



People
Serving
People

GUEST DIGEST

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Message From The Clinic

COVID-19 Testing

Testing this week has been going well and that around 25 families have been tested so far. All the results should be back by early next week. The results that have come back so far, have all been negative! For families that were tested, they should expect their results 24-48 hours from the day they were tested.

Families will get a letter in their mailbox if the result was negative and will get a phone call from the clinic if the results are positive.

While the expanded testing ends on Friday, families can always connect with the clinic during their normal hours to get tested onsite.

Symptoms

Please don't forget that you are the best defense against spreading COVID-19 or any other illness, and that masking up, washing your hands and practicing social distancing is an act of community and care for others.

If you begin experiencing any of the following symptoms, please see the Clinic or your medical provider right away. Thank you!



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.



(Howard, Jeremy. "Homemade Masks Can Stop the Spread of COVID-19 and Save Lives." #Masks4All, 2020, masks4all.co/.)

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



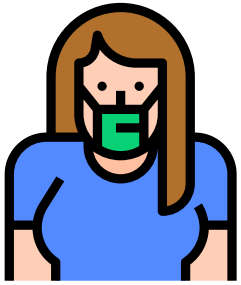
Clean Your Hands Often

- 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. 6 FEET!
- 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.



Meals

PSP serves meals during the following times

Breakfast: 7:45-8:45

Lunch: 11:45-12:45

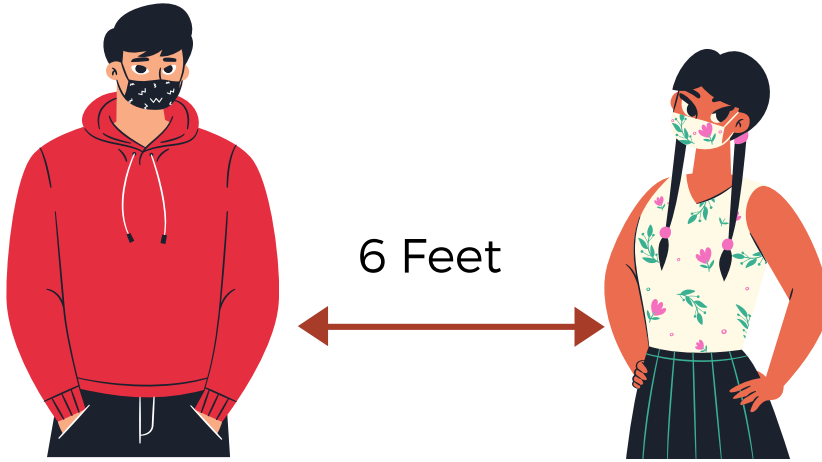
Dinner: 4:30-5:30



You do have to be in your rooms during this time to receive a meal. Due to safety and health concerns we are unable to leave meals in rooms.

Masks

We have lots of cloth masks! These are currently available at the front desk and on the donations table on the second floor!



Elevator Distancing

Please practice social distancing if possible

- Avoid overcrowding the elevator. Try riding the elevator with just your family.
- Do not touch your face after contact with elevator buttons (wash hands or sanitize after touching)
- Do not lean on walls.



Message from the Clinic

Clinic staff is currently limited, so please call first. If you have questions regarding COVID-19 or have symptoms and would like to request a test. The clinic can now test for COVID-19. Please call either of the numbers listed here.

612.396.6157 (please call first)

Mon & Wed · 9am – 4pm

Tues, Thurs, Fri · 9am – 12 noon

After hours: Healthcare for the Homeless 612.348.5553 7am – 10pm daily

Symptoms of COVID-19

- 1) Cough
- 2) Fever
- 3) Tiredness
- 4) Difficulty breathing (severe cases)

