


# COVID-19 and You

What is it and what you do about it

A guide for people with disabilities

---

DATE: April 2020 PRESENTED BY: University Center for Excellence In Developmental Disabilities  
Institute on Development and Disability, OHSU



## About this guide:

- This is a plain-language guide about COVID-19 for people with disabilities.
- It will go over what COVID-19 is, how people feel when they have it, how to prevent getting it, what to do if you get sick, and information about your rights.
- The information is from sources like the World Health Organization, the Centers for Disease Control and Prevention, and the Oregon Health Authority.

2





## What is COVID-19?

- It's nickname is Coronavirus.
- It is a new illness spreading around the world.
- COVID-19 is a virus. It's like a very bad cold or a flu.

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



## How do you get COVID-19?

- You can get the virus from another person.
- When a sick person coughs or sneezes, the virus can get in the air, on you, and on things.
- The virus gets into your body through your mouth, nose, and eyes.



4

[https://www.who.int/health-topics/coronavirus#tab=tab\\_3](https://www.who.int/health-topics/coronavirus#tab=tab_3)



## How to avoid getting COVID-19

Wash your hands for 20 seconds with soap and water.

- After going to the bathroom
- Before and after eating or drinking
- After going outside
- After going to the store
- After getting care from your provider
- After being around someone who is sick
- Before brushing your teeth



5

## How to avoid getting COVID-19

If you can't wash your hands, use a hand sanitizer with at least 60% alcohol.



<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>



6

## How to avoid getting COVID-19

**Try not to touch your face, especially your eyes, nose, and mouth.**

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>



7

## How to avoid getting COVID-19

**Wipe down things that you touch at home with a rag and cleaner or a cleaning wipe, such as:**

- phone
- computer
- doorknobs
- handles
- counters



<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>



8

## STAY HOME. SAVE LIVES.

### DO:

- Stay home as much as possible (kids, too).
- Stay at least 6 feet away from others any time you are out.
- Go out only for essentials (groceries, medical care).
- Exercise outside (hiking, biking) only if you can be 6 feet apart from others.
- Have video and phone chats.
- Drop food off to neighbors who can't go out.

### DON'T:

- Gather in groups.
- Get together with friends (no drinks or dinners).
- Have play dates for kids.
- Make unnecessary trips.

3/23/20

#Stay Home Save Lives



STAY HOME. SAVE LIVES.



## How do people feel when they have it?

People who have the COVID-19 virus usually have:

- a fever
- tiredness
- dry cough

People may also have:

- a hard time breathing
- aches and pains
- sore throat
- diarrhea, nausea or a runny nose



10

[https://www.who.int/health-topics/coronavirus#tab=tab\\_3](https://www.who.int/health-topics/coronavirus#tab=tab_3)

## What to do if you feel sick

- Stay at home unless you are told to go to the doctor
- Stay away from others as much as possible
- Call your doctor before going to visit them
- Wear a cloth or mask to cover your nose and mouth
- Cover your coughs and sneezes



11 <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>



## What to do if you feel sick

- Wash your hands often.
- Don't share cups, dishes, towels, and other household items with other people .
- Clean things that you touch every day.
- If you feel worse, call your doctor.



<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

12



## Emergency warning signs

If you have any of the following, get medical care right away or call 9-1-1:

- Hard to breathe
- Pain or pressure in your chest that doesn't go away
- Confusion (you have a hard time thinking) or can't get up
- Blue color in lips or face



There could be other signs of an emergency. If you are unsure, contact your doctor right away.

13 <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html#warning-signs>



## You might not have COVID-19

- If you are sick, it might not be COVID-19.
  - It might be a cold.
  - It might be the flu.
  - It might be allergies.
- If you are sick, you should still stay home even if you are not sure if it's COVID-19.
- You should only go to the doctor or hospital if you are told to go or if you are having an emergency.

14 <https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus-accessible-.pdf>  
<https://www.peacehealth.org/healthy-you/flu-allergies-or-coronavirus>



## Is there medicine for COVID-19?

- You cannot get a shot to prevent COVID-19 at this time.
- There are no medicines you can take that will treat or prevent COVID-19.
- Many of the medicines that people talk about on social media may not work or can be very harmful. Many of these are tricks to get people's money.



15

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>



## Some people are more at risk

If you have the following conditions, it may be very important for you to stay home, keep track of how you feel, and contact your doctor right away if you feel sick:

- |                             |  |
|-----------------------------|--|
| • Asthma and lung disease   | • Weakened immune systems because of diseases like HIV or getting treatment for cancer |
| • Heart disease             |  |
| • Unmanaged diabetes        |  |
| • Severe obesity (BMI > 40) |  |

16

[https://cdn.ymaws.com/www.chronicdisease.org/resource/resmgr/website-2020/covid/FACTSHEET\\_COVID19CD.pdf](https://cdn.ymaws.com/www.chronicdisease.org/resource/resmgr/website-2020/covid/FACTSHEET_COVID19CD.pdf)





## What to do if you need help

- Call your services coordinator, personal agent, case manager, or care agency.
- Call a friend or family member.
- Call your doctor if you are feeling sick.
- Call 2-1-1 if you live in Oregon and they can give you general information.
- Call 9-1-1 if you have a health emergency.



Source: <https://govstatus.egov.com/OR-OHA-COVID-19>

17



## Your rights if you have to go to the doctor or hospital

If you are a patient in a hospital or doctor's office, you have rights even when there is a virus causing a crisis around the world.



Source: <https://communicationfirst.org/covid-19/>

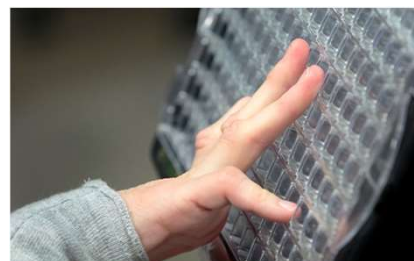
18



## Your rights if you have to go to the doctor or hospital

Doctors and other health care providers must give you information in a way that you understand.

- Giving you written directions
- Using your assistive technology
- Letting someone take notes
- Answering all of your questions so that you understand, even if you have a lot of questions



19

<https://communicationfirst.org/covid-19/>



## Your rights if you have to go to the doctor or hospital

You have a right to accommodations or aides so that you receive the same treatment as everyone else.



20

Source: <https://communicationfirst.org/covid-19/>



## Your rights if you have to go to the doctor or hospital

Hospitals and doctor's offices cannot treat you differently because of your disability.



Source: <https://communicationfirst.org/covid-19/>

21



## Your rights if you have to go to the doctor or hospital

Hospitals and doctor's offices cannot tell you that they won't give you care because of your disability or health condition.



Source: <https://communicationfirst.org/covid-19/>

22



## Your rights if you have to go to the doctor or hospital

If your rights are not respected, tell someone you trust like a care provider, case manager, or personal agent or call the Office of Civil Rights at 1-800-368-1019.



23

<https://communicationfirst.org/covid-19/>

<https://www.hhs.gov/sites/default/files/ocr-bulletin-3-28-20.pdf>



## What do these words mean?

- **Pandemic**: many people around the world get the same illness at the same time.
- **Quarantine**: a person or group of people who might be sick or have had contact with sick people have to be separated from other people so they don't spread the illness.
- **Isolation**: similar to quarantine, it means separating a person who is sick from other people so they don't spread the illness. Sometimes this is ordered by the government or doctor and sometimes people do it on their own.
- **Social distancing**: means staying away from crowded public places and large groups of people and staying 6 feet from other people when possible.
- **"Stay at home" order**: it means to stay home and don't go outside except for buying groceries or things you really need, exercising 6 feet away from other people, going to the doctor, or getting medicine. Some people call it "shelter in place."

24



## Resources List

- Oregon Health Authority  
<https://govstatus.egov.com/OR-OHA-COVID-19>
- Oregon Health & Science University  
<https://www.ohsu.edu/health/coronavirus-resources>
- Centers for Disease Control and Prevention  
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- World Health Organization:  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- Administration on Community Living  
<https://acl.gov/COVID-19>

25



## Contact information:

**OHSU UCEDD**

[www.ohsu.edu/ucedd](http://www.ohsu.edu/ucedd)

[ucedd@ohsu.edu](mailto:ucedd@ohsu.edu)

26





Thank You

