

CORONAVIRUS (COVID-19): INFORMATION FOR HOMELESS INDIVIDUALS

Novel coronavirus causes **COVID-19** which is a serious viral respiratory disease. If proper safety measures are not taken, anyone could be at risk of contracting this disease. You must be **extra careful** if you are **over 65, are pregnant, or have other underlying health conditions**. You are also at a greater risk if you smoke--if you are a smoker, this is a good time to quit.

Community spread of coronavirus is happening now in Berkeley, CA. Please read over and follow the following information to be aware and take care of yourself during these stressful times.

COVID-19 compared to other common conditions

SYMPTOM	COVID-19	COMMON COLD	FLU	ALLERGIES
Fever	Common	Rare	Common	Sometimes
Dry cough	Common	Mild	Common	Sometimes
Shortness of breath	Common	No	No	Common
Headaches	Sometimes	Rare	Common	Sometimes
Aches and pains	Sometimes	Common	Common	No
Sore throat	Sometimes	Common	Common	No
Fatigue	Sometimes	Sometimes	Common	Sometimes
Diarrhea	Rare	No	Sometimes*	No
Runny nose	Rare	Common	Sometimes	Common
Sneezing	No	Common	No	Common

*Sometimes for children

Sources: CDC, WHO, American College of Allergy, Asthma and Immunology

BUSINESS INSIDER

If you have symptoms or need help getting medical care, call **Alameda Health Systems** at **510-437-8500** for further support. If you are in a life-threatening situation and are having severe symptoms, please call **911**.



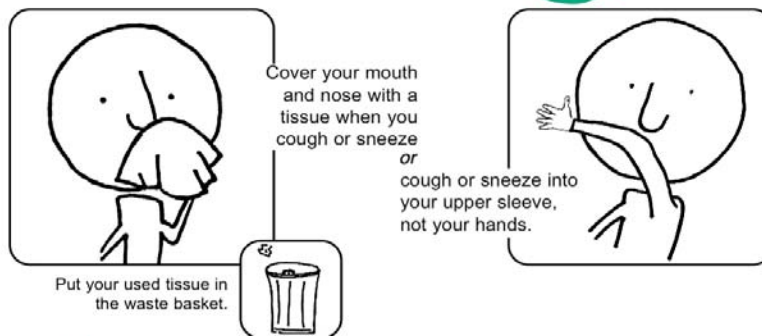
You can also call your primary care provider or the local emergency department. If you do not have health insurance, sign up for coverage by calling **1-855-295-2023** or visit <https://www.coveredca.com/apply/>.

COVID-19 testing center: **Hayward Fire Station #7** (28270 Huntwood Avenue); testing daily 9am-6pm (*free to all*). Priority to persons with a fever and symptoms.

Safety Tips

- **Avoid crowded areas.**
- If you must be around people, keep a **6-foot distance**.
- **Wash your hands** with soap frequently. Scrub and wash for at least 20 seconds.
- If you don't have access to soap and water, **use hand sanitizer**.
- **Do not touch** your face/eyes/mouth/nose with dirty hands.
- **Do not share personal items** that your hands/body have touched with others. Do not use those items if they are offered to you.
- If you are living in an encampment, do your best to **keep a 12x12 feet distance** between tents. Do not share tents.
- Stay away from anyone who appears to be sick!

Cover your Cough

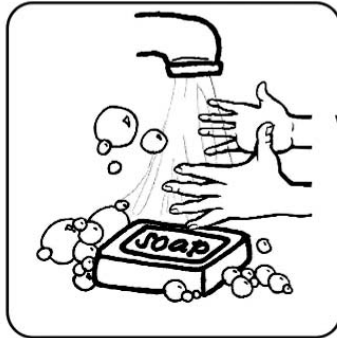


Women's Daytime Drop-in Center

A home when there isn't one

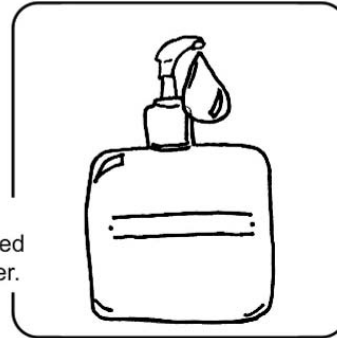
Clean your Hands

after coughing or sneezing.



Wash hands
with soap and
warm water

or
clean with
alcohol-based
hand cleaner.



Minnesota Department of Health
625 N Robert Street, PO Box 64975
St. Paul, MN 55164-0975
651-201-5414 TDD/TTY 651-201-5797
www.health.state.mn.us



Minnesota
Antibiotic
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INFECTION CONTROL AND EPIDEMIOLOGY, INC.

10R141-142R

A lot of changes are taking place in our communities. We will do our best to provide you with the most up-to-date information.

Berkeley Food Resources

- **Dorothy Day House (Berkeley Community Resource Center):** 1931 Center Street; 510-705-1325
 - *To-go meals only*
 - Line up in parking lot at 8:15am for packaged breakfast and 12:30pm for packaged lunch
- **Berkeley Food and Housing Project/Lutheran Church of Cross:** 1744 University Avenue; 510-649-4965
 - *To-go lunch bag service*
 - Monday-Friday (3:30-4:45pm)
- **Women's Daytime Drop-In Center:** 2218 Acton Street; 510-548-2884
help@womensdropin.org
 - *To-go meals (first-come, first-served)*
 - Monday-Friday (8am-4pm)



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- **Youth Spirit Artworks:**
 - 1740 Alcatraz Avenue
 - Meals at the door of YSA: Monday-Friday 2-5pm
- **Berkeley Food Network Pantry:** 1925 Ninth Street; 510-616-5383
 - Monday-Thursday (10am-2pm), Monday and Wednesday (5-7pm), 1st and 3rd Saturdays (10am-12pm)
- **Berkeley Food Pantry:** 1600 Sacramento Street; 510-525-2280
 - Monday, Wednesday, Friday (2-4pm)
- **Meals for students:** *don't have to be a BUSD student; to-go meals only*
 - Monday, Wednesday, Friday: 11am-1pm to pick up multiple meals
 - Berkeley Arts Magnet Elementary (2015 Virginia Street)
 - Rosa Parks Elementary (920 Allston Way)
 - Longfellow Middle School (1522 Ward Street)
 - Willard Middle School (2425 Stuart Street)
 - Berkeley High School (1980 Allston Way)
 - Martin Luther King Jr. Middle School (1781 Rose Street)

Hygiene Services

- **Berkeley Community Resource Center/Dorothy Day House:** 1931 Center Street
 - Sign up for shower/laundry service for NEXT day. Sign-ups are between 8:15-9am in the courtyard
 - 16 showers + 3 laundry services available (9-11am)
 - 16 showers + 3 laundry services available (1-3pm)
 - No restroom accessibility or same-day services
- **Women's Daytime Drop-In Center:** 2218 Acton Street; 510-548-2884
 - Monday-Friday 8am-4pm
 - Pick-up hygiene products and diapers/wipes; NO restroom accessibility
- **UC Berkeley Homeless Outreach:**
 - Late mornings outreach to homeless communities
 - Hand sanitizer/basic necessities distribution
- **Berkeley Drop-In Center:** 3234 Adeline Street; 510-653-3808



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- Monday and Thursday, 10am-3pm
- Hygiene product pick-ups; no restroom accessibility

Housing Support

- Call 211
- **Bay Area Community Services (BACS):** M, W, F via phone for housing assessments
 - Call **510-613-0330**
- **Center for Reentry Excellence (CORE):** via phone/email
 - Call **415-474-7310** (ask for CORE)
 - Email Robyn Miller rmiller@felton.org, Mona Blake mblake@felton.org
- Unsheltered adults and families in North County (Berkeley/Albany) can call: **510-495-0131**
- Unsheltered families with children under 18 should call **Family Front Door (FFD):**
 - If calling for the 1st time: call Family Front Door at **510-808-7410 ext. 282**
 - If already receiving services: text full name and info to FFD at **510-435-2296**

Case Management and Referral Services

- **Women's Daytime Drop-In Center:** via phone/email (M-F, 8am-4pm)
 - Call 510-548-2884)
 - Email help@womensdropin.org
- **Center for Reentry Excellence (CORE):** via phone/email
 - Call **415-474-7310** (ask for CORE)
 - Email Robyn Miller rmiller@felton.org, Mona Blake mblake@felton.org

Legal Services

- **Family Violence Law Center:** via phone only; 510-267-8880



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- **Bay Area Legal Aid:** via phone only; services line 800-551-5554
- **East Bay Community Law Center:** via phone only; 510-548-4040
- **Homeless Action Center:**
 - 3126 Shattuck Avenue (Berkeley) and 2601 San Pablo Avenue (Oakland)
 - (510) 540-0878 (Berkeley) and (510) 695-2260 (Oakland)
 - Clients can pick up mail each afternoon: Monday-Thursday
 - Email info@homelessactioncenter.org for assistance
- **Root and Rebound:**
 - Services for currently and formerly incarcerated individuals.
 - Call 510-279-4662 or email info@rootandrebound.org

Hand Washing Stations

- **Berkeley:** see attached map and address list ([link here](#))
- **Oakland:**
 - Kaiser Hospital 3600 Broadway, Oakland, CA 94611
 - Summit Hospital 350 Hawthorne Ave, Oakland, CA 94609
 - Encampment sites

Phone Charging Stations

- **Target:** 1414 University Ave, Berkeley; 510-542-5346
- **Target:** 2187 Shattuck Ave, Berkeley; 510-982-3726
- **Marshalls:** 5795 Christie Ave, Emeryville; 510-594 -8160
- Additional locations available on **chargeitspot** website: <https://chargeitspot.com>
 - Call **1-800-453-3833** or email help@chargeitspot.com



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