



### **What Is Coronavirus?**

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 has spread throughout the world.
- The COVID-19 virus makes some people very sick, while others are not very sick or have no signs of illness at all.

### **How Does Someone Get COVID-19?**

- Someone that has the coronavirus gives you their germs when they cough or sneeze or talk very closely to you.
- Their germs then get into the air, on you, and on things. Germs get into your body through your mouth, nose, and eyes.
- You can also get it by hugging, kissing or shaking hands with someone that has the coronavirus.

### **How Can I Stay Healthy?**

- There are things we all can do to keep us from getting the coronavirus:
  - Wash your hands often with soap and water for at least 20 seconds, especially before and after eating, after using the restroom, after coughing or sneezing, and after touching surfaces.
  - Try not to touch your eyes, nose, and mouth but especially try not to touch your eyes, nose, or mouth with unwashed hands.
  - Stay away from people who are sick.
  - Cover your mouth when you cough. Sneeze using a tissue and then throw it away into a closed container. And always wash your hands after coughing or sneezing.

- Regularly clean surfaces and objects in your home.
- It is recommended that everyone avoid crowds or large gatherings. That's why OPWDD closed day programs for now, so everyone can stay safe in their own homes.
- If you must go out, wear a face mask or a bandana that covers your nose and mouth. We wear the masks whenever we cannot stay at least 6 feet. apart from another person. And we wear the masks so we do not spread the virus to anyone.
- Masks can be any pattern or color – whatever you like.

### **What happens if you get the virus?**

- Covid-19 affects people differently.
- You may develop a cough, have trouble breathing or have a high fever for a few days. You may also lose your sense of taste and smell, have body aches or be very tired.
- You can spread the virus to someone else 2 days before you have any symptoms. There is a simple test to see if someone has the virus, and the virus usually lasts about 14 days.
- Some people can spread the virus without even having any symptoms.
- That's why it is important for us to be careful at all times.

### **What Do I Do If I Get Sick?**

- If you are sick, call your doctor and let them know if you have a cough, trouble breathing, have a fever or other symptoms.
- If you get sick, the Department of Health asks that you stay at home and away from others for 14 days. It's best if you can stay in a separate room and use a separate bathroom.
- Your doctor might ask that you get a test for coronavirus.

- Wash your hands frequently using soap and water or EPA-approved household products. If soap and water is not available, use hand sanitizer.
- Avoid sharing personal items.
- Some people are more at risk for more serious sickness – if they have other health conditions, are overweight or elderly.
- If your fever is gone for at least 24 hours without taking fever-reducing medicine like acetaminophen, and if your other symptoms have lessened or are gone, you can begin to move around your home or go outside.

### **What Happens If I Came Into Contact With Someone Who Is Sick?**

- You should stay home and avoid contact with others for 14 days.
- You can enjoy spending time in your own backyard or other personal outdoor space but you should not go into public outdoor spaces.
- If you live with someone who gets sick, stay at least 6 ft. away from him or her.
- Do not touch surfaces the sick person has touched unless you know they have been thoroughly cleaned.
- Remember, keep washing your hands for more than 20 seconds and often throughout the day.

### **Why Is It Important to Stop the Spread of COVID-19?**

- Staying at home and away from family and friends is hard. It is especially hard not to be able to do the things we like to do such as going out to eat, going to ballgames or even going to work.
- Right now it is very important that we continue to be careful because COVID-19 spreads from person to person very quickly, and can make some people very, very sick.
- We don't have a cure right now so it is important to keep as many people healthy as possible.

- And that means stay at home, avoid groups of people, wash your hands often and wear masks when you are in public.
- If you live in a group home, family members and people close to you can visit if they follow the guidelines and you follow them, too.

### **What You CAN Do:**

- There are lots of things you can do while we wait for this health emergency to lessen.
- You can call or text family and friends. You can video chat with them using things like Facetime and Zoom. Staff can help you do that.
- You can make someone a card or send them a letter to let them know you are thinking about them.
- This might be a good time to do something you aren't used to doing – like reading a book, making crafts or listening to music.
- You can go outdoors when the weather is nice. You can have a picnic in your backyard, take a walk, go fishing or golfing, or even try jogging – remember to avoid groups of people and avoid close contact with anyone who is not part of your home.
- You may have heard that things are starting to open back up. Some businesses are back to work and others may be soon.
- It will be a little while before everything is 'back to normal', and some things may never be back the way we remember them.
- The important thing is for us to stay safe and keep our family and friends safe so we can get back to enjoying our lives.

### **What If I Have Questions?**

- If you have any questions, you can always talk with staff. They are there to help you.

- There is a lot of information available to help you understand the virus, avoid getting or spreading it, and finding things to do that you like during this time when we are all at home.
- You can make a big difference in keeping yourself and others safe just by following the guidelines – washing your hands, don't touch your eyes, nose or mouth, and wear a mask when in public.