

GUEST DIGEST

4-17-2020



People
Serving
People

What's in this update?

COVID-19

Why is it important to wear a mask?

How to protect yourself and others

Message from the clinic

Message from PSP

Self Care

Quiet Space/ Distance Learning

COVID Update

Governor Tim Walz has extended the Stay at Home order until May 4th.

Call the Front Desk at 612-332-4500 to discuss special needs.

As of right now, **there are no known cases of or exposures to COVID-19 in the shelter.**

Guests do not need to remain in their room, but should work on practicing social distancing. If you are sick or been instructed by a medical professional, please stay in your room.

Why is it important to wear a mask?

Wearing a mask is a way to take care of our neighbors, co-workers, family, and friends. A mask traps germs exhaled by the wearer.

This is very important because many who have COVID-19 do not have symptoms, or may not start to experience symptoms until 2-14 days after exposure.

my mask protects you,



#masks
4all 



your mask protects me.

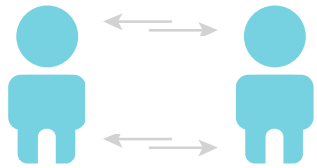
How To Protect Yourself and Others: A Message from the CDC

Clean Your Hands Often



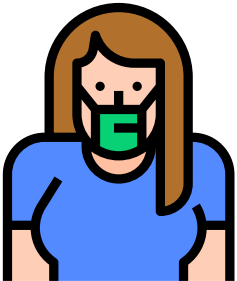
- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid Close Contact



- Avoid close contact with people who are sick
- Stay home as much as possible.
- Put distance between yourself and other people.
- Remember that some people without symptoms may be able to spread the virus.
- Keeping distance from others is especially important for people who are at higher risk of getting very sick.

Cover Your Mouth and Nose with a Cloth Face Cover When Around Others



- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.
-Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.



Cover Coughs and Sneezes

- If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Clean and Disinfect

- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. If surfaces are dirty, clean them.
- Use a household disinfectant.

Message from the Clinic

For clients with questions about Covid-19 or who have symptoms and need testing:

- 1) If the clinic is open call 612-396-6157
- 2) If the clinic is closed call the Healthcare for the Homeless mainline: 612-348-5553. This phone line is staffed by medical professionals from 7am-10pm every day including weekends. They can help assess patients over the phone coordinate same-day testing, and support them in isolating themselves in shelter.

For regular clinic services the clinic hours are listed below.

At this time, in-person clinic services will be limited. The Clinic is available during the following times and clinic staff will help you over the phone.

Mon & Wed 9am-4pm
Tues, Thurs, Fri 9am-12pm

Please call first: 612-396-6157
If you have any questions please check in with the Front Desk. Outside of the clinic times listed above you may call Healthcare for the Homeless mainline: 612-348-5553 to speak to a provider.

Self Care

Call to Mind

CallToMind.org includes extensive resources and blog posts from trusted public health and mental health organizations including Centers for Disease Control and Prevention, World Health Organization, National Alliance on Mental Illness, Mental Health America and others. Relevant tips and recommendations have been compiled with the goal of reaching individuals where they're at with ways to cope and manage their mental well-being in this uncertain time.

Resources include:

- Dealing with Loneliness & Isolation
- Coping with Stress & Anxiety
- Resources if You're in Crisis
- Digital Distractions
- Talking to Kids about COVID-19
- Living with your Mental Illness

Message from People Serving People

People Serving People maintains a commitment to promote a healthy and safe environment for you and your family. You are expected to adhere to People Serving People's policies and procedures; failure to do so will result in warnings, community service or restriction from shelter. We would like to remind you that, Guests are not allowed to enter another Guest's room for any reason, unless there is a babysitting form on file at the Front Desk. Visiting other Guest's rooms is also a public health hazard that could increase the chance of catching COVID-19 (there is no known case in shelter, but that may change).

Stay up to date on our resource page at:

www.peopleservingpeople.org/shelter-guests/

Here you will find answers to more commonly asked questions, community and public health updates, previous flyers and much more!



QUIET WORK SPACE



**LOOKING FOR A QUIET SPACE FOR
HOMEWORK AND DISTANT LEARNING?**

Come to Room 213/214 for a quiet space to work
Monday-Friday from **10:30-11:30am or 1:15-2:15pm**

**The TRC will also be open from 4-5:30pm for
students in grades 5-12 who need access to a
computer.**

the number of students in each space will be limited to accommodate social distancing

