



Maryland Developmental
Disabilities Council

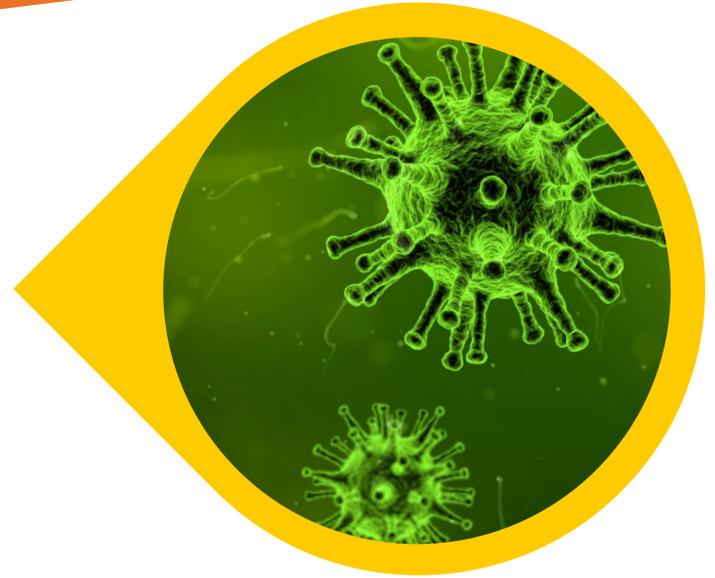
Coronavirus: What Is It and What Can I Do?

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Background

What is COVID-19?

COVID-19 is a new illness spreading around the world. It is nicknamed Coronavirus.

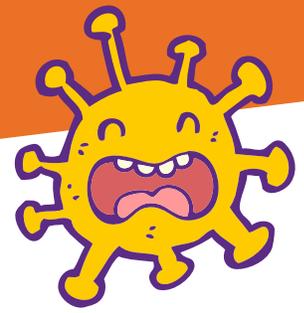


Why should I be worried about COVID-19?

COVID-19 has made many people sick and some people have died because of it. We hope you will follow this guide to be aware of what causes people to get sick and take steps to try to keep yourself and others healthy during this time.

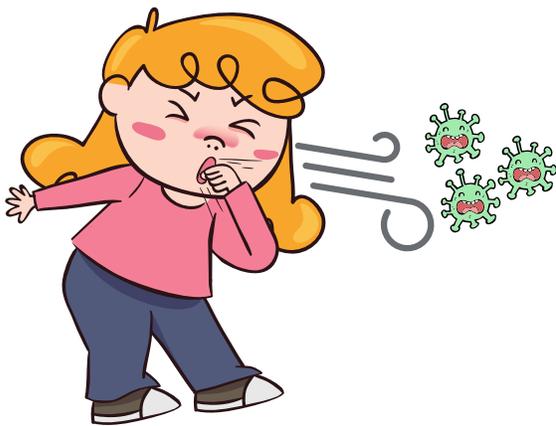
The Arc Maryland, with support from the DD Council, has put together resources from knowledgeable organizations to provide you with important information to stop the spread of coronavirus to you and people close to you.

How Coronavirus Spreads



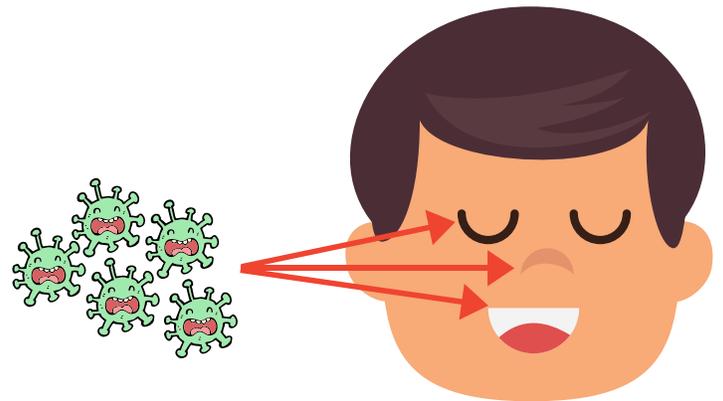
How do people get coronavirus?

People get coronavirus from germs of others with coronavirus.



When someone with coronavirus coughs or sneezes, their germs get in the air, on people, and on things you touch.

Germs get into your body through your mouth, nose, and eyes.



Coronavirus also spreads fast when there are a lot of people around small spaces. People may not know they have coronavirus.

How to Prevent the Spread



How can I help to stop Coronavirus from spreading?

You can do your part to try to stop coronavirus from spreading to yourself and other people by:

Staying away from other people



Washing your hands

Coughing and sneezing into your elbow



Trying 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, in the shower, or after washing your hands.

Staying At Home



How should I stay away from other people?

Staying in your home as much as possible.



Getting 2 weeks of groceries from the store so you do not have to go back for a while.

Avoid being in groups of 10 or more people. The virus spreads more easily that way.



Keep up to date with the latest news on the virus on your tv or computer.

When to Wash Your Hands



After using the bathroom.

Before, during, and after making food in the kitchen.



Before eating food.

Before and after taking care of someone at home who is sick.



After changing diapers.

After blowing your nose, coughing, or sneezing.



After touching an animal or cleaning up after it.

After touching pet food, pet treats, or pet water.



After touching garbage.

How to Wash Your Hands



Wet your hands with clean, running water (warm or cold), turn off the tap, then put some soap on your hands.

Lather your hands by rubbing them together with soap. Lather the backs of your hands, between your fingers, and under your finger nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum or sing the “Happy Birthday” song twice.

Rinse your hands well under clean, running warm water.



Dry your hands using a clean towel or let them dry in the air without touching anything.

Symptoms and Signs



How do I know if I might be sick with the coronavirus?

Symptoms of coronavirus are:

A fever of 100.4°
or higher



Coughing

Your chest feels
tight or it is hard
to breathe



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. It is important for you to talk to someone about how you feel.

Steps When Sick



What do I do if I think I am sick?

Call Your Doctor

If you think you are sick, you should call your doctor to find out what they want you to do next. Tell the doctor everything you are feeling so they know how to help you. Tell them you think you may have coronavirus.



You must call your doctor ahead of time so they can protect themselves and their office for when you visit.



Stay Home

You should stay away from other people to avoid getting them sick, even if you do not yet know if you have coronavirus. Experts recommend you "isolate" yourself, which means the only time you should leave your home is to go see the doctor.

Wear a Facemask

You should wear a facemask when going to see your doctor so you do not get anyone else sick. The mask may be a little uncomfortable but will not hurt you.



If you have a caregiver, they should wear a facemask, too.

Steps When Sick



What else do I do if I think I am sick?

Don't Share Household Items

If you live with other people, you should not share items around the house that you both touch like kitchen items, towels, and bedding.



You should wash items you may share with soap and water before putting them in the dishwasher.



Clean Household Surfaces

You should keep places and items in your room clean everyday. If your caregiver needs to help you clean, they must wear a mask and gloves to clean it.

Prevent the Spread

Keep using our suggestions on page 3 to prevent spreading the virus more.



How to Pass the Time



What can I do while I spend time at home?

Listen to your favorite music

You can even turn it into a dance party. If you live with other people, invite them to join in!



Call, message, or video call your friends and family

Meditate

Sit down, close your eyes, and take deep breaths!



Have a movie marathon

Create a daily schedule for yourself

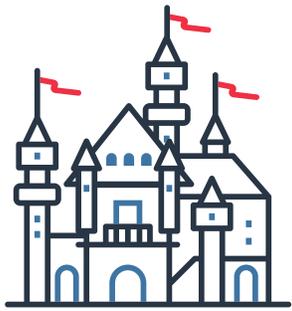


How to Pass the Time



What are some fun activities I can do?

Get outside and find unique rocks. Rock painting is great for all ages and abilities!



Visit Disney World Virtually! Watch your favorite rides. (Click below!)

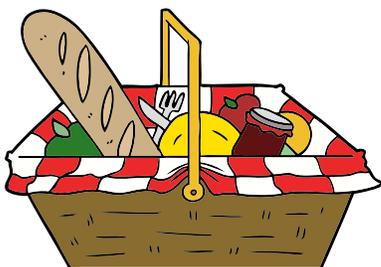
<https://www.themeparkprofessor.com/2020/03/virtual-walt-disney-world-and-disneyland-rides/>

Use your phone or a camera to take cool photos around the house.



Start some arts and crafts!

Create a scavenger hunt with things around the house.



Prepare your favorite snacks for an indoor picnic.

Frequently Asked Questions



I am bored at home. Can I go to the mall?

- No, you need to stay home for now. While it can be tempting to spend time out at the mall or your favorite shops, you should not spend time away from home, other than visiting your doctor or getting food.

I am feeling sick and my head hurts. Should I tell someone?

- If you are feeling sick, you should tell someone right away.

I am scared, who can I talk to?

- If you are scared about everything going on, you should talk to your friends and family.

When will this be over so I can go back to work?

- Right now, we do not know how long this will go on for, but if more people practice everything in this guide, it will hopefully be soon.



Where can I read more about coronavirus?

Read about the latest updates in Maryland

<https://coronavirus.maryland.gov/>

Centers for Disease Control and Prevention Website

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Tips for Staying Healthy from the Wisconsin Board for
People with Disabilities

<https://youtu.be/V7YI-BesvDw>

Information By Self-Advocates for Self-Advocates
(In English and Spanish)

<http://www.gmsavt.org/>

Taking Care of Your Behavioral Health

<https://store.samhsa.gov/system/files/sma14-4894.pdf>

Fact Sheets about Washing Your Hands

<https://www.cdc.gov/handwashing/fact-sheets.html>

Managing Anxiety and Stress

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

What is the Coronavirus? - From The Autism Educator

<https://littlepuddins.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>