

COVID-19 Information for People with I/DD

WHAT IS COVID-19?

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



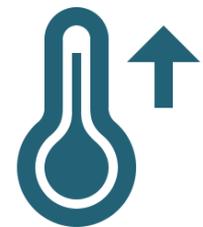
HOW CAN YOU GET IT?

- 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.

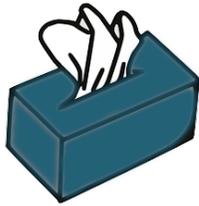
IF MY FEVER OR COUGH GETS WORSE, WHAT SHOULD I DO?



- 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?

hello

- 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.

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!