COVID-19 Information and Resources

What Is Coronavirus or COVID-19?
• COVID-19 is a new type of respiratory infection that is similar to the flu.
• It is spread from person-to-person by coughing or sneezing and getting exposed to droplets that have the virus in them. To stop the spread of COVID-19, we recommend that you learn more about how to protect yourself and others.

What are the symptoms of COVID-19?
The main symptoms feel like the flu or a really bad cold.

[Image of symptoms: Fever, Cough, Shortness of Breath]

Most people with COVID-19 have mild symptoms and will get better on their own. However, people who are elderly, pregnant, have weakened immune systems, or other medical problems are at more risk of serious illness.

Prevention
• Wash your hands with soap and water for 20 seconds or use hand sanitizer.
• Avoid touching your eyes, nose, and mouth.
• Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).
• Don’t share drinks, food, pipes or cigarettes with other people.
• Avoid sharing blankets and bedding.
• Avoid close contact with people who are sick.
• Avoid large groups. While this can be challenging when you live with a group of people, try your best to keep about 6 feet of distance from other people during this outbreak. This is called social distancing and is a proven way to reduce the spread of COVID-19.
• If you are over 65 or have serious health conditions, consider staying at a shelter for the duration of the outbreak. The shelters have services that may help protect you from serious illness.

Tents
• Try not to share or hang out in tents with anyone else unless you share space with your partner. If you are sharing a small space with someone, consider sleeping with your heads at opposite ends of the space rather than have your faces close together.
• If you camp with a group, try to keep 6 feet of space between tents.

What to Do if I’m Sick
• Contact your regular doctor if you have one. If you don’t have a doctor, call New Horizon Family Health Services at 864-729-8330.
• If you or a friend are having emergency like chest pain, gasping for breath, unconscious, or cannot get up, call 911.

Resources
• Public bathrooms: open downtown, in County parks, Greenville Rescue Mission, and Place of Hope.
• Showers: Place of Hope (M-F, 8-11). San Sebastian Church-2300 Old Buncombe Rd. (Saturdays in June,10-1)
• Handwashing Station Locations: Triune Mercy Center, Project Host, Main Library, on the corner of E. McBee Ave. on the corner of W. McBee Ave.
• Water: available at Place of Hope and Triune Mercy Center during hours of operation
• Greenlink: Still operating. Only 15 passengers at a time. Fare collection begins again May 4.
• Not sure where to get help? Dial 211 to talk to someone and get connected to community resources. 211 is a service of the United Way of Greenville.

For updated information, please visit www.gvlhomes4all.org or follow us on Facebook (gvlhomes4all).