



**What is COVID-19?**

**[www.selfadvocacyinfo.org](http://www.selfadvocacyinfo.org)**

# How do you get it?



[www.selfadvocacyinfo.org](http://www.selfadvocacyinfo.org)

# What happens if you have it?



**A fever of  
100.4° or  
higher**

**Coughing**

**Hard time  
breathing**

**[www.selfadvocacyinfo.org](http://www.selfadvocacyinfo.org)**



**SORE THROAT**



**WEAKNESS**



**RUNNING NOSE**



**FEVER**



**DIZZINESS**



**HEADACHE**



**DIFFICULTLY BREATHING**

**If I am sick, when should I call a doctor?**



**[www.selfadvocacyinfo.org](http://www.selfadvocacyinfo.org)**



**How sick do you get?**

**[www.selfadvocacyinfo.org](http://www.selfadvocacyinfo.org)**

# How can I stay healthy, or not get it?



**Wash your  
hands.**



**Cough or Sneeze  
into your elbow.**



**[www.selfadvocacyinfo.org](http://www.selfadvocacyinfo.org)**

**Try not to touch your face**



**Try to keep  
your hands busy:**

**[www.selfadvocacyinfo.org](http://www.selfadvocacyinfo.org)**



# 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**

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



**[www.selfadvocacyinfo.org](http://www.selfadvocacyinfo.org)**

# **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.**

**[www.selfadvocacyinfo.org](http://www.selfadvocacyinfo.org)**

**How do I say hello to my friends?**



# Where can I go these days?



**Stay away from large groups.**

**Do not share food or drinks.**



# Why is it important to do all of this?



[www.selfadvocacyinfo.org](http://www.selfadvocacyinfo.org)

**Is there a shot to get,  
so I do not get sick?**



**[www.selfadvocacyinfo.org](http://www.selfadvocacyinfo.org)**

# Is there a medicine?



[www.selfadvocacyinfo.org](http://www.selfadvocacyinfo.org)



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



[www.selfadvocacyinfo.org](http://www.selfadvocacyinfo.org)

**I have a job.  
I am worried about missing work.**



**[www.selfadvocacyinfo.org](http://www.selfadvocacyinfo.org)**

# **Make a plan in case you have to stay at home.**



**Talk to your self-advocacy  
group, friends, family, or  
support staff about your  
worries and concerns.**

**[www.selfadvocacyinfo.org](http://www.selfadvocacyinfo.org)**



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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