

Tips

Living In Crowded Conditions during COVID-19



The high cost of housing in the Bay area forces many people to live in overcrowded conditions. Overcrowding is defined as a home with more people than rooms. A home with more than 1.5 people per room is severely crowded.

People living in overcrowding conditions are at a higher risk for getting infected with COVID-19. This guide provides tips and resources for individuals and families living in crowded conditions.



Protect people at highest risk for COVID-19 complications:

- People over age 60, people with chronic condition (diabetes, heart disease, etc.); and people with compromised immune systems (cancer or HIV) can get very sick from COVID-19.
- Everyone should wear face coverings when outside the home, wash their hands regularly, and stay 6 feet away from others when out.



Limiting Errands:

- Assign one or two people in your house who are not at high risk to run essential errands, like getting groceries or medicine.
- While running errands, remember to stay 6 feet away from others, wear a face covering, and wash your hands as soon as you get home.
- If you use public transportation, try to stay 6 feet apart from others, avoid touching surfaces, and to wash your hands or use hand sanitizer after the ride.



Check for Symptoms:

- People with COVID-19 have a wide range of [symptoms](#) that can appear 2-14 days after being exposed.
- If you have had close contact with someone known to have COVID-19 (you spent more than 15 minutes within 6 feet of them), check your temperature twice a day and watch for symptoms such as cough, shortness of breath, fever, etc.



Get Tested:

- If you think you are sick or know you have COVID-19, please contact your medical provider to get tested for COVID-19.
- If you do not have medical insurance, you can schedule an appointment at these [testing locations](#)



Alameda County
Health Care Services Agency



Alameda County Public Health Department
Celebrating Healthy People in Healthy Communities

Contact

Public Health Department:
(510) 267-8000 Main Line

COVID-19 Information:
(510) 268-2101

www.acphd.org

Colleen Chawla – Agency Director
Kimi Watkins-Tartt – Director
Nicholas Moss, MD – Health Officer