WHAT IS COVID-19?

- It is a new illness spreading around the world.
- It’s nickname is coronavirus.

HOW CAN YOU GET IT?

- Someone with COVID-19 gives you their germs.
- When they cough or sneeze, their germs get in the air, on you, and on things.
- Germs get into your body through your mouth, nose, and your eyes.

WHAT HAPPENS IF YOU HAVE IT?

- A fever of 100.4° or higher.
- Coughing.
- Hard time breathing.

*If you have a fever or cough, it does not mean you have coronavirus. Lots of people get a fever or cough. You could just have the cold or the flu*

IF I HAVE A FEVER OR COUGH, WHEN SHOULD I CALL THE DOCTOR?

- Call if you have been out of the country.
- Call if you have been with someone who has the virus.
- Call if you have been at a place where people with COVID-19 got medical treatment. *Call your doctor, do not go to the office*
HOW SICK DO YOU GET?

- Most people do not get very sick. It is like having a cold or the flu.
- Some older people and people with disabilities may get really sick. They may end up in a hospital.

HOW CAN I STAY HEALTHY, OR NOT GET IT?

WASH YOUR HANDS
- Use lots of soap and water.
- Wash for at least 20 seconds. If it helps, count to 20.
- Wash after using the bathroom or being in public (like going to a store).
- If soap and water are not available, use hand sanitizer. Know that washing well with soap and water is still better.

COUGH OR SNEEZE INTO YOUR ELBOW
- Coughing and sneezing into your elbow stops germs from going into the air and onto your hands.

TRY NOT TO TOUCH YOUR FACE
- Do not rub your eyes.
- Do not touch your mouth.
- Do not touch your nose.

*Remember, this is how germs get in your body. If you have to touch your face, do it with a tissue or in the shower.*
IF MY FEVER OR COUGH GETS WORSE, WHAT SHOULD I DO?

- Call your doctor. Do NOT go to a hospital or urgent care.

STAY HOME

USE TISSUES, THROW THEM AWAY

KEEP OBJECTS AND SURFACES CLEAN

AVOID CONTACT WITH OTHERS

IF MY STAFF PERSON IS SICK, WHAT SHOULD I DO?

- Doctors say if you are sick stay home.
- Do not go to work. A sick staff person should stay home until they are well.
- Tell your team. Tell your care manager.

WHAT DO I DO IF I LIVE WITH SOMEONE WHO GETS SICK?

Someone else living in your home could get coronavirus or think they have these germs in their body.

- Stay at least 6 feet away from the sick person.
- Do not touch surfaces or food that the sick person has touched.
- Keep washing your hands well.
- Call your care manager. There may be someplace else you can stay for a few days.
HOW DO I SAY HELLO TO MY FRIENDS?

- No handshaking. No hugging. No fist bumps.
- Smile, bump elbows, text, call, message.

WHERE CAN I GO THESE DAYS?

- No movie theaters or malls.
- Avoid public transportation.
- Go to the grocery store during the day when it’s not crowded.
  *Do not share food or drinks*

WHY IS IT IMPORTANT TO DO ALL OF THIS?

- You don't want your parents or grandparents to get sick.
- Some people with disabilities get sick really easily. You would feel awful if you got your friends or family sick.

IS THERE A SHOT TO GET, SO I DO NOT GET SICK?

- No. There is not a shot or vaccine to stop the coronavirus.

IS THERE A MEDICINE?

- There is no medicine for COVID-19.
- Take medicine used when you have a cold or flu.
- Drink lots of water. Get plenty of rest.
WHAT DO I SAY TO MY FRIENDS IF THEY GET SCARED, OR VERY NERVOUS?

- Talk to someone you trust.
- You can show them this booklet for ideas on what to do.

I HAVE A JOB. I AM WORRIED ABOUT MISSING WORK.

- If you are sick, you need to stay home.
- Health comes before money.
- Tell your boss you do not feel well.
- If you are worried about money, talk to your family, friends or team.

MAKE A PLAN IN CASE YOU HAVE TO STAY AT HOME.

- Who can go food shopping for you?
- Who will call to check in on you?
- What to do if your staff calls in sick?

*Make sure you know your doctor's phone number.*

TALK TO YOUR SELF ADVOCACY GROUP, FRIENDS, FAMILY, OR SUPPORT STAFF ABOUT YOUR WORRIES AND CONCERNS.

Information cited from: https://selfadvocacyinfo.org/
How can I stay busy during this time?

REMEMBER TO MOVE AROUND

- **STAY ACTIVE!** Free fitness classes are being offered at all of the sites listed in [this article](#).
- Like to dance? Check out some of these [dance videos](#) and follow along!
- You can go take a walk outside or in the park! Keep your distance from others, but enjoy some fresh air!

GET YOUR MIND FLOWING

- Download some audiobooks [at this link](#).
- Spark your creativity! Check out some free, live streamed art activities [at this link](#). You can also check some tutorials on [YouTube](#).
- Pick up a book you used to love, jump back into it.
- Get a piece of paper out, and draw something! See what happens.
- Museums are offering virtual [tours and exhibits here](#)
- Check out [space from your home](#)

TRY COOKING A HEALTHY MEAL!

- Check out some [Pinterest recipes](#) for the meals you love most, see what you can accomplish!

PHP wants everyone stay in their best health! Please check out the tips above. Stay tuned for a PAL Social livestream that will be announced by the end of this week and stay connected to us on our social media accounts!