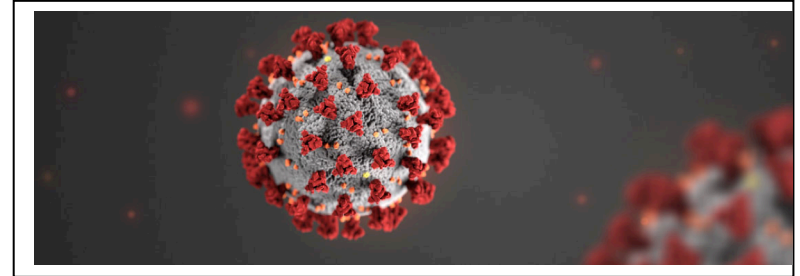


Coronavirus (COVID-19) Information Booklet 3/16/20



The Coronavirus is a new virus (germ) that can make people feel sick.



The Coronavirus can also be called “COVID-19.”

COVID-19 =

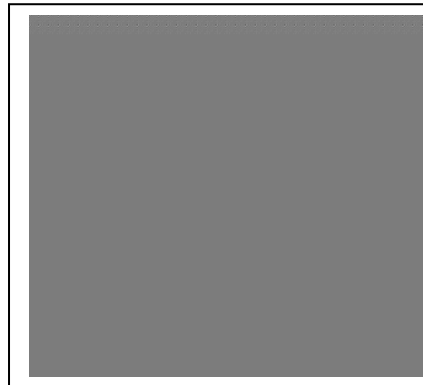
People who have the Coronavirus may have:



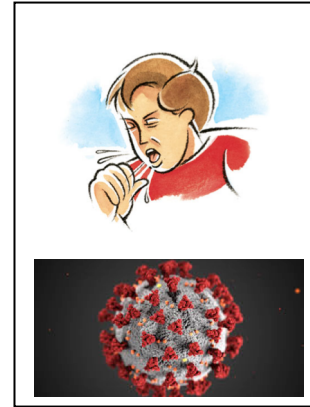
Dry cough



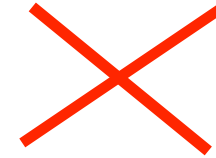
Fever



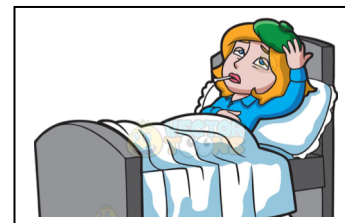
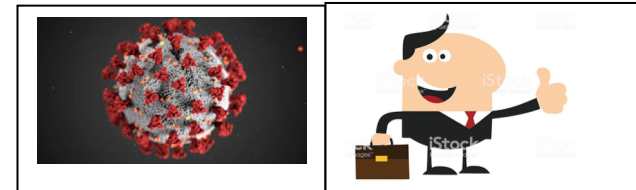
Shortness of Breath/
Trouble Breathing



Some people may get sick
with a cold or the flu, but
not have Coronavirus.

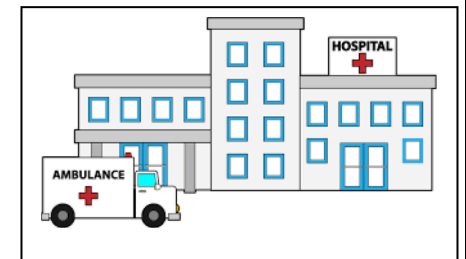


Some people may have coronavirus
and may not feel sick at all.



Most people who have
the Coronavirus will stay
at home to get better.

Some people who
have the Coronavirus
will go to the hospital
to get better.



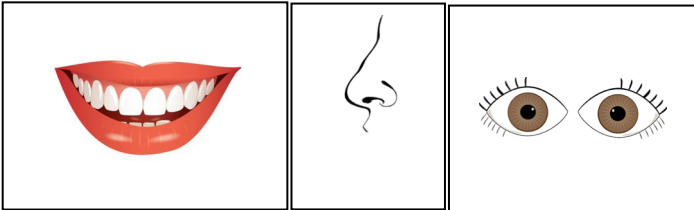
How do you get Coronavirus?

Someone with Coronavirus gives you their germs.

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

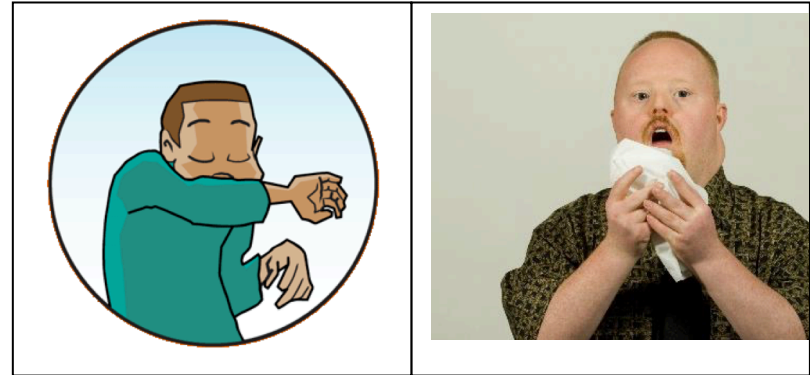


Germs get into your body through your mouth, nose and eyes:



How can I stay healthy?

Cough or sneeze into your elbow, or into a tissue:



Do not touch your face. This is how germs get into your body:



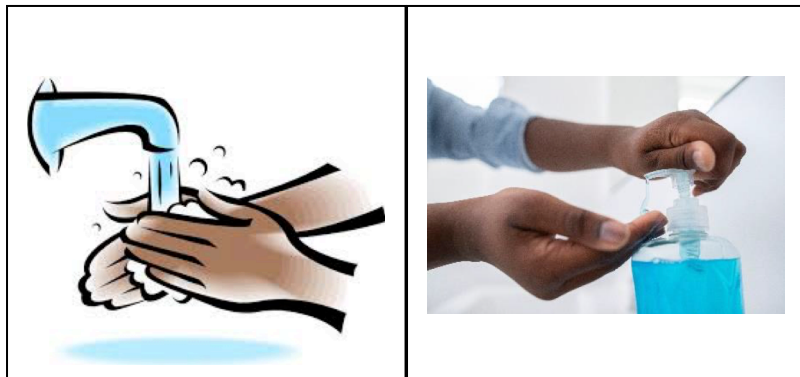
Wash your hands:

Help stop the spread of germs by washing your hands with soap and water.

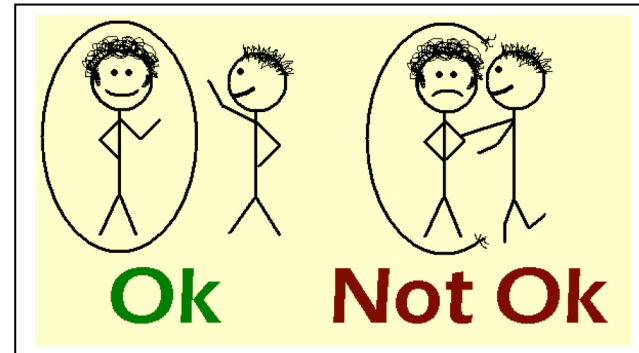
- ☐ After using the bathroom
- ☐ Before eating or drinking
- ☐ After being in public

Take your time (20 seconds, or the Happy Birthday song) when you wash your hands, making sure to wash between your fingers and the backs of your hands, too.

If you don't have soap, use Hand Sanitizer.

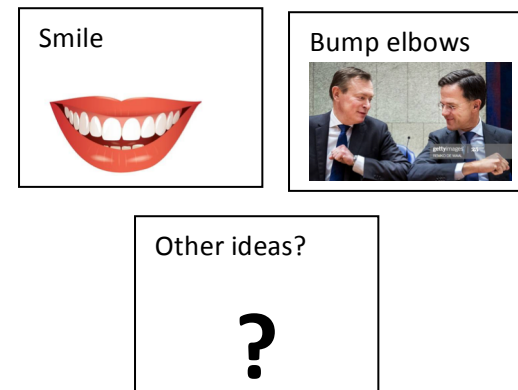


Stay at least 6 feet away from people:



That means no handshaking, no hugging, no fist bumping.

But how do you say hello?!?



Stay away from large groups:

No movie theatre



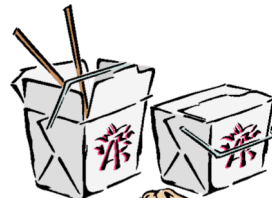
Movies at home



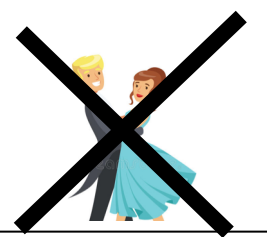
No eating out



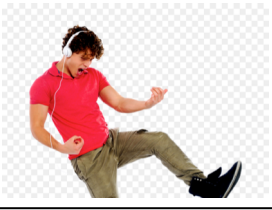
Takeout or delivery



Dances



Dance at home



Once the Coronavirus is gone and Governor Baker says it's safe I will be able to go to my favorite places again.

Take care of myself:

Drink water



Get plenty of sleep



Eat healthy



Talk to people



Other ideas?

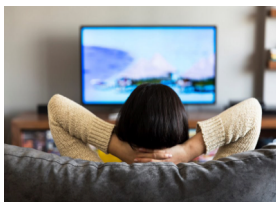
?

There will be no work/ day program until the Coronavirus is gone.



Here are some fun things I can do at home:

Watch movies or TV



Play games/ cards



Arts and crafts



Go for a walk



Other ideas?



I will go back to work/ day program when the Coronavirus is gone and Governor Baker says it's safe.

I'm not sick! Why do I have to do it???

Even though some people don't get sick from Coronavirus, some people, especially older people, can get very sick (and some even die.)

*My feelings (or my friend's) are out of control!
What can I do?*

It's normal to feel nervous/ anxious / sad/ angry mad when things like this happen that we don't have control over. How do you feel? What can you do about it? Here are some ideas?

Talk to family or staff



Stay away from news



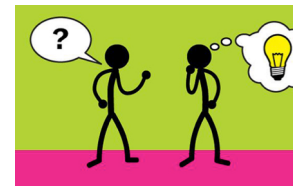
Do something nice



Do something fun



Ask Questions/Get Info



Other ideas?



It also helps to make a plan:

- ☐ Who will I call for help if I feel sick?
- ☐ Who will help me get food and money?

Where can I get more information?

Be sure to get your information from a reliable source. Here are some ideas:

<https://www.mass.gov/resource/information-on-the-outbreak-of-coronavirus-disease-2019-covid-19>

<https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html>

<https://www.who.int/health-topics/coronavirus>

This article relied heavily on several sources:

<https://theautismeducator.ie/wp-content/uploads/2020/03/The-Coronavirus-Free-Printable-Updated-2-The-Autism-Educator-1-1.pdf>

<https://www.teacherspayteachers.com/Product/Coronavirus-Social-Story-5314771>

<file:///C:/Users/Debbie%20Dunn/Downloads/Plain-Language-Information-on-Coronavirus.pdf>

