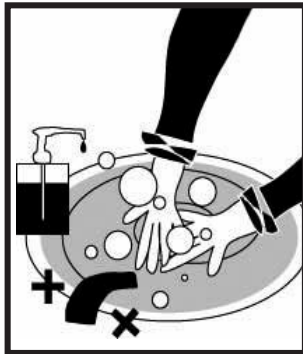


Healthy Shelter Living



Wash regularly



Keep track of medication



Stick together

What do I need to do?

- Wash your hands with soap and water or use hand cleaner before you eat and after using the bathroom.
Washing your hands is the most important thing you can do to prevent health problems.
- Cover your mouth when you cough.
- Ask to see a doctor if you have a fever, chills, diarrhea, cough, rash, pink eye or you feel sick.
- Ask the shelter health staff if there are shots you need.

What do I do if I take medicine?

- Keep your medicine in the bottles they came in.
- Do not take other people's medicines or let anyone take yours.
- If you have lost your medicine or do not know what pills you take, ask a doctor to help you get the right pills.

What do I do if I am here in a month?

- If you are in a shelter more than a month, ask if you should be tested for tuberculosis (TB).
- If you are in a shelter after October 1st, be sure to get a flu shot.

What can I do to take care of myself?

- Find a new friend.
- Talk to shelter workers or ministers; tell your story.
- Take a walk and get some fresh air if it's safe.

What do I do to keep my children healthy?

- Wash your children's hands regularly.
- Wipe toys with soap and water.
- Know where your children are and don't leave them alone.
- Tell your children you are there for them; being with you is very important for them.