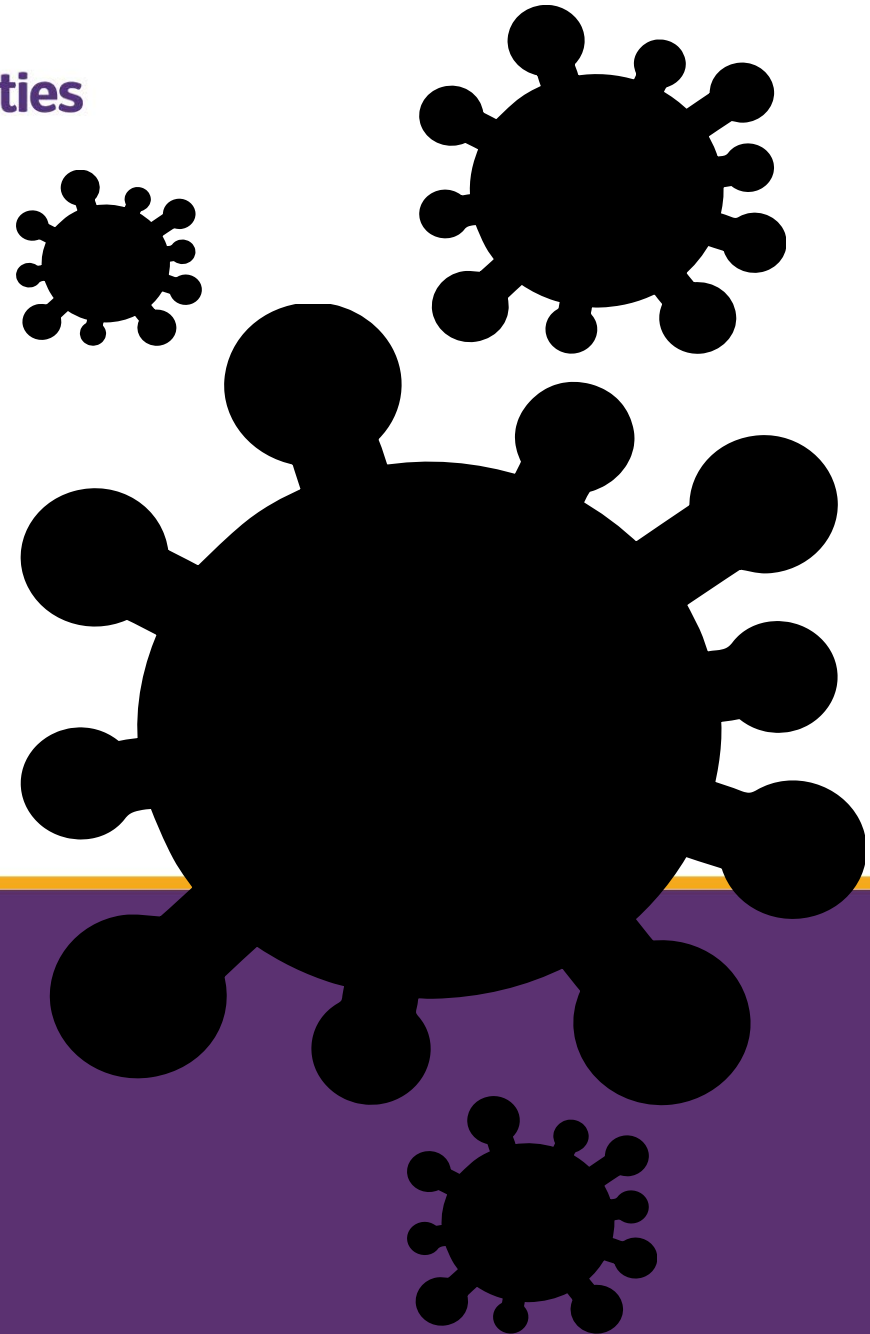




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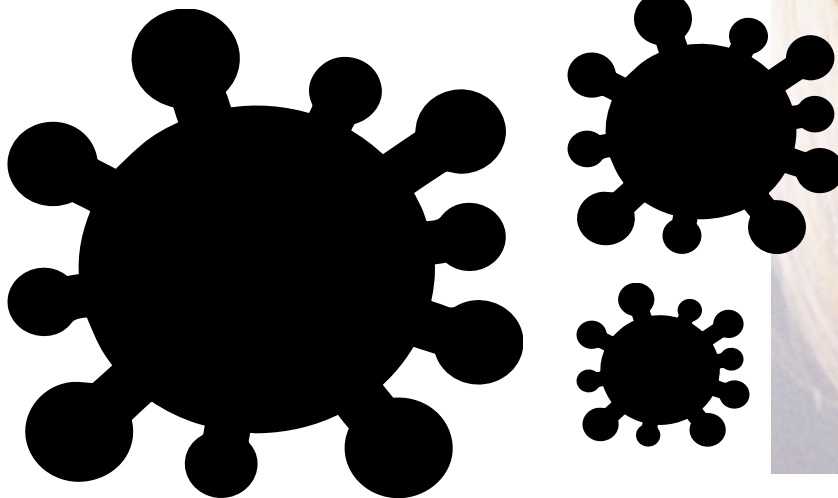
# COVID-19

In Plain Language



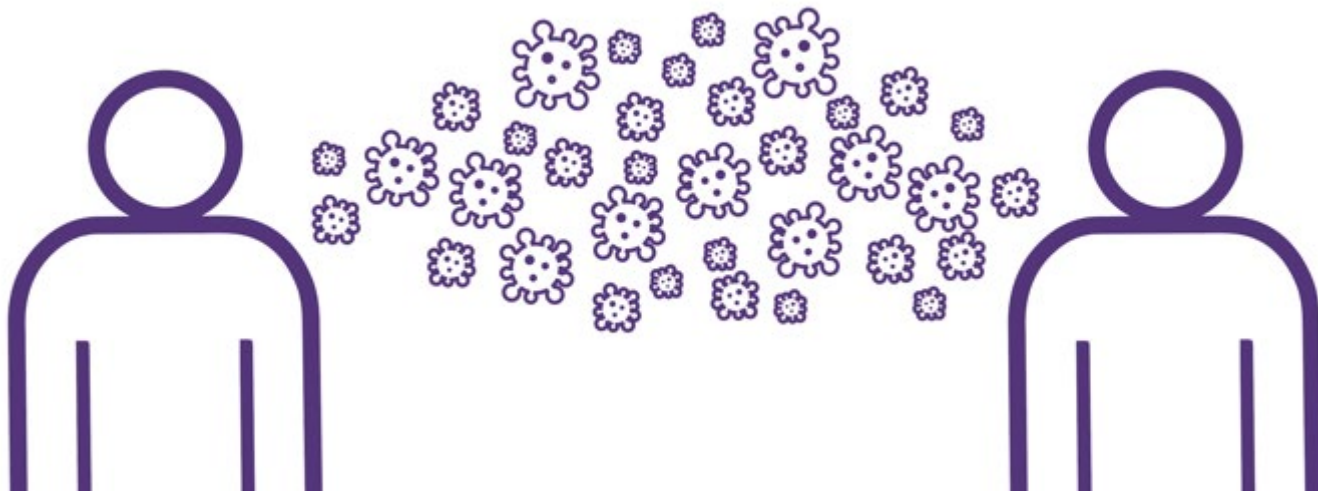
# What is COVID-19?

COVID-19, also known as coronavirus, is a new virus making people sick all over the world, including here in New York State.



# How do you get the coronavirus?

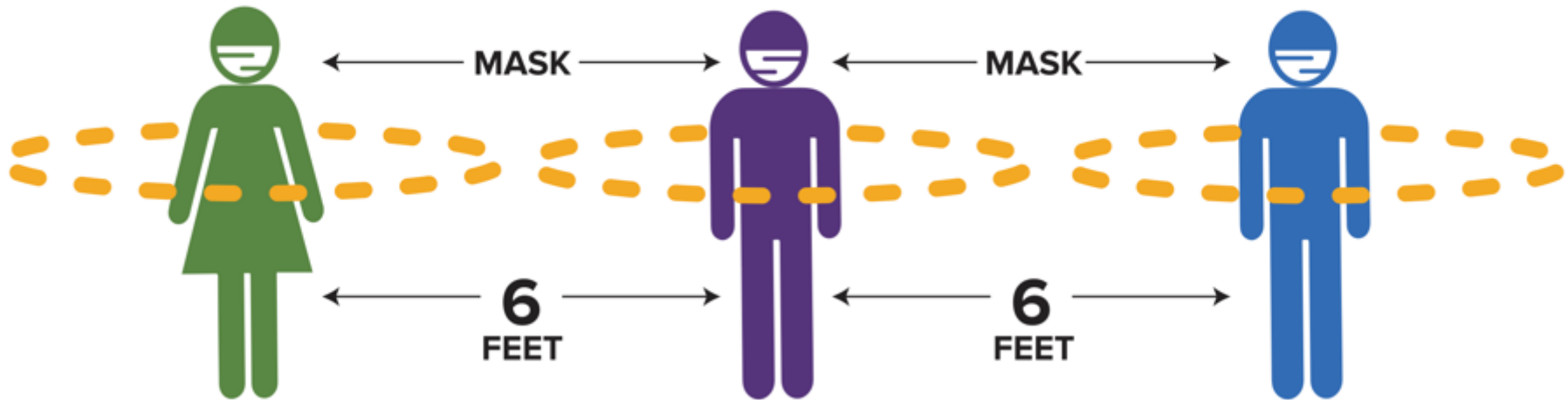
Someone that has the coronavirus gives you their germs when they cough, sneeze, talk or sing. Their germs then get into the air, on you, and on things. Germs get into your body through your mouth, nose, and eyes.



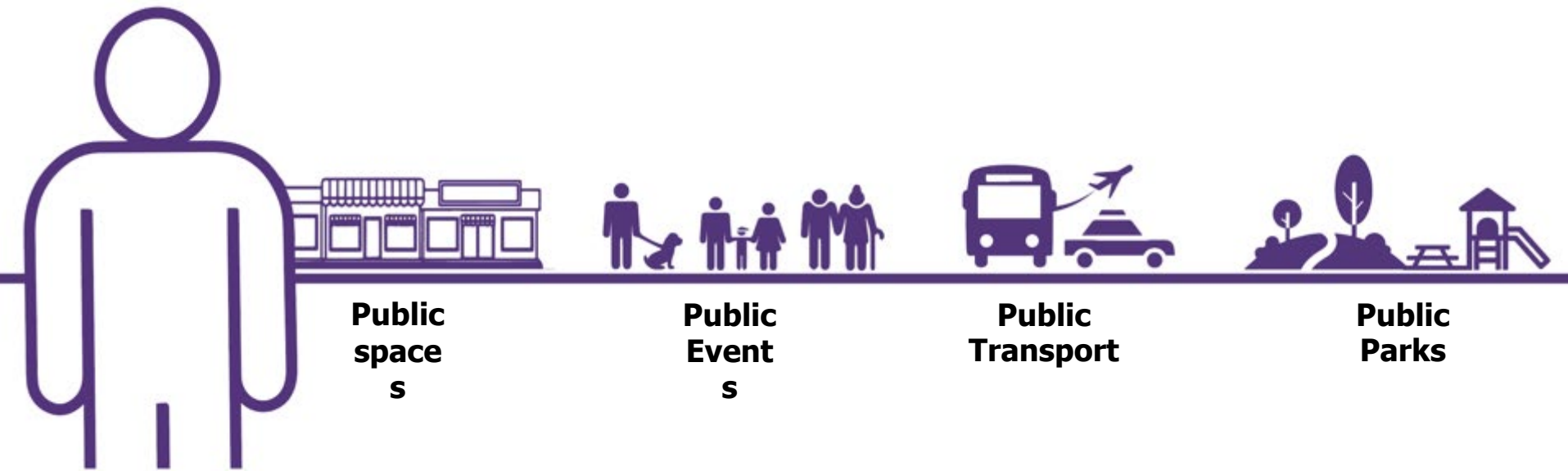
**How can you keep yourself from getting the coronavirus?**

# Practice social distancing

Keep a distance of at least 6 feet - wear a mask



**Social distance** anytime you go out of the house, out to the store, on the sidewalk, on public transit, like *buses or trains*, or even in the park.



# Wear a mask or other face covering around other people



**Scarf**



**Bandana**



**Other**

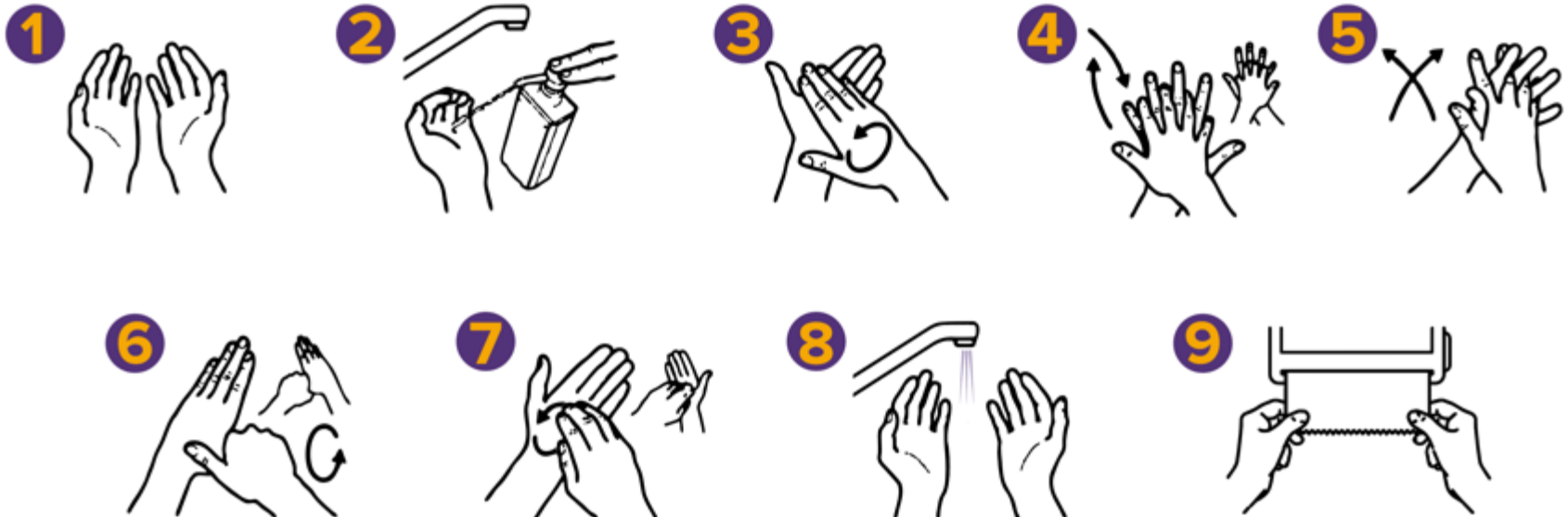
**Avoid touching your face,  
eyes, nose and mouth**





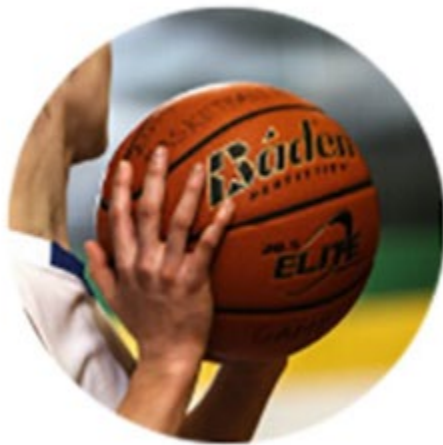
# Wash your hands with soap and water for 20 seconds:

After using the bathroom, before you eat, when you return home, after you touch things and throughout the day – if soap and water is not available, use hand sanitizer



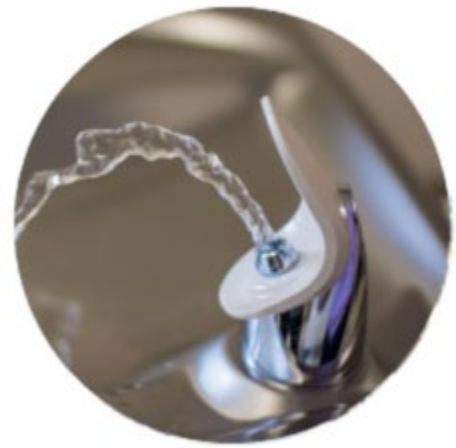
# When you are out in public

**Avoid games and activities that have close contact**



# When you are out in public

**Avoid surfaces and objects that get touched a lot**



# How will you know if you have the coronavirus?

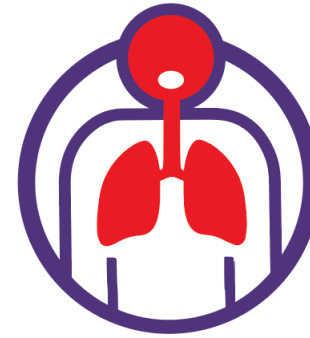
The coronavirus may cause:



Cough



Fever



Trouble Breathing



Loss of Taste & Smell



Body Aches



Feeling Very Tired

- Symptoms may appear in as few as 2 days or as many as 14 days after you catch it. Just because you have these symptoms doesn't mean you have the coronavirus.
- You could have a cold or the flu.
- Call your doctor if you have any of these symptoms



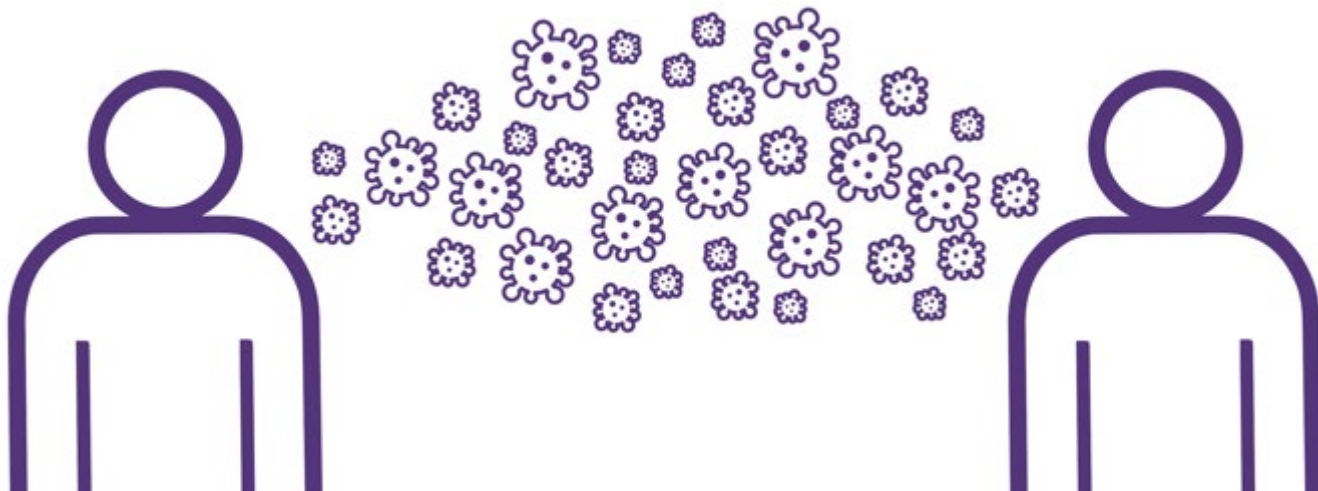
# If you are sick

- Call your doctor.
- Stay away from others. If you have a separate room you can stay in and a separate bathroom you can use, that is best.
- Wash your hands with soap and water.
- Avoid sharing personal items.



## If you have had contact with someone who is sick in the last 14 days:

- You should stay home and avoid other people as much as possible.
- You may enjoy spending time in your own backyard or other personal outdoor space but you should not go into public outdoor spaces.



## **If someone you live with gets sick:**

- Stay at least 6 feet away from the sick person.
- If possible, stay in a different bedroom and use a different bathroom.
- Do not touch surfaces or food that the sick person has touched.
- Keep washing your hands well.



# How can you say hello to friends and family?

To keep yourself, your friends and your family members safe from COVID-19, instead of hugs, kisses and handshakes...



**Use waves, salutes and distance hugs**

**WEAR** A MASK. **STOP** THE SPREAD. **SAVE** LIVES.



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