



COVID-19 (Coronavirus) Health Information for THA Residents

The Housing Authority of the City of Tulsa (THA) is closely monitoring the COVID-19 issue both locally and nationally to best prepare should our community see an increase in confirmed cases.

We encourage all residents to follow the advice from health agencies below:

Stay home if ill

- If you or a family member is sick, stay home.
- Symptoms of COVID-19 are very similar to the flu – fever, body ache, coughing – and with either virus you are likely to get well if you get plenty of bed rest and drink lots of fluids.
- Avoid medical settings in general unless necessary. Healthcare facilities are at capacity. If you are ill in any way, call your doctor's office first before going in.
- Do not go to the emergency room unless essential. Emergency rooms need to be able to serve those with the most critical needs. If you have symptoms like cough, fever or other respiratory problems, contact your regular doctor first.
- Consider home preparedness ahead of time, stocking up on extra groceries, medicines and other supplies that you may need if you have to be home for an extended period.
- Be ready to help one another. Talk to your neighbors by phone and deliver food or other necessities to the doorstep for people who need to stay home.

Social distancing

- Avoid going places where other people are gathered; many public events are cancelled.
- Avoid physical contact with others, such as handshaking. Stay 6 feet away from others.
- Conduct your daily business as much as possible by phone, email or websites, or try to postpone non-essential personal errands.
- Even if you are not ill, avoid visiting hospitals, long-term care facilities or nursing homes to the extent possible.
- Stay away from people who are ill, especially if you are at higher risk for coronavirus.
- Get plenty of rest, drink plenty of fluids, eat healthy foods and manage your stress to keep your immunity strong.

Personal care and sanitation

- Wash hands often for at least 20 seconds, using warm water and plenty of soap.
- Avoid touching your face, eyes and nose with unwashed hands.
- Cover coughs and sneezes, using a tissue or your forearm, not your hands.
- If soap and water are not available for hand washing, use hand sanitizer.
- Clean frequently touched surfaces and objects (like doorknobs and light switches). Regular household cleaners are effective.

For information on COVID-19, visit [Tulsa-Health.org](https://www.tulsahealth.org), the website of the Tulsa Health Department.