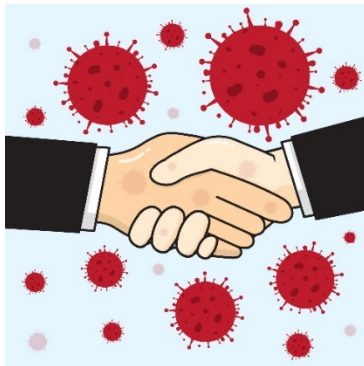




## What is COVID-19?

- It is an illness spreading around the world.
- Its nickname is coronavirus.



## How do you get it?

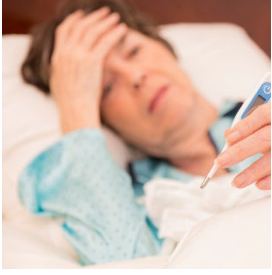
- Someone with COVID-19 gives you their germs.
- When they cough or sneeze, their germs get in the air, on you, and on things.
- Germs get into your body through your mouth, nose, and eyes.



## Is there a shot to get so I do not get sick?

- There is a shot that can help you avoid getting very ill from COVID-19.
- Visit [hpePublicHealth.ca](https://hpePublicHealth.ca) to learn how to get your shot.

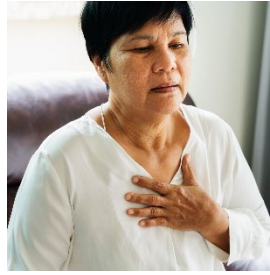
## What can happen if you have it?



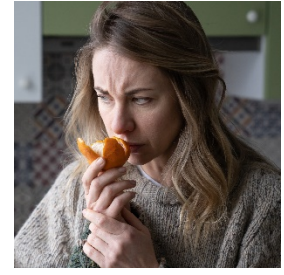
A fever of 38°  
or higher



Coughing



Hard time  
breathing



No taste or  
smell

### Other feelings might include:

- Sore throat
- Runny nose
- Sneezing
- Stuffy nose
- Hoarse voice
- Hard to swallow
- Chest pain
- Tired for no reason
- Falling often
- Chronic conditions getting worse
- Nausea, vomiting or diarrhea
- Stomach pain
- Chills
- Headaches
- Fast heart beat
- Drop in blood pressure  
(you might feel lightheaded)

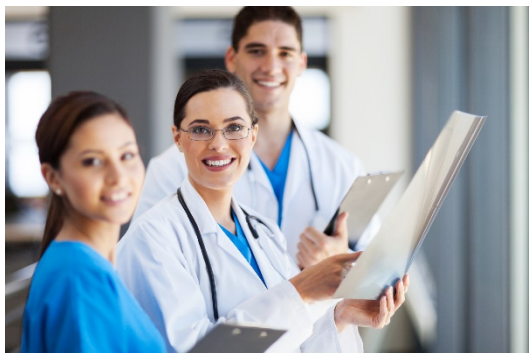


If these things happen to you, it does not mean you have COVID-19.

Lots of people get sick.

You could have a cold or the flu.

## If I am sick what should I do?



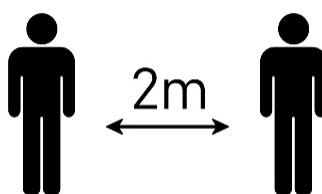
- If it is an emergency, call 911.
- Call your doctor and follow their instructions. Do not visit their office unless they ask you to.
- Stay home for at least 5 days.



Stay Home



Use tissues,  
then throw  
them away



Avoid  
contact with  
others



Keep objects  
and surfaces  
clean

## How sick do you get?



- Most people do not get very sick. It is like having a cold or the flu.
- Some people have more trouble getting better than others. This is more common in older people and those who have chronic diseases like diabetes or cancer.
- Some people who need extra help to get better may end up in the hospital.

## How can I stay healthy, or not get it?

### Wash your hands.



- Use soap and warm water. Wash for at least 20 seconds (sing Happy Birthday).
- Wash after using the bathroom or being in public (like going to a store).
- If soap and water are not available, use hand sanitizer. Washing well with soap and water is better than hand sanitizer.
- Make sure that anyone helping you has washed their hands. If you are not sure they have, it is okay to ask them to do it again.

### Do not to touch your face.

- Do not touch your eyes, mouth or nose. This is how germs get in your body.



### Cough or sneeze into your elbow.

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

### Stay 2 metres away from others.

- This distance will protect you from germs.

## If my staff person is sick, what should I do?



- A sick staff person should stay home until they are well.
- Tell your team. Tell your case manager.

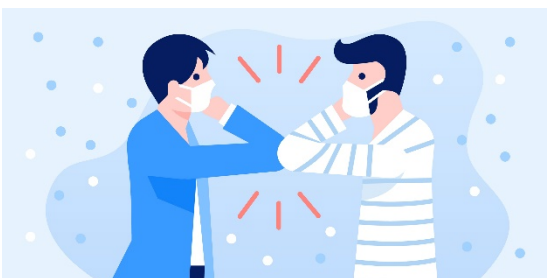
## What do I do if someone I live with gets sick?



Someone else living in your home could get COVID-19 or think they have these germs in their body.

- Everyone who lives with you should stay home.
- Stay at least 2 metres 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.

## How do I say hello to my friends?



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

## Where can I go these days?



- A lot of places are closed right now.
- Staying home protects yourself and others.
- Stay away from groups of 5 or more people.
- Only go out for groceries or medications when you need to.

## 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 if you do not feel well.
- If you are worried about money, talk to your family, friends or team.

## Why is it important to do all of this?



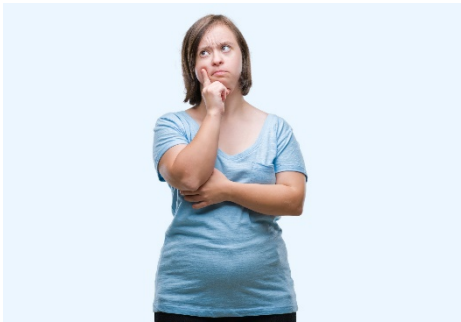
- To keep you and the people you care about healthy.
- Some people with disabilities get sick really easily.

## What do I say to my friends if they get nervous?



- Talk to someone you trust.
- Call the [Addictions and Mental Health Services Pandemic Helpline](#):  
613-967-4737

## 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 will you 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.**

**Visit the [Community Living Ontario](#) hub for more resources.**



If you have been near a person with coronavirus, you will be asked to stay home. A person can have COVID-19 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.

Adapted with permission from Green Mountain Self-Advocates.

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