COVID-19 is a new coronavirus. It can cause mild illness, like a cold, or severe illness, like pneumonia.

It spreads through moisture droplets when an infected person sneezes, coughs or talks.

**Symptoms**
- Fever.
- Chills.
- Cough.
- Shortness of breath.
- Fatigue.
- Muscle pain.
- Headache.
- Loss of taste or smell.
- Sore throat.
- Stuffy or runny nose.
- Nausea.
- Vomiting.
- Diarrhea.

**Get tested if you have these symptoms. If you need help finding a test, call Tacoma-Pierce County Health Department at (253) 649-1247.**

**Quarantine** means separating a person exposed to COVID-19 to prevent it spreading to others. **Isolation** means separating a person infected with COVID-19 to prevent it spreading to others.

If you test positive for COVID-19, a healthcare provider may refer you to a place where you can recover.

**Protect your health.**

- **Wash your hands often with soap and warm water.** Scrub for 20 seconds. Rinse and dry with a clean towel.

- **Get vaccinated.** You don’t need insurance or ID.

- **Wear a mask in indoor and crowded outdoor public spaces.**

- **Use hand sanitizer often.** Rub it on your hands and fingers for 20 seconds.

- **You can use the handwashing station at Parkland Sheriff substation.**

- **You can use the hand sanitizer station at Nativity House in Tacoma.**

- **You can get a test at Nativity House and Tacoma Rescue Mission - Downtown Campus.**

- **Stay 6 feet away from others.**

- **Cover your coughs and sneezes. Use a tissue, your elbow or your shirt collar.**

- **Don’t share personal items, like towels, soap, razors, etc.**

- **If you are exposed to someone with COVID-19. 3-5 days after exposure.**

- **Stay connected.** Ask outreach teams and service providers where Wi-Fi is available in the community.

**COVID-19 Resources for people experiencing homelessness**

- **Fever.**
- **Chills.**
- **Cough.**
- **Shortness of breath.**
- **Fatigue.**
- **Muscle pain.**
- **Headache.**
- **Loss of taste or smell.**
- **Sore throat.**
- **Stuffy or runny nose.**
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**Ask trusted people for help. Learn more at tpchd.org/coronavirus.**