

STAYING SAFE

here's what you need to know

any **P**ositive change
PRIME+ Peer Program

What is "COVID-19" or "coronavirus"?

COVID-19 is an illness caused by something called the *coronavirus*. COVID-19 has symptoms like the flu: fever, dry cough, and shortness of breath or difficulty breathing. Right now there is no vaccine to prevent you from getting sick with this new virus, and no specific medicine to treat it. Most people who contract COVID-19 will recover. However, this illness can be very serious for people over 60, or people of any age who have stressed immune systems or medical conditions like diabetes; asthma; HIV; or liver, kidney, or heart disease.

THERE ARE ACTIONS WE CAN TAKE TO LOWER THE CHANCES OF GETTING SICK OR SPREADING COVID-19 AND HELP KEEP ALL PEOPLE IN OUR COMMUNITY SAFER

How does COVID-19 spread?

The virus can spread between people who are in close contact with each other. This happens when droplets from an infected person's coughs or sneezes gets into another person's mouth, nose, or eyes. The virus also lives on surfaces (like plastic, metal, or cardboard) for a few days, so you can get sick if you touch a surface that has the virus on it and then touch your mouth, nose, or eyes. **People can also spread COVID-19 when they feel fine, or don't show symptoms.**

Why are some people wearing masks? When or why should I wear a mask?

People wear masks or bandanas in public to help protect other people around them. A mask or bandana can keep some cough and sneeze droplets of the person wearing the mask from getting into another person's mouth, nose, or eyes. **If you decide to wear a mask or a bandana, make sure to tie it over your nose and mouth.**

What else can I do to help protect myself and those around me?

- **Try to wash or sanitize your hands when you can**—anytime you wash or sanitize your hands, you cut down on spreading or picking up germs.
 - ➔ If you have running water, **wash your hands with soap for at least 20 seconds**—this helps get the virus off your hands.
 - ➔ Use alcohol-based hand sanitizer if you don't have soap and water.
 - ➔ Carry soap with you to use at a public faucet or portable handwash station.
- Try to **avoid touching your mouth, nose, and eyes.**
- **Try not to share food, drinks, and items that touch the mouth** such as silverware, cigarettes, pipes, and other things used to smoke. **Do not share bedding or clothes.**
- It is hard—but **do not shake hands, hug, or kiss people.**



What should I do if I'm worried I am sick from COVID-19?

If you or a friend has signs of COVID-19, **try to stay at least 6 feet away from other people** and sleep apart from people who are not sick. **Wear a mask or bandana** or tie a t-shirt over your nose and mouth. Try to rest as much as you can, stay warm, drink water or other liquids, and take a medicine for fever (like aspirin or ibuprofen). **If you have a cough, fever, and feel sick enough to see a doctor and you do not know where to go, call 211** and ask what you are supposed to do in your area.



When should I call for medical care?

Call a doctor or ambulance if you (or someone you are taking care of):

- Have **trouble breathing** or feel like you are “hungry” for breath.
- Feel **chest pain or pressure** in your chest or abdomen.
- **Cannot drink** or keep liquids down.
- Have **blue lips**.
- ▶ OR—if the person you are taking care of seems **very confused or is hard to wake up**.

Emergency and medical staff wear masks and gowns because they see sick people. They are trying to keep you from getting sick and keep themselves healthy, so they can keep working.



How else can I prepare?

Try to **stock up with about 2 weeks of**:

- **Supplies for what you use:** syringes, cottons, cookers, tourniquets (“ties”), safer smoking equipment, or anything else.
- **Supplies to take care of wounds:** antiseptic wipes, band-aids, antibiotic ointment, and gauze.
- **Safer sex equipment:** condoms, lube, dental dams.
- **Prescription medications** you take for any health issue you are treating such as asthma, depression, HIV, or HCV. If you are taking medication for opioid use disorder (methadone or Suboxone/buprenorphine), ask to make a plan with your provider for these medications.
- **Naloxone:** Emergency services may be slower to respond, so carry extra doses of naloxone for you and your friends.

It is not known what will happen to drug supplies so make a plan in case you need to manage withdrawal, including alcohol withdrawal. This could involve trying to stock up on the drugs you usually use, if you are able. If you use alcohol, you may be able to manage alcohol withdrawal by drinking an amount of alcohol equivalent to one can of beer hourly.



What about my pet?

We recognize your pets are important to you. There are no known cases of a pet giving the coronavirus to a person.

WHAT DO THESE NEW RULES FROM THE GOVERNOR MEAN FOR ME?

On March 23, the Governor of Oregon issued Executive Order 20-12. In this order, she is directing people in Oregon to “stay at home” unless they are doing something like getting food or gas or going to get medical care. For people who live in shelters or need to travel to services that help them get things they need like food, water, hygiene supplies, or syringe exchange, the order asks people to stay 6 feet away from others. **People who live outside will not get in trouble with police because they are not able to “stay at home.”**

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