**COVID-19 Info Sheet**



 **You have tested posted for COVID-19**

**Are you staying at shelters or other group living settings such as Grace Place/Out of the cold, Salvation Army, John Howard Society, Shelter House, Urban Abbey, etc.?**

* **Let staff know you have tested positive for COVID-19**
* You will be given a place to isolate on site that is away from others for **5 days** since your symptoms began *or* since testing positive (whichever came first)
* You must stay isolated until it’s been 24 hours since your last symptom (and no fever)

**Wear a mask for 10 days from the start of your symptoms or when you tested positive.**

* Wear a mask while isolating on site for 5 days
* Wear it for **5 more days** after isolation is over (total of 10 days) and if you go out to stores, libraries, or someone’s home. You can take it off to eat or drink

**To lower the risk of spreading the infection to others, do the following for 10 days from the start of your symptoms or when you tested positive:**

* Keep at least 6 feet away from others
* Don’t share anything that touches your mouth or nose, such as straws, spoons/forks, cigarettes or drinks
* **Wash your hands** as often as you can
* Stay away from hospitals and long-term care homes unless you absolutely have to go

**If your symptoms start to get worse:**

* Let staff know if it is during the 5 days you are isolating on site
* Call 911 if you need emergency help right away. Let them know you have COVID-19 and wear a mask

**Questions?**

* Talk to the staff on site, ask a street nurse or visit [TBDHU.com/coronavirus](https://www.tbdhu.com/coronavirus). You can also call the Health Unit at 807-625-5900, available Monday-Friday 8:30am-4:30pm