COVID-19 Information By and For People with Disabilities

What is COVID-19?
- It is a new illness spreading around the world.
- It’s nickname is coronavirus.

How do 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 these things happen to you, it does not mean you have coronavirus. Lots of people get a fever or cough. You could just have a cold or the flu.

**If I am sick, when should I call a 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.

**Try to keep your hands busy:**

- Tap your knee.
- Click a pen.
- Use a fidget spinner.
- Use hand sanitizer.
- Doodle.
- Squeezing a stress ball.
- Play a game on your device.

**If I am sick, what should I do?**

Call your doctor. Do NOT go to a hospital or Urgent Care.

- Stay Home
- Use tissues, then throw them away
- Avoid contact with others
- Keep objects and surfaces clean

Call your doctor again if you are getting worse. Call back if you are having trouble breathing. Do what your doctor says.

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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 case manager.

What do I do if someone I live with 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 case 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?

Stay away from large groups.
- No movie theaters or malls.
- Try to avoid public transportation.
- Go to the grocery store during the day when it is not crowded.

Do not share food or drinks.

Why is it important to do all of this?
- You don’t want your grandparents to get sick, do you?
- 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.
If you have been near a person with Coronavirus, you may be asked to stay home. A person can have coronavirus in their body and not feel sick. It takes a few days to get sick. This virus spreads very easily. You don’t want to give it to others.

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