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# COVID-19 TIPS

## FOR PEOPLE WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES



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**ENGLISH**

ALSO AVAILABLE IN:

Español  
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**CALIFORNIA STATE  
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**DEPARTMENT OF  
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[DDS.ca.gov](https://DDS.ca.gov)

# Coronavirus Safety Tips

Practice good habits

**YOUR ACTIONS  
SAVE LIVES**



Wash hands often with soap and water for **20 seconds**.



Cover coughs and sneezes with a sleeve or tissue. Then throw away the tissue.



Clean things you touch a lot, like doorknobs and light switches.

Stay home



Stay home, except to get medical care or buy things you need.



If you have to go out, stay **6 feet** away from other people.



When you must go out, wear a mask over your nose and mouth.



Do not touch your face while wearing your mask.



When you take the mask off at home, put it in the laundry.



Wash your mask in **hot water**.



## What does this sickness feel like?

Some people with COVID-19 feel very sick, others do not feel sick at all. People who get sick often have:

- cough
- difficulty breathing
- fever
- chills
- shaking with chills
- muscle pain
- headache
- sore throat
- loss of taste or smell

If you have a two or more of these symptoms, call your doctor about how to get help.

# Self-care Tips



## Take good care of yourself

- ✓ Stay healthy, rested and strong.
- ✓ Eat healthy foods, exercise often and get lots of sleep.

## Make an emergency contact list

- ✓ Make an emergency contact list with names and phone numbers for important people in your life.
- ✓ These may be your family, friends, neighbors, drivers, healthcare and service providers, teachers, employers or others in your circle of support.



## It is normal to feel anxious when your life changes

- ✓ Reach out to a friend or family member to talk about any worries you have.
- ✓ Ask providers or caregivers to explain any changes in your services.



## Check in with family and friends

- ✓ Use the phone, video calls, email, texting or social media to stay connected.
- ✓ Ask a friend or family member if you need help using them.



## Take time each day to relax: books, movies, games, meditation, calling a friend

- ✓ Avoid too much news and things that make you feel stressed or anxious.



# Make a Plan



## Make a plan in case you get sick

- ✓ Check that people in your circle of support are available to help you.
- ✓ See who can help you if your usual support gets sick.
- ✓ Make sure you have a 30-day supply of medications and food and other supplies to stay home comfortably for a few weeks.

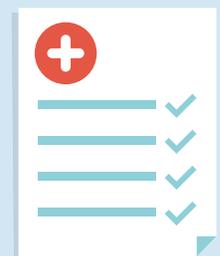
## If you get sick

- ✓ Ask for help from your circle of support.
- ✓ If possible, pick one person to be your main caregiver.
- ✓ Wear a face mask when your caregiver is nearby.
- ✓ Stay away from others in your household, including pets.
- ✓ If possible, use a separate bedroom and bathroom.
- ✓ Use separate dishes, cups and utensils.
- ✓ Only see visitors that need to take care of you.
- ✓ Tell someone if your fever or cough gets worse or if it gets harder to breathe.
- ✓ Always call before going to the doctor or emergency room.



## Make a plan in case you need to go to a hospital

- ✓ Make a Health Profile with important information about you and your health.
- ✓ Be ready to tell hospital staff how you communicate. Here is a form you can have ready. [communicationfirst.org/covid-19/](https://communicationfirst.org/covid-19/)
- ✓ Plan for things you may need to bring to the hospital.
- ✓ Talk with your circle of support about who will help you in the hospital.



## If you must go to the hospital

- ✓ Label all devices with your name and phone number.
- ✓ Pack device chargers and extra batteries.
- ✓ Give hospital staff your Health Profile.
- ✓ Ask hospital staff for what you need to communicate.
- ✓ Ask hospital staff to help connect devices to Wi-Fi.



# How to Make a Health Profile



A Health Profile is a form that tells new healthcare providers important things about you. Getting to know you better helps them take good care of you. You can write or type this on paper, or use the form in this kit.

Some things to share about yourself include:



Best ways to talk with you



Your family and emergency contacts



Your important doctors



Your medications



Your health conditions



Your strengths



What makes you feel better when you are hurt or upset



Best ways to support you



Any devices or tools you need