

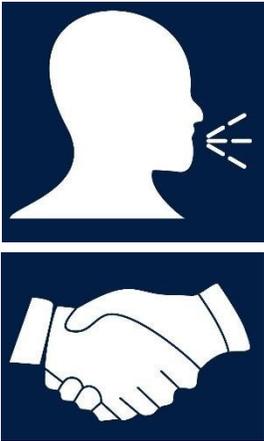
COVID-19 Information



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?



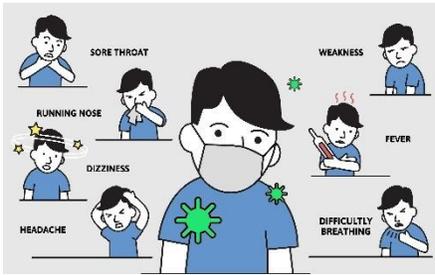
A fever of 100.4°
or higher



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 the doctor?

- Tell your staff or med team if you have been out of the country.



- Tell your staff or med team if you have been with someone who has the virus.
- Tell your staff or med team if you have been at a place where people with COVID-19 got medical treatment.

Tell your staff or med team, ***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 may get really sick. Some people with disabilities 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.

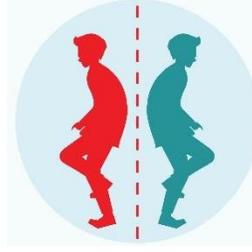
Use hand sanitizer.

Doodle.

Squeezing a stress ball.

Play a game on your device.

If I am sick, what should I do?



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.

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.



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.



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.