

COVID-19 (CORONAVIRUS)

LIVING IN A CAMP

THINGS YOU SHOULD HAVE

- Hand sanitizer or soap and water; both are effective
- Masks. A bandana will do in a pinch but must be clean and used for this purpose only.
- Tylenol or Advil (Acetaminophen or ibuprofen)
- Water
- Electrolyte powder, like EmergenC
- Space: 6 feet from others

CONTACT INFO

STREET MEDICINE

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COVID-19 (CORONAVIRUS)

LIVING IN A CAMP: WHAT YOU NEED TO KNOW

- COVID is a coughing illness. Coughing is the main symptom-how the virus spreads.
- If you or your campmates have a new coughing illness, wear a mask, wash or sanitize your hands as much as possible, and stay away from people if you can.
- If you are coughing and have shortness of breath, go to the hospital (Call 911).
- Only go to the clinic or ER if you're really sick. Also, with more people seeking care, spaces are tight and there may be a higher risk of transmission.
- If your campmate is short of breath but won't go to the hospital, keep the pressure on. Until then, have them wear a mask and stay at least 6 feet away from others.
- Kūpuna and those with heart or lung disease are at high risk. Keep an eye on your neighbor.