



PREVENTING THE SPREAD OF VIRUSES IN THE SHELTER

GENERAL PRECAUTIONS & PREVENTATIVE MEASURES

Here are some practical tips to deal with this virus and others.

ALL STAFF, VOLUNTEERS AND SHELTER CLIENTS

- Do not panic. Panic does not help deal with viruses.
- Do not touch your face with your hands. This is a very common way that people unconsciously spread viruses to themselves.
- Do not use public drinking fountains.
- If possible, have all people when entering the shelter to immediately wash their hands with soap and water for at least 20 seconds. If that is not possible, have all people use an alcohol-based hand sanitizer with at least 60% alcohol.
- Do not shake hands, hug, or kiss people when greeting them while trying to control the spread of viruses.
- Cough or sneeze into tissues and dispose of them immediately. Invest in more tissues if possible. If tissues are not available, use the crook of your shoulder or elbow.

SLEEPING AREAS

- Volunteers should separate sleeping cots by 3-6 feet (1-2 meters), if possible, to reduce the potential for the spread of respiratory droplets between shelter guests.
- Maintain a clean living environment. If frequently touched surfaces are contaminated with respiratory droplets or secretions:
- Wipe up visible material with paper towels and dispose of used towels in a plastic garbage bag.

individuals who are sick and close contacts from other guests. If possible, put individuals who are sick in a separate room or in a separate section of the shelter away from other guests who are not sick. If this is not possible, encourage persons with respiratory illness to stay at least 3-6 feet away from those not providing direct care and support.

MEAL SERVING

- EVERYONE should wash their hands before preparing food, after sneezing or coughing, after going to the bathroom, or any time they may have touched someone who is possibly sick. 20 seconds is about the time it takes to sing Happy Birthday twice. Why so long? Scrubbing your hands is one of the primary ways you get any virus particles off your skin and down the drain. A little soap and water and a fast scrub may not get it off your hands.
- Use gloves while preparing, plating and serving food.

OTHER ADVICE

- If you are running a fever, do not come to the shelter. If you are short of breath, do not come to the shelter.
- Get a flu shot. Some diseases spread by airborne transmission can be prevented with vaccination. Also, the fewer people who get the flu, the more resources will be available to deal with other viruses like coronavirus.

[Click here for information from the CDC posted in all shelters.](#)

Source: Center for Disease Control (CDC) and U.S. Department of Housing and Urban Development 'Infectious Disease Toolkit: Preventing and Managing the Spread of Infectious Disease within Shelters'.

If you have any questions, please contact:

Deirdre Kassay, RN, MSN

Housing Forward Community Health Nurse

(708) 338-1724 x225

[Subscribe](#)

[Past Issues](#)

[Translate](#) ▼



Copyright ©2020 Housing Forward All rights reserved.

Our mailing address is:

1851 S 9th Avenue

Maywood IL 60153

Want to change how you receive these emails?

You can update your preferences or unsubscribe from this list.