



STAY HEALTHY

What You Need to Know

COVID-19, also known as Coronavirus, is a serious illness spreading around the world. There are ways you can stay healthy and keep it from spreading to other people. Keep reading this page to learn what you can do to stay healthy.

What is COVID-19?

COVID-19 is an illness that spreads to other people easily. The common symptoms are fever, difficult breathing, and cough. For many people it is like getting a bad cold or the flu but some people can get very sick and end up in the hospital.

For more information on COVID-19 visit:

www.cdc.gov/coronavirus/2019-nCoV/index.html

THIS SECTION INCLUDES:

What is COVID-19

How Do I Avoid Getting Sick?

What Do I Do If I Get Sick?

Resources for Staying Healthy

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HOW DO I AVOID GETTING SICK?

1. Stay at home if you can. Leave your house only when necessary.
2. Do not travel or go into crowded places.
3. If you have to go out, keep your distance from other people – at least 6 feet away if you can.
4. Wash your hands a lot with soap and warm water for at least 20 seconds.
5. Cough into a tissue or your elbow. Put tissues in the garbage right away and wash your hands.
6. Do not touch your face, especially your eyes, nose, and mouth.
7. Do not share food or drinks with anyone.
8. Wash down places you touch often.
9. Stay away from people who are sick.



Coronavirus: Tips for Staying Healthy: Video <https://www.youtube.com/watch?v=V7YI-BesvDw>

WHAT DO I DO IF I GET SICK?

If you get sick, do not go into the doctor's office, clinic or hospital. Call your clinic or hospital first and follow their instructions. Do not go to work or leave the house. If you live with other people, you should:

- Try to stay in a separate room or stay at least 6 feet apart from them.
- Wash your hands and clean the places you touch a lot. They should wash their hands a lot too, keep their distance and not touch their nose, mouth or eyes.
- Do not share food or drinks.

What do I do if I need help?

Check out the resources in the **Stay Safe** section of this toolkit to learn about your rights and how to stay safe.

Stay Healthy Resources for Self-Advocates and Caregivers:

- Coronavirus: Tips for Staying Healthy: Video
<https://www.youtube.com/watch?v=V7YI-BesvDw>
- How to Stay Safe Info Graphic: [Stay Healthy Info Graphic WI.pdf](#)
- COVID-19 Information By and For Self-Advocates:
<https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf>
- Information on Coronavirus for Caregivers: <https://nadsp.org/covid-19resources/>
- Wisconsin Department of Health Services COVID-19 information webpage:
<https://www.dhs.wisconsin.gov/covid-19/index.htm>
- Center for Disease Control: www.cdc.gov/coronavirus/2019-nCoV/index.html