



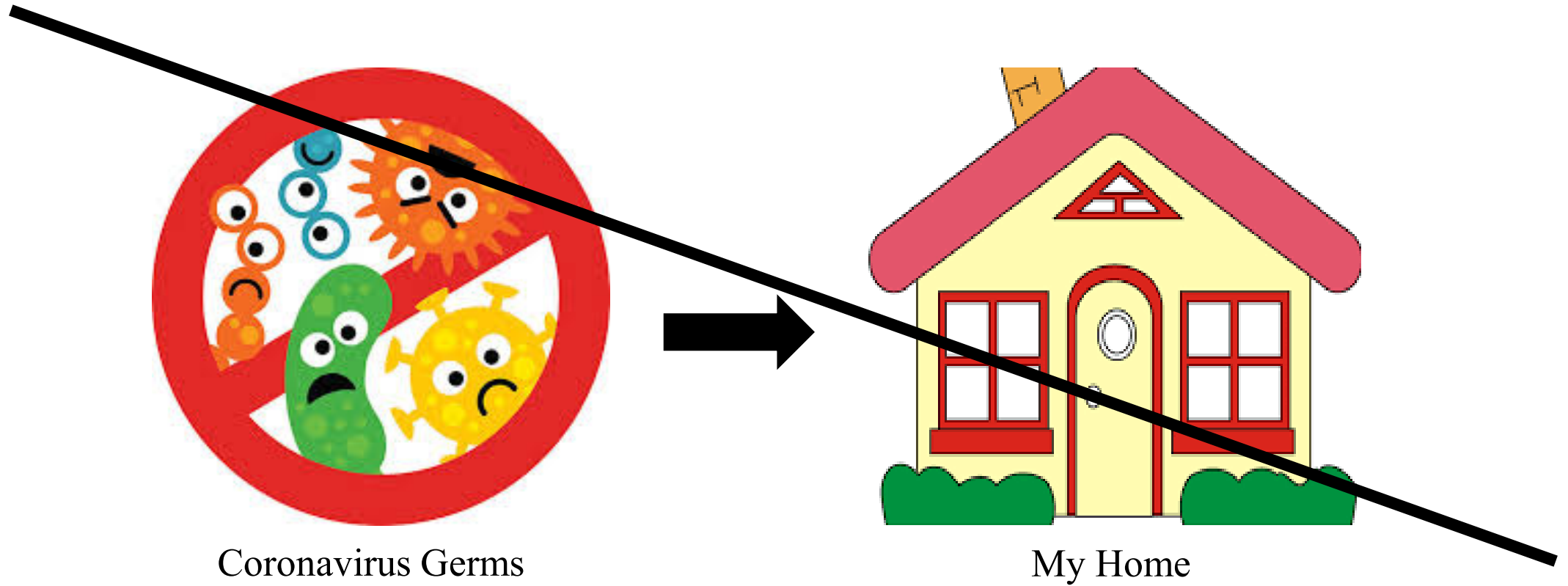
NO VISITORS
TO MY HOME

Sometimes people get sick from a cold or flu virus.

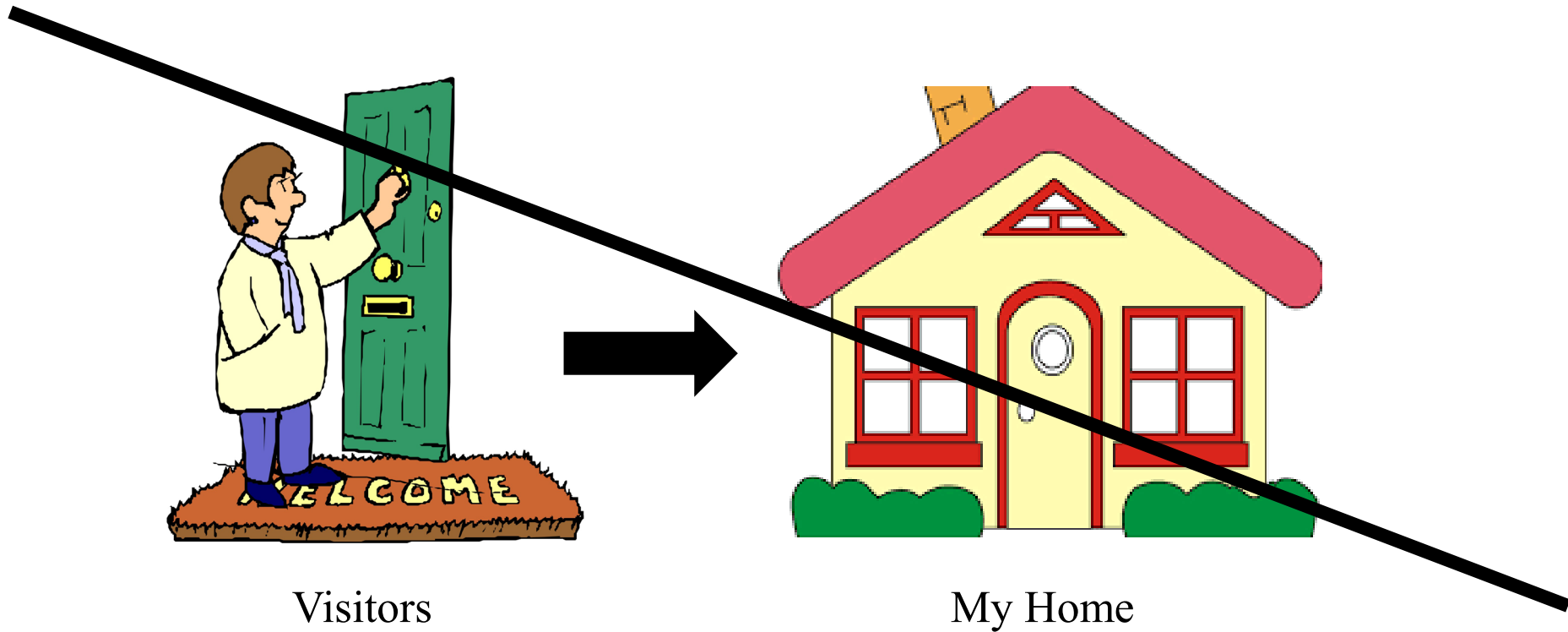


The coronavirus is similar to a cold or flu virus and it spreads very easily.

It is important to prevent coronavirus germs from entering
into my home.



To do this, no visitors will be allowed in my home right now.



This means, my family and friends will not
be coming to visit me at home right now.

This will help prevent the spread of coronavirus germs.

This will help to keep me, my housemates and staff safe and healthy.



Not having visitors to my home is temporary.

Life will go back to normal soon. Family and friends will come visit me
at my home then.

Knowing that I will not have any visitors to my home right now,
might make me feel different emotions.



It is *okay* to feel this way.

These are some other ways I can see or talk to my family and friends.



Facetime



Phone Call



Email



Text/Whatsapp

My staff and family are here to support me.

If I have questions or need support I can talk to them.

Aptus' Day Program is Closed

Sometimes people get sick from a cold or flu virus.



The coronavirus is similar to a cold or flu virus and it spreads very easily.

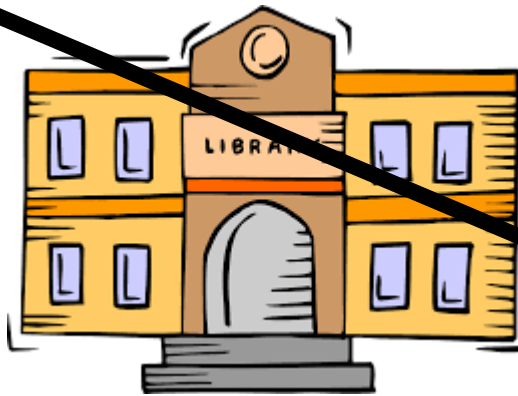
This means that a lot of places in the community are closed to avoid spread of the coronavirus.



Aptus' Day program is closed right now.



Places like restaurants, libraries, swimming pools, and other fun activities
are also closed or cancelled.



This is because everyone is working hard to keep people safe and healthy.



Closing places like Aptus' day program will help keep me, my staff/family and other people in the community safe.

Aptus' day program closure is temporary.

This will be over soon and I will attend the day program again.

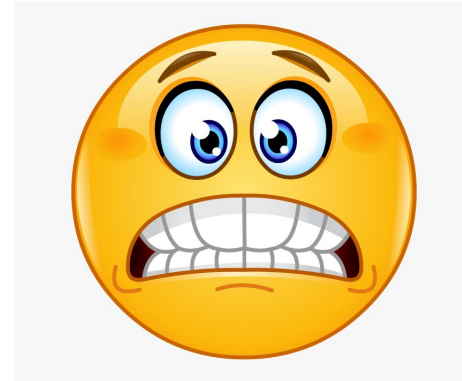
No one knows when I can return to my day program. When we know, someone will show me on this calendar.

I can return to my day program on this date: _____

Month of _____

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>

Knowing that my day program is closed right now,
might make me feel different emotions.



It is *okay* to feel this way.

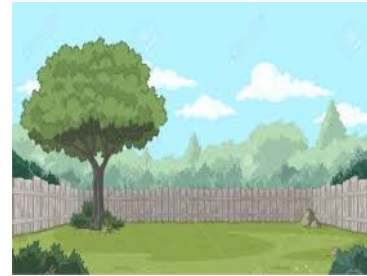
These are some activities I can do at home.



Computer



Call a Friend



Visit Backyard



Listen to Music



Cook



Play a Game



Read a Book



Arts & Crafts

I have people in my life who are here to support me.

If I have questions or need support I can talk to them.

COVID-19 Information By and For People with Disabilities



What is COVID-19?

- It is a new illness spreading around the world.
- It's nickname is coronavirus.

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.

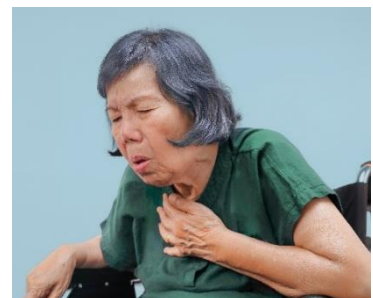
What happens if you have it?



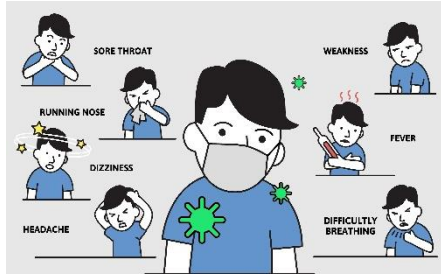
A fever of 100.4°
or higher



Coughing



Hard time breathing



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?



- Most people do not get very sick. It is like having a cold or the flu.
- Some older people and people with disabilities may get really sick. They may end up in a hospital.

How can I stay healthy, or not get it?

Wash your hands.



- Use lots of soap and water.
 - Wash for at least 20 seconds. If it helps, count to 20.
 - Wash after using the bathroom or being in public (like going to a store).
- If soap and water are not available, use hand sanitizer. Know that washing well with soap and water is still better.



Cough or Sneeze into your elbow.

Coughing and sneezing into your elbow stops germs from going into the air and onto your hands.

Try not to touch your face



- Do not rub your eyes.
- Do not touch your mouth.
- Do not touch your nose.

Remember, this is how germs get in your body.



If you have to touch your face, do it with a tissue or in the shower.

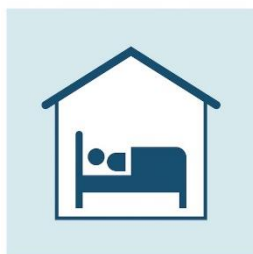
Try to keep your hands busy:



- Tap your knee.
- Click a pen.
- Use a fidget spinner.
- Use hand sanitizer.
- Doodle.
- Squeezing a stress ball.
- Play a game on your device.

If I am sick, what should I do?

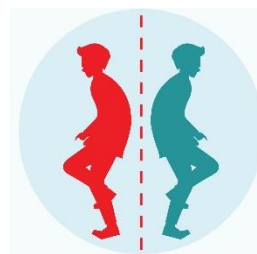
Call your doctor. Do NOT go to a hospital or Urgent Care.



Stay Home



Use tissues,
then throw
them away



Avoid
contact with
others



Keep objects
and surfaces
clean

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

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 should stay home until they are well.
- Tell your team. Tell your case manager.

What do I do if someone I live with gets sick?

Someone else living in your home could get coronavirus or think they have these germs in their body.



- Stay at least 6 feet away from the sick person.
- Do not touch surfaces or food that the sick person has touched.
- Keep washing your hands well.
- **Call your case manager.** There may be someplace else you can stay for a few days.

How do I say hello to my friends?



- No handshaking. No hugging. No fist bumps.
- Smile, bump elbows, text, call, message

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?



- You don't want your grandparents 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?
- ☐ What to do if your staff calls in sick?
- ☐ Make sure you know your doctor's phone number.

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



If you have been near a person with Coronavirus, you may be asked to stay home. A person can have coronavirus in their body and not feel sick. It takes a few days to get sick. This virus spreads very easily. You don't want to give it to others.



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The Self-Advocacy Resource and Technical Assistance Center (SARTAC) seeks to strengthen the self-advocacy movement by supporting self-advocacy organizations to grow in diversity and leadership. The resource center is a project of Self Advocates Becoming Empowered (SABE). SARTAC <https://selfadvocacyinfo.org/> is a Developmental Disabilities Project of National Significance, funded by the Administration For Community Living – Administration on Intellectual and Developmental Disabilities (AIDD).