



DISASTER RECOVERY PROJECT

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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Red Cross**

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