People who think they may have been exposed to COVID-19 should contact their healthcare provider immediately

If an individual requires medical attention, please continue to direct them to a healthcare provider. California's Department of Managed Health Care directed all commercial and Medi-Cal health plans regulated by the Department to immediately reduce cost-sharing to zero for all medically necessary screening and testing for the COVID-19.

Sacramento County Public Health (SCPH) will continue to provide updates if local conditions change.

To learn more, visit:

[www.cdc.gov/coronavirus/2019-ncov/index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html) (CDC)

<https://COVID19.saccounty.net>