

#### FREE SERVICES FOR PEOPLE EXPERIENCING HOMELESSNESS



# (808) 217-6502





#### NEED MEDICAL CARE? IF THIS IS AN EMERGENCY DIAL 911.

To request an evaluation by a medical professional, send us the following details:

Name &	<b>Description of</b>	Locations	Contact
physical	the situation	and times	information
description	and your	we can	if available
	concerns	meet you	

### streetmedicine@hopeserviceshawaii.org (808) 217-6502 (call/text)

This card was printed March 2020. If you have questions about program updates, call HOPE's main line at 808-935-3050 or ask an outreach worker.

## 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 <u>new</u> 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. They probably won't test you unless you have severe symptoms.
- 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.

### COVID-19 (CORONAVIRUS) LIVING IN A CAMP

#### THINGS YOU SHOULD HAVE

#### **CONTACT INFO**

- Hand sanitizer or soap and water; both are equally 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

## STREET MEDICINE

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info@hopeserviceshawaii.org (808) 935-3050 (call only, M-F 8:30-4:00) Facebook: @hopeserviceshawaii