What is COVID – 19?

COVID-19 Coronavirus ...... is

Illness - sick

worldwide
How does COVID–19 spread

Coughing and sneezing

Sneeze 
Coughing and sneezing into your elbow reduces germs

Touching face, mouth, nose, and eyes
This is how germs get in your body.

Face 
Nose 
Mouth 
Eyes 
Touch your face with a tissue.
How does COVID – 19 spread

Contact with others

- hugging
- shaking hands
- gathering in groups

Avoid contact with others or practice **SOCIAL DISTANCING**

- no hugging
- no shaking hands
- No gathering in groups

6” feet away from another person

stay at home
If you have these symptoms

- Fever
- Cough
- Shortness of breath

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

call Doctor
Stay healthy

Wash hands

- wash hands
- soap
- or
- hand sanitizer

Coughing and sneezing

- Coughing and sneezing into your elbow, less germs in air
- cover before cough

Avoid touching your face

- don’t touch face
- don’t touch eyes, nose, and mouth

- wash hands
- don’t touch face
- cover before cough
- stay home
- Touch face with tissue
If I am sick?

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

- wash hands
- don't touch face
- cover before cough
- stay home
- touch face with tissue

- stay home
- social distancing Avoid contact with other

- keep objects and surfaces clean

- Use tissues, then throw them away

Call your doctor again if you are getting worse. Call back if you are having trouble breathing. Do what your doctor says.
Its OK to be scared or worried

Talk to someone you trust.

I am worried about missing work

Talk to your self-advocacy group, friends, family, or support staff about your worries and concerns.
Set up a plan 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?