

You are probably hearing a lot about coronavirus, or COVID-19, from stories on the news or social media. There is a lot that health experts continue to learn about coronavirus and it is important that you remain calm and get facts from trusted sources. We want to provide information and resources that you can use to stay informed and help protect yourself as a caregiver.

The chances of getting coronavirus are low. Most people who do get diagnosed with coronavirus feel better in a few days and will not need hospitalization.

If you provide care for a person with a disability either at home or in a community-based setting, there are some things you should know about coronavirus.

Coronavirus can be serious for people with disabilities, who:

- have health problems that makes it hard for the person's body to fight off infections.
- have difficulty walking and moving around.
- are not able to stay away from people who may be sick.
- have other health conditions, like asthma, bronchitis, cancer, diabetes, lung problems or heart disease.
- have trouble understanding or taking steps to prevent illness, such as hand washing and protecting themselves from germs spread by coughs and sneezes.
- are not able to tell you if they are sick.

Plan what you will do if you or the person you care for gets sick:

- If you are taking care of someone who is sick, be sure to wash your hands often.
- Encourage the person that you are caring for to rest and drink plenty of fluids.
- Avoid touching your mouth, nose, and eyes.
- Wipe down surfaces with cleaning products that will kill germs. Be sure to regularly disinfect durable medical equipment (DME), assistive technology, and adaptive equipment.
- Create a contact list of local family, friends, and local service agencies that can help with care giving if you get sick.
- Make sure that the person you care for knows at least two ways of staying in touch with people, such as land-line phone, cell phone, text-messaging, email.
- Check any prescription medications to ensure that there is an adequate supply and do not need to be refilled.