What is COVID-19?

www.selfadvocacyinfo.org
How do you get it?

www.selfadvocacyinfo.org
What happens if you have it?

A fever of 100.4° or higher
Coughing
Hard time breathing

www.selfadvocacyinfo.org
If I am sick, when should I call a doctor?
How sick do you get?

www.selfadvocacyinfo.org
How can I stay healthy, or not get it?

Wash your hands.

Cough or Sneeze into your elbow.

www.selfadvocacyinfo.org
Try not to touch your face

Try to keep your hands busy:

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
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
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.

www.selfadvocacyinfo.org
Why is it important to do all of this?

www.selfadvocacyinfo.org
Is there a shot to get, so I do not get sick?
Is there a medicine?

www.selfadvocacyinfo.org
What do I say to my friends if they get scared, or very nervous?
I have a job.
I am worried about missing work.

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
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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