

# COVID-19 Information By and For People with Disabilities



## What is COVID-19?

It is a new illness spreading around the world.

## How do you get it?

Someone with COVID-19 gives you their germs.

When they cough or sneeze, their germs get in the air, on you, and on things.

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

## What happens if you have it?

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.

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

Call if you have been out of the country.

Call if you have been with someone who has the virus.

Call if you have been at a place where people with COVID-19 got medical treatment.

***Call your doctor, do not go to the office.***

### **How sick do you get?**





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

Doctors say if you are sick stay home.

Do not go to work. A sick staff person

## Where can I go these days?

### Stay away from large groups.



No movie theaters or malls.

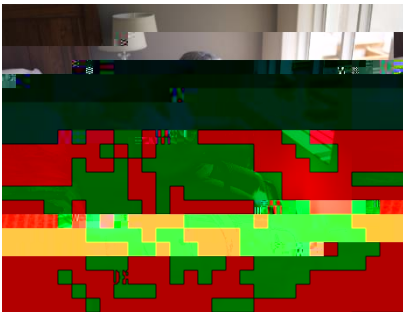
Try to avoid public transportation.

Go to the grocery store during the day when it is not crowded.

### Do not share food or drinks.



## Why is it important to do all of this?

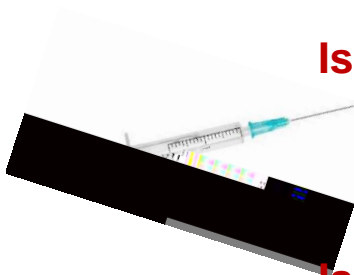


to

get sick, do you?

Some people with disabilities get sick really easily. You would feel awful if you got your friends or family sick.

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



No. There is not a shot or vaccine to stop the coronavirus.

## Is there a medicine?



There is no medicine for COVID-19.

Take medicine used when you have a cold or flu.

Drink lots of water. Get plenty of rest.

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

Talk to someone you trust.

You can show them this booklet for  
ideas on what to do.

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

If you are sick, you need to stay home.

Health comes before money.

Tell your boss you do not feel well.

If you are worried about money, talk to  
your family, friends or team.

**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?

Thanks to the Vermont Developmental Disabilities Council  
for