

COVID-19 INFORMATION

Frequently Asked Questions on COVID-19 (Coronavirus) for people with disabilities

What is coronavirus?

Coronavirus is an **illness** people all over the world are getting. It is also called COVID-19. It has a special name because this kind of virus is new. People have never had this virus before.



How does coronavirus spread?

Coronavirus spreads the same way as other viruses that cause colds and flus.

People who are sick can give the virus to other people by doing things like **sneezing and coughing**.

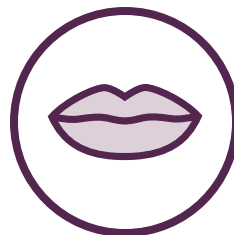
When people cough or sneeze, tiny droplets of liquid go into the air. If a person has coronavirus, the virus can be inside those droplets and make other people sick if it ends up in their nose, mouth or eyes.



How do you get it?

One way you can get sick is by breathing in the tiny droplets that have the virus in them. This can happen while talking with or being close to someone who is sick.

The virus gets into your body through your eyes, nose and mouth.



Another way to get it, is by touching something the tiny drops have landed on and then **touching your eyes, nose or mouth.**

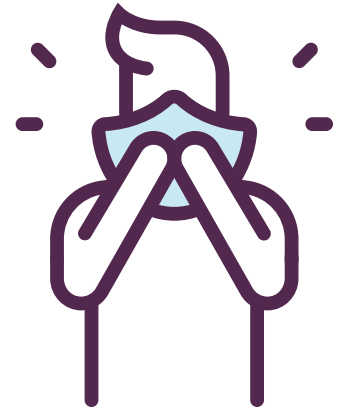
Sharing dishes and forks and spoons, water bottles and drink containers could also spread the virus from someone who is sick to you.

How sick do you get when you have it?

Most people who get sick from the coronavirus say it is like having a cold or flu. Sometimes they have a **fever, cough, muscle aches or a sore throat.**

For some people they may have **trouble breathing.**

People who are much older and people who have health problems sometimes get sicker and they might even have to go to the hospital.



If I am sick what should I do?

- Call your doctor or Health Link 811. **Do NOT go to a hospital or Urgent Care.**
- If it is an emergency dial 911. Let them know how you feel.
- Avoid being close with others.
- Use tissues, then throw them away.
- Stay home.
- Keep objects and surfaces clean.
- Call your doctor again if you are feeling worse. Call back if you are having trouble breathing. Do what your doctor says.

If my helper or staff person is sick, what should I do?

- A sick staff person must stay home until they are better.
- Tell your team, your family and your case manager.
- Stay at least 6 feet away from any sick person.
- Do not touch surfaces or food that a sick person has touched.
- Wash your hands a lot—with soap and warm water.

What do I do if someone I live with gets sick?

If someone else living in your home gets sick tell someone who can help you. There may be another place you can stay for a while. Maybe the sick person will stay in another place for a while until they are better.

How do I say hello to my friends?

No handshaking. No hugging. No fist bumps.



Smile and wave or text, call, and message people.

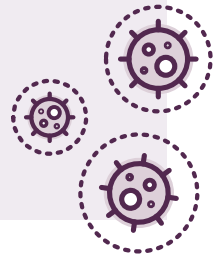


If you have been near someone with the COVID-19 virus, you will need to stay home.

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**.

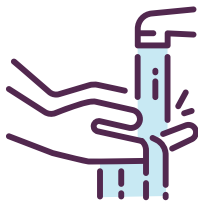
You don't want to give it to others.



How can I NOT get sick from coronavirus?

Wash your hands:

- It's really important to wash your hands a lot with **soap and water**.
- Wash your hands for at least **20 seconds** (slowly count to 20 so you know you have washed your hands long enough).
- Wash your hands after using the **bathroom** or being in a **public place**.
- It's always best to use **soap and water**, but, if soap and water are not available, you can use **hand sanitizer**.



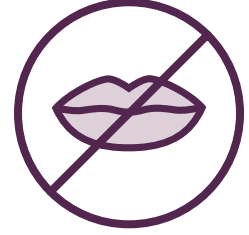
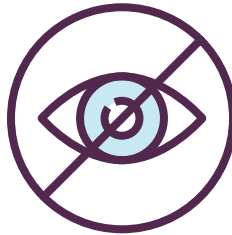
- If you have been out of your home and touched a surface other people also have touched, wash your hands and avoid touching your eyes, nose or mouth until you wash your hands.

Cough or sneeze into your elbow.

- Coughing and sneezing into your elbow catches germs before they go into the air.
- Coughing into your elbow keeps germs off your hands.

Try not to touch your face

- **Do not** rub your **eyes**.
- **Do not** touch your **mouth**.
- **Do not** touch your **nose**.



- If you have to touch your face, do it with a tissue or in the shower.

Remember, this is how germs get in your body.

Why do I have to stay home?

People are staying home so they don't get sick or give it to anyone else.

Where can I go?

You should only go out if you have to.

Avoid public transit if you can. If you have to use public transit, stay at least **6 feet away from other people**.

If you can, go to the grocery store when it is not crowded.

Because of the virus, some places you like to visit are now closed. People are not allowed to get together in groups. These new rules are helping stop the virus from spreading between people.

Why is it important to do all of this?

It's important to be really safe so you don't make yourself or other people sick, like your grandparents or your friends.

Remember, some people with disabilities and older people get really sick from this new coronavirus.

No one wants to make their friends or family sick.

Can I get a vaccine so I don't get sick?

No. For now, there is no medicine or vaccine you can take to stop from getting COVID-19 so it is best to **only visit with friends and family who you live with.**

You can keep in touch with others by using **phone, texts, or video chat.**



Try to do all the regular things you do to stay healthy: stay active, drink lots of water, get lots of rest.

Is there medicine I can take so I don't get sick?

There is **no medicine** to stop you from getting COVID-19.

If you get sick take the same medicine you would take if you had a cold or flu. These medicines might help you feel better.



What do I say to my friends if they get scared, or very nervous?

You can help your friends by listening to them and sharing what you know.



Washing your hands, not touching your face, and staying home when you are sick are the best ways to help you and your friends stay healthy.

If there is anything you might be confused or worried about, don't be afraid to ask someone you trust. Talk to your friends, family, or support staff about your worries and concerns.



Are you prepared?

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 helper or staff person calls in sick?
- Make sure you know your doctor's phone number.