Missouri Plan Language Guide

• You can find this guide by visiting www.moddcouncil.org
COVID-19 Vaccine Eligibility

• Anyone age 12 and older is eligible to receive the COVID-19 vaccine.
COVID-19 Vaccine Access

- Find how to get the vaccine near you:
  - Go to the Missouri COVID-19 website at
    - [www.MOSTopsCOVID.com](http://www.MOSTopsCOVID.com)
COVID-19 Vaccine Access

• **Call Missouri’s COVID-19 Hotline:**
  • 877-435-8411

• **Hours:**
  • Monday-Friday: 7:30a.m. - 5:30p.m.
  • Closed on Saturday and Sunday
What is COVID-19?

• It is a respiratory illness: a disease affecting the lungs and airways

• It is caused by the novel coronavirus

• Has been spreading around the world since 2020.
What is COVID-19

• COVID-19 is a disease that had never been seen before in humans, and it may cause serious illness and death in some people.
How do you get COVID-19

• COVID-19 is spread mainly through close contact from person to person (within 6 feet)

• Touching surfaces that are used regularly (bathrooms, door handles, keyboards, etc.) infected with the virus.
How do you get COVID-19

• When someone with COVID-19 coughs, sneezes, or breathes near you they can spread the virus to others making them sick.
How do you get COVID-19?

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

• People who have COVID-19 but do not show symptoms can also spread the virus to others.
What happens if I have COVID-19?

• You may have **some or all** of these symptoms:
  • Coughing
  • Hard time breathing
  • A fever of 100.4 or higher
  • Feeling tired
  • Headache
  • Muscle or body aches
  • Sore throat
  • Stuffy or runny nose
  • New loss of taste or smell
What happens if you have COVID-19?

• If you have these symptoms, it does not mean you have COVID-19.

• Many people get a fever or cough. You might have a cold or the flu.
How sick do you get with COVID-19?

• Most people do not get very sick. It is like having a cold or the flu. Many symptoms are the same.

• Some older people and people with disabilities may get really sick. They may have to go to a hospital.

• Testing is the best way to know if you have COVID-19 or other infections.
What do I do if I am sick?

• Call your doctor
• Do what your doctor tells you do
What do I do if I am sick?

• Stay at home
• Avoid contact with others
• Keep objects and surfaces clean
• Use tissues, then throw them away
What do I do if I am sick?

- Call your doctor again if you are getting worse
- Call 9-1-1 if you are having trouble breathing
What do I do if someone I live with get sick?

- Stay at least 6 feet away from the sick person and wear a face covering.
- Separate the household member who is sick from others living in the household.
- Have only one person care for the person who is sick.
- Do not touch surfaces or food the sick person has touched.
- Keep washing your hands well.
- Do not share food or drinks.
- Call your case manager. There may be someplace else you can stay for a few days.
If I am sick, when should I call my doctor?

• If you have been:
  • Out of the United States.
  • In contact with someone who has the COVID-19 virus at a place where people with COVID-19 received medical care.
  • Call your doctor first, before going to the office.
Questions and Reflections and Evaluation
Thank you for attending!!

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