How to Protect Yourself in a Shelter During COVID-19

It is important to be prepared. During COVID-19, make sure you have these additional items when you go to a shelter:

- At least two face masks per person unless restricted for medical reasons (Note: A medical grade mask is not necessary unless ordered by your clinician for medical purposes)
- Hand sanitizer, wipes & disinfectants
- Gloves
- Thermometer

While in the shelter, be sure to protect yourself and others:

- Practice social distancing.
- Wash your hands, cover coughs & sneezes, follow shelter policies and wear your mask.
- Avoid high-touch surfaces like handrails.
- Keep your living area clean.
- Disinfect frequently touched items like toys, cellphones and other electronics.
- If you or any of your family members feel sick, alert shelter staff immediately.

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Get Help

For more information about the Disaster Recovery Project, visit disabilityrightscnc.org, or call (919) 856-2195