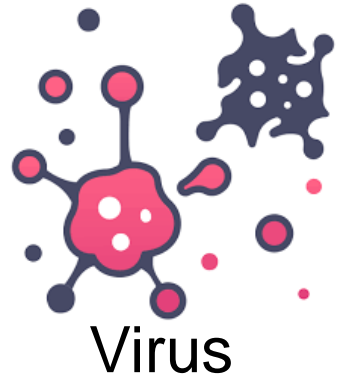




What is COVID – 19?



**COVID-19** Coronavirus ..... **is**



Illness - sick

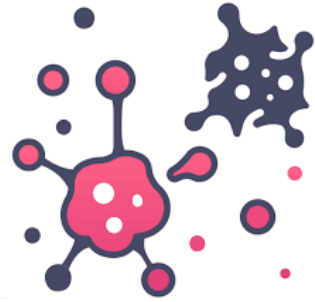


worldwide

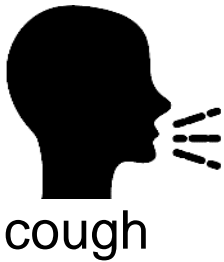


# How does COVID – 19 spread

## Coughing and sneezing



sneeze



cough



Coughing and sneezing into your elbow reduces germs

## Touching face, mouth, nose, and eyes

This is how germs get in your body.



face



nose



mouth



eyes



Touch your face with a tissue.

# How does COVID – 19 spread



## Contact with others



hugging



shaking hands



gathering in groups



## Avoid contact with others or practice **SOCIAL DISTANCING**



no hugging



no shaking hands



No gathering in groups

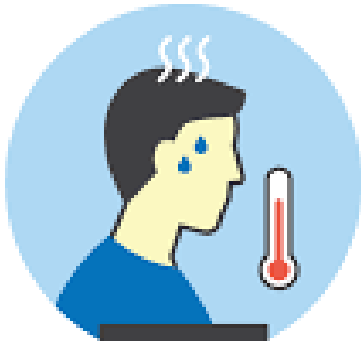


6" feet away  
from another person



stay at home

# If you have these symptoms



FEVER



COUGH



SHORTNESS OF BREATH

## Call your doctor first

Do **NOT** go to a hospital or Urgent Care



call



Doctor

# Stay healthy

## Wash hands



wash hands



soap

or



hand sanitizer

## Coughing and sneezing



Coughing and sneezing into your elbow, less germs in air



cover before cough

## Avoid touching your face



don't touch face



don't touch eyes, nose, and mouth



wash hands



don't touch face



cover before cough



stay home



Touch face with tissue

# If I am sick?

Call your doctor first.

Do **NOT** go to a hospital or Urgent Care



wash hands



don't touch face



cover before cough



stay home



touch face with tissue



stay home



social distancing Avoid contact with other



keep objects and surfaces clean




Use tissues, then throw them away

Call your doctor again if you are getting worse. Call back if you are having trouble breathing. Do what your doctor says.



Doctor

Its  to be scared or worried  
OK



scared



anxious



worried

Talk to someone you trust.



call



friends



family



mentor

I am worried about missing work



sick



call



boss



stay at home



health

then



work

Talk to your self-advocacy group, friends, family, or support staff about your worries and concerns

# Set up a plan to stay at home



you



make plan



stay at home

Who can go food shopping for you?



who - help



food shopping

Who will call to check in on you?



who - help



check



you

What to do if your staff calls in sick?



you



no health aid  
calls in sick



who - help