

We Can Beat COVID-19 Together

This fact sheet can be distributed to providers and direct support professionals (DSPs) to help them understand basic facts about COVID-19. DSPs can minimize their risk of exposure to COVID when supporting individuals by following their agency's policies and the CDC infection prevention and control guidelines, outlined below.

What is COVID-19?

COVID-19 is the official name given to the disease caused by the SARS-CoV-2 virus. The virus that causes COVID-19 is airborne, spreading very easily between people, especially in homes, hospitals, and other confined spaces.

There is currently no vaccine to protect against the virus. The best way to prevent infection is to take everyday preventive actions, like avoiding prolonged close contact with people who are sick and washing your hands often. People with developmental disabilities, the elderly, and those with underlying conditions — not just those with respiratory diseases — are especially susceptible to contracting the virus.

What are the Symptoms?

People with COVID-19 have had mild to severe respiratory illness with symptoms of:

- fever
- cough
- shortness of breath

How Do I Protect Myself and the People I Support?

The virus can be carried on tiny respiratory droplets that fall as they are coughed or sneezed out. It may also be transmitted when we touch a contaminated surface and then touch our face.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

What to Do If You Feel Sick

If you've been exposed to COVID-19, or think you have and have a fever or symptoms like a cough or difficulty breathing, call a doctor. They should give you advice on whether you should be tested, how to get tested, and how to seek medical treatment without potentially infecting or exposing others.

How to Stay Healthy from COVID-19

Get Soapy! Wash your hands often for 20 seconds



TIP: Find a song to sing like "Happy Birthday" twice

TIP: Make sure you get every nook and cranny of your hands

Cover your mouth with a tissue or sleeve when coughing or sneezing



TIP: Be sure to throw your tissues away right after

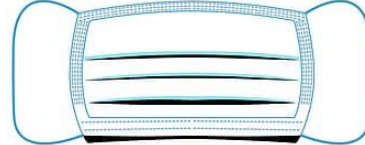
Avoid touching your face – that's how germs get into your body



**STAY HOME if you're feeling sick –
STAY HOME if you have family members who are sick –
STAY HOME as much as possible**



Cover your mouth and nose when out in public (if you can)



Clean items around you like doorknobs, tables, and phones



Try not to travel by airplane - if you do, follow precautions



Call your doctor before visiting the doctor



COVID-19 Resources

- <https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>
- <https://nadsp.org/wp-content/uploads/2020/03/CDC-One-sheet-2.pdf>