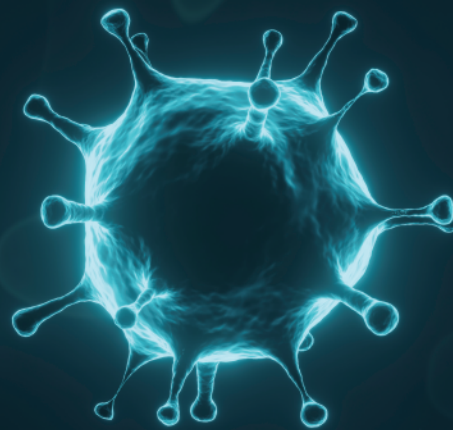# CORONAVIRUS
INFORMATION FOR
PEOPLE WITH DISABILITY

We know that older adults are most at risk of dying from the coronavirus. But people with disability and their Caregivers could be hard hit by the virus as well!

WHAT IS CORONAVIRUS?
A NEW ILLNESS SPREADING AROUND THE WORLD, ALSO CALLED COVID-19.

HOW DO YOU GET IT?

- Someone with the Coronavirus gives you their germs.
- When they sneeze or cough their germs go in the air, on you and on things.
- Germs get in the body through your eyes, mouth and nose.

MANY PEOPLE WITH DISABILITY HAVE SPECIFIC CHRONIC CONDITIONS AND DISABILITIES THAT MAKE THE CORONAVIRUS MORE DANGEROUS FOR THEM.

WHAT YOU NEED TO KNOW

MULTIPLE SCLEROSIS:

Fever from the virus can cause a temporary flare-up of symptoms. Caregivers should be aware of this.

VISUAL IMPAIRMENT:

- People with visual impairments should avoid using a person's elbow for guided support as others may cough or sneeze into their elbows.
- Instead, hold onto a person's upper arm, shoulder or the clothing on their back for guided support.

MENTAL HEALTH:

- Continue your treatment and be aware of new or worsening symptoms
- Hearing about Coronavirus can be upsetting. If you are feeling more anxious and/or depressed about Coronavirus:
  - Take breaks from news stories and social media
  - Take care of your body. Eat healthy, exercise, get plenty of sleep, try to meditate.
  - Try do activities you enjoy
  - Talk to others about your feelings and concerns

CAREGIVERS:

- Make sure your Caregiver hasn't travelled to an area affected with the Coronavirus
- Send home Caregivers who are sick
- Wash your hands before and after assisting people in your care (eg when feeding, touching, handling equipment). Make sure their hands also are washed.
- Caring for persons that have Coronavirus:
  - If you can't stay more than 1 metre away when providing care - wear a facemask, eye protection and disposable gown.
  - Make sure the person is isolated, in a separate room, away from others.
  - Use gloves when handling the person's belongings (eg laundry, linen, trash, etc).
  - Wash your hands before and after using gloves
  - Only disinfect and clean the person's living areas when needed. Frequent contact means a higher risk of getting the virus. Wear protective gear when cleaning these areas.

HAVE A BACK-UP PLAN

- Make sure you have back-up care in case your Caregiver gets sick
- Make sure you have back-up transportation in case your usual provider gets sick
- Make sure you have about a month's supply of medicine and essential supplies (eg food, soap and hand sanitizer, catheters, tubing, prescription medicine, etc) in case you need to stay at home for a long time
- Make sure you have an emergency contact list somewhere obvious
- Talk to your support network about your health status and what you need (medical supplies and assistive devices).

WHAT HAPPENS IF YOU HAVE IT?

- Fever above 38 degrees Centigrade
- Coughing
- Struggling to breathe

IF YOU ARE SICK

- Stay at home
- Call your local health authority or doctor for advice before you visit them
- Avoid close contact with others
- Clean and disinfect regularly

PROTECT YOURSELF BY

- Staying at home as much as possible
- Avoiding physical touch with others. Smile or bump elbows when greeting other people.
- Stay away from large groups.
- Wash your hands often with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol.
- Avoid close contact, at least 1 metre apart, with sick people.
- Don't touch your mouth, nose and eyes with unwashed hands. If you must, use a tissue.
- Cover your mouth and nose with a tissue when you cough and sneeze. Throw the tissue away immediately, don't reuse it! Wash your hands.
- Clean and disinfect surfaces that are touched often (eg light switches, door handles, phones, keys, escalator rails, etc).
- Clean and disinfect your assistive devices (eg wheelchair joystick, armrest and push rims, cane, crutches, glasses, etc).
- Wear a facemask if you are sick and are caring for someone who is sick.

FOR HELP AND MORE INFORMATION:

Visit: **https://coronavirus.datafree.co** for free information

WhatsApp 'Hi' to '**060 012 3456**' or use the link **http://bit.ly/who-covid19-whatsapp** and WhatsApp '**Hi**' for more information

Emergency Hotline: **0800 029 999**

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