
Corona Virus – COVID-19

Mountain Light, Inc.

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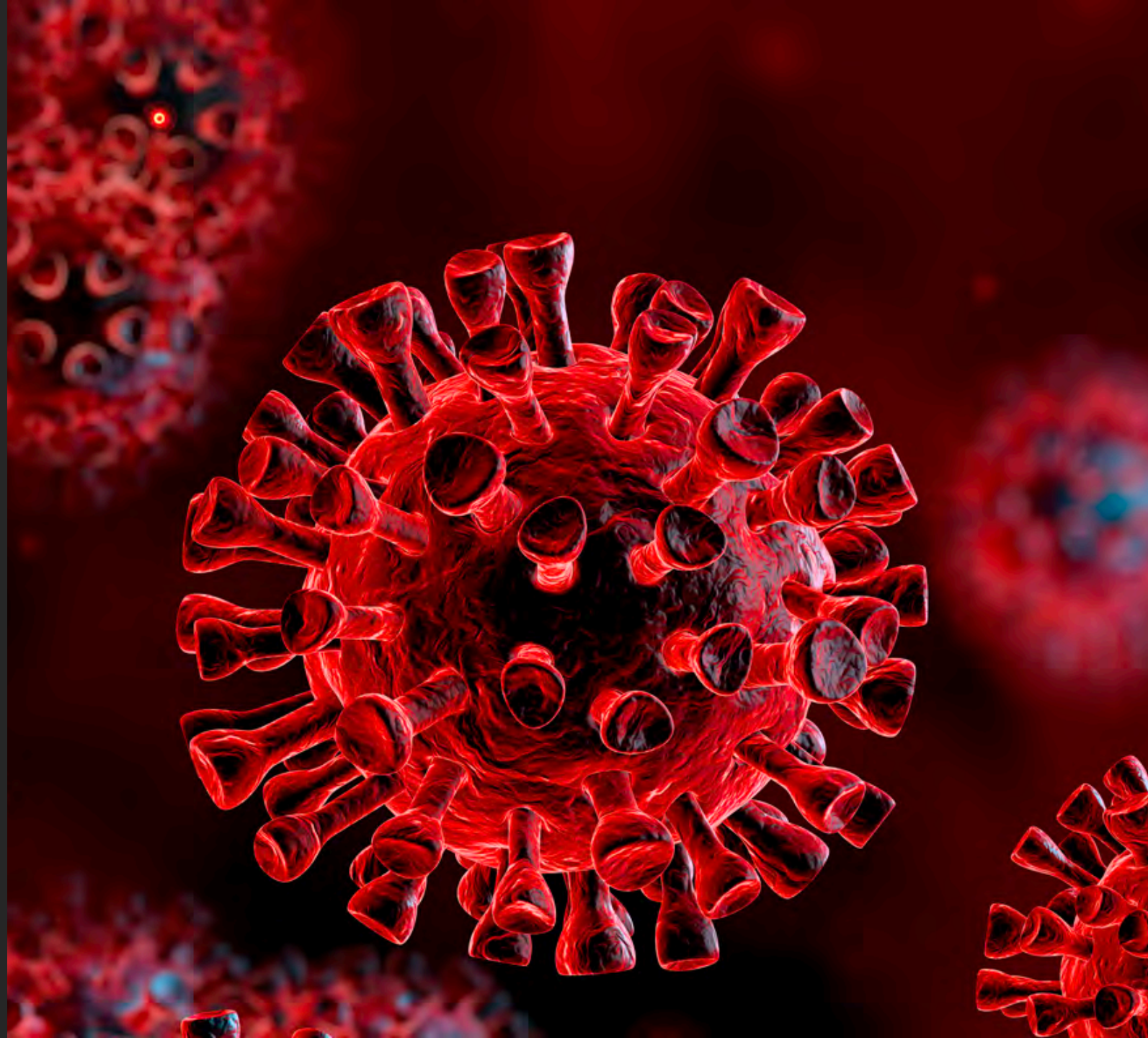
Information presented comes
from Vermont Developmental
Disabilities Council



What is COVID-19?

It is a new illness spreading around the world.

Its nickname is coronavirus.



How do you get it?

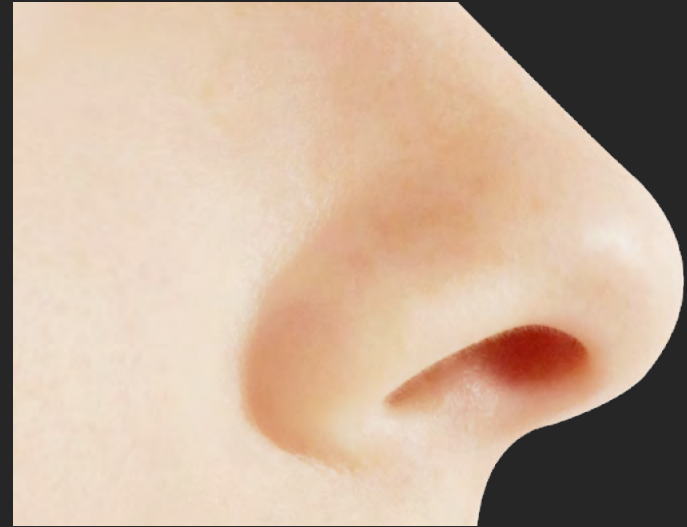
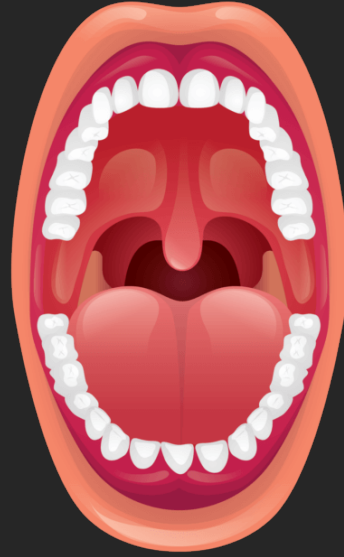
Someone who is sick gives you their germs.

Coughing
Sneezing
Shaking hands
Hugging
Kissing
Touching



How do you
get it?

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.



Fever



Cough



Trouble Breathing



Who should I talk to if I think I'm sick?

Talk to your family / parent.

Talk to staff who work with you.

Call your doctor, do not go to your doctor's office unless they tell you to.

How sick do you get?

Most people do not get very sick. It is like having a cold or the flu.

Some people may get really sick. They 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).

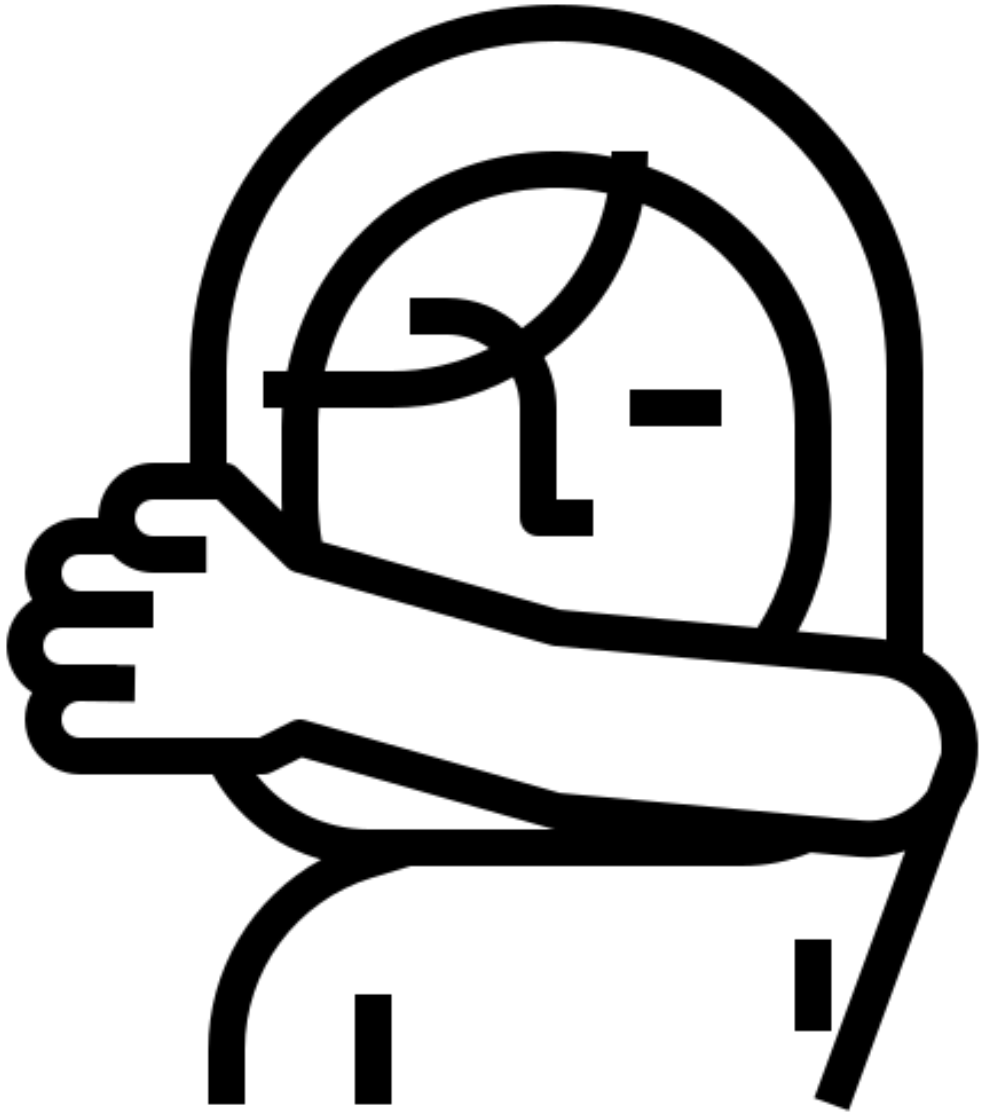


How can I stay healthy, or not get it?

Cough or sneeze into your elbow.

Coughing and sneezing into your elbow stops germs from going into the air and onto your hands.





How can I stay
healthy, or not get
it?

Try not to touch your
face

Do not rub your eyes

Do not touch your
mouth.

Do not touch your nose.

This is how germs get
into your body.

How can I stay healthy, or not get it?

Try to keep your hands busy.

- Hands in your pocket
- Tap your knee
- Click a pen
- Use a fidget spinner
- Use hand sanitizer
- Doodle
- Squeeze a stress ball
- Play a game



If I am sick, what should I do?

Stay home in bed.

Use tissues, then throw them away.

Don't touch anyone or get close to anyone.

Keep things clean.

Call your doctor.



What do I do if someone I live with gets sick?

Stay at least 6 feet away from the sick person.

Do not touch anything or eat food or drinks the sick person touched.

Keep washing your hands well.



How do I say hello
to my friends?

Smile

Text

Call

No handshaking

No hugging

No fist bumps



What can I do and where can I go?

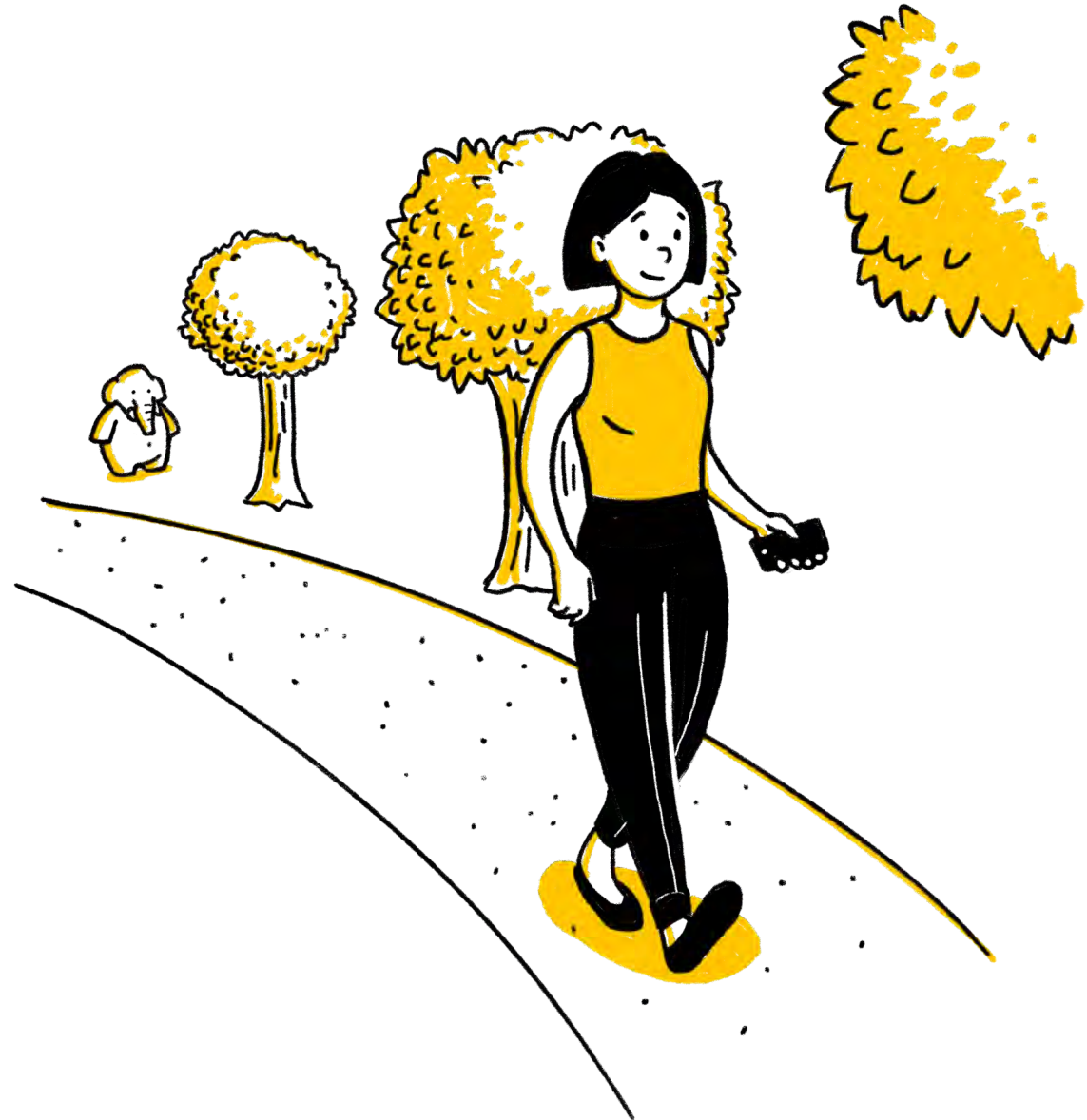
Go for walks

Stay at home doing fun things.

Talk to friends and family on the phone / Facetime

Stay away from strangers

Stay away from groups outside your home.



What about my friends, boyfriend / girlfriend, and family?

You may not be able to visit people you really care about.

This is to make sure that they don't get sick and you don't get sick.

You can still talk to them on the phone or use FaceTime.

You can draw them a picture or write them a letter.

They will still know that you are thinking about them.



What is open?

Essential businesses are open. These are places we need in order to stay alive and healthy.

Grocery stores

Pharmacies

Doctor offices (call first)

Hospitals



Why is it important to do all this?

You don't want to get sick.

You don't want your family to get sick.

You don't want your friends to get sick.

