

Mental health and COVID-19

Information for people who are marginally housed or homeless

What is COVID-19?

COVID-19 is an infection caused by a coronavirus related to the common cold virus. Symptoms can range from mild to severe, similar to the cold and flu, such as fever, cough and difficulty breathing. They can also include nausea and diarrhea. Some people who have COVID-19 may show no symptoms. For more information on COVID-19, please visit the Government of Canada's coronavirus information page.

Stay safe during COVID-19



Recognize that the extra stress you may feel at this time is normal. Talk to people you trust about your worries and concerns.



Seek credible information about the virus from newspapers, and from trusted people at the community organizations you visit.

Think of the coping skills you use every day. Remember that you are resilient.



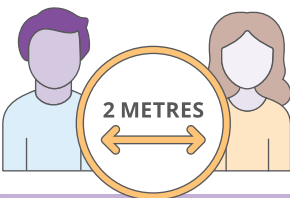
If you are at risk of losing your housing, know your rights in the current public health emergency.

Read more here: <https://www.ontario.ca/page/renting-changes-during-covid-19>

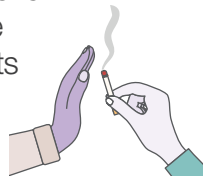


Try to follow advice to protect your physical health:

Stay two metres away from other people.



Don't share cigarettes, vapes, water bottles or personal hygiene products with others.

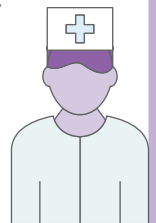


Use hand sanitizer and wash your hands whenever you can.



Try not to touch your face.

Let a health care provider know if you have any COVID-19 symptoms.



This information sheet is not intended to be a resource for people who require screening for COVID-19 or who are experiencing a mental health crisis. If you are experiencing a mental health crisis, please call 911 immediately or go to your nearest emergency department.

For more information, visit www.camh.ca/covid19