

COVID-19: Families and People Living in Encampments

How do you protect yourself?

COVID-19 can be spread by spending time with people who have the virus which is why it is important to stay at least 6 feet away from others. When someone has COVID-19 or is sick with symptoms of COVID-19, it is important for them to limit their time with other people, so they do not spread the disease.

Minnesota Isolation Spaces are free, safe, clean, and comfortable places to stay for people who test positive for COVID-19 or who have COVID-19 symptoms. Contact an outreach worker or call your local public health department to get more information.

If you decide to stay in your tent, car, or RV, follow these steps while you are sick to keep others safe:

Stay in your tent, car, or RV as much as possible if it is safe.

Stay 6 feet (two arm lengths) apart from others.

Wear a face covering that covers your mouth and nose.

Avoid sharing food, drinks, or other personal items.

What else should you do?

Wash your hands with soap and water for at least 20 seconds, or use hand sanitizer.

Avoid touching your eyes, nose, and mouth.

Cover your mouth and nose with a tissue, sleeve, or your elbow when coughing or sneezing.

Go to a clinic or the ER if your symptoms get worse.

If you smoke, try to decrease the amount you smoke or stop all together.

If you use drugs, alcohol, or tobacco try not to share.

You can still spread the virus after you start feeling better. To keep others safe, stay away from others until **all three of these things are true:**

- You feel better. Your cough, shortness of breath, or other symptoms are better.
- It has been 10 days since you first felt sick.
- You have had no fever for the last 24 hours, without using medicine that lowers fevers.