

Accessible link: <https://www.cdc.gov/coronavirus/2019-ncov/easy-to-read/need-extra-precautions/people-with-disabilities.html>

Things to Know about COVID-19

Some people with COVID-19 feel fine.

Some people with COVID-19 feel bad.

Some people with COVID-19 get very sick.

People with COVID-19 get sick in different ways.

People with other health problems may get very sick.

Protect Yourself from COVID-19

Stay at least 6 feet away from people outside your home.

Stay away from people who are sick.

Wear a mask to protect everyone.

Wash your hands often.

Wash your hands with soap and water.

Wash your hands for 20 seconds.

Sing the happy birthday song twice while washing your hands.

Use hand sanitizer if that is all you have.

Rub the hand sanitizer all over your hands.

Rub your hands until they feel dry.

Washing your hands with soap and water is best.

Ask Support Staff to Help Protect You from COVID-19

Support staff are people who help you.

Ask support staff if they feel sick.

Ask support staff to stay away if they feel sick.

Ask support staff if they have been near a sick person.

Ask support staff to stay away if they have been near a sick person.

Ask support staff to wash their hands often.

Ask support staff to wash their hands when they arrive.

Ask support staff to wash their hands before they touch you.

Ask support staff to wash their hands after touching you.

Ask support staff to wash their hands after cleaning.

Ask support staff to wash their hands after doing dishes.

Ask support staff to wash their hands after doing laundry.

Ask support staff to clean and disinfect often.

Ask support staff to clean to remove dirt and germs.

Ask support staff to disinfect to kill germs.

Ask support staff to clean things that are touched often.

Ask support staff to disinfect things that are touched often.

Things You can Do to Be Ready

Make a plan in case you get sick.

Make a plan in case people who work in your home get sick.

Make a list of ways you can get help.

Make a list of people who can help.

Make a list of agencies that can help.

Put phone numbers on the list.

Put email addresses on the list.

Keep the list with you.

Have enough food for 14 days.

Have enough medicine for 30 days.

Have enough medical supplies for 30 days.

Ask your doctor if you need a refill for medicine.

Ask your doctor if you need a refill for medical supplies.

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