



March 2020

COVID-19 Information and Safety



We're back again this month for more tips on healthy living! This topic is relevant to everyone at this moment: COVID-19, also known as the coronavirus. It is important to stay safe and follow proper guidelines set by the [Centers for Disease Control and Prevention](https://www.cdc.gov/).

- The coronavirus is not just your typical flu, so it is important to know what to look for.

- Proper hygiene and social distancing can go a long way in preventing the coronavirus.
- It is important to stay calm and plan ahead during the next few weeks.

Additional Resources:

[Here is our one-page NJSAP infographic on coronavirus prevention.](#)

[This booklet by Green Mountain Self-Advocates has all of the basics you need to follow in an easy to read format.](#)

[Here's an additional factsheet from the NJ Department of Health.](#)

[Here is more information from the World Health Organization as well as some helpful graphics to share on social media!](#)



COVID-19 Basics

What Is COVID-19?

- It is a new illness spreading around the world.
- Its nickname is coronavirus.

How Do You Get It?

- Someone with COVID-19 gives you their germs.
- When they cough or sneeze, their germs get in the air, on you, and on things.
- Germs get into your body through your mouth, nose, and your eyes.

What Happens If You Have It?

- Coughing
- Hard time breathing
- A fever of 100.4° or higher. [Follow these steps to take your temperature.](#)

How Sick Do You Get?

- Most people do not get very sick. It is like having a cold or the flu.
- Some older people and people with disabilities may get really sick. They may end up in a hospital.

I Have Symptoms, Do I Have Coronavirus?

- Not necessarily. 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.

If I Am Sick, When Should I Call a Doctor?

- Call if you have been out of the country.
- Call if you have been with someone who has the virus.
- Call if you have been at a place where people with COVID-19 got medical

treatment.

- [Follow these guidelines.](#)

***Call your doctor first, do not just go straight to the office!**
Check below for more specifics on actions to take based on your health status.



What is My COVID-19 Risk Level? For the Public

This chart helps people determine actions to take based on their health status and exposure. People with mild illness do not necessarily need to be tested for COVID-19. Contact your health care provider for more information based on your personal health history.

My Health Status	Actions to Take	Risk Level
I am not sick and have no symptoms of fever, cough or difficulty breathing	Wash hands frequently, practice social distancing and stay away from sick people.	Low
I am not sick and have no symptoms of fever, cough or difficulty breathing, but I have underlying health issues OR I am an older adult (ages 60-65 and older)	Wash hands frequently, practice social distancing and stay away from sick people and avoid crowds. If you begin to experience symptoms such as fever, cough or difficulty breathing, contact a health care provider.	Low
I am not sick and have no symptoms of fever, cough or difficulty breathing, but I was a close contact of a confirmed COVID-19 case	Stay home for 14 days and self-monitor yourself for symptoms of fever, cough or difficulty breathing. If symptoms appear, contact your health care provider.	Low
I am not sick and have no symptoms of fever, cough or difficulty breathing, but I am a household/close contact of a confirmed COVID-19 case	Stay home for 14 days and self-monitor yourself for symptoms of fever, cough or shortness for 14 days. If symptoms appear, contact a health care provider. Wash hands frequently and do not go to work, school, or public gatherings while self-isolating.	Low
I am sick with symptoms of fever, cough or difficulty breathing	Stay home for at least 3 days after your fever is gone and your symptoms have significantly improved; self-isolate yourself and take your temperature 2 times/day. Contact your health care provider if your symptoms get worse. Depending on your health history and symptoms, your health care provider may recommend COVID-19 testing. Wash hands frequently, do not go to work, school or public gatherings while self-isolating. If you go to a medical facility, wear a face mask.	Medium
I live with a person who is a confirmed COVID-19 case and I am currently experiencing symptoms OR I am experiencing symptoms and have a travel history from an area with high rates of COVID-19 cases	Self-isolate at home. Stay in a separate bedroom and use a separate bathroom (if possible). Contact your local health department with your temperature 2 times/day. Contact your health care provider if your symptoms get worse. Depending on your health history and symptoms, your health care provider may recommend COVID-19 testing. Wash hands frequently, do not go to work, school or public gatherings while self-isolating. If you go to a medical facility, wear a face mask. Travel only to go to a medical facility.	High

NOTE: Household contacts are individuals who live in the same home as the confirmed COVID-19 case. Close contacts are individuals who were within 6 feet of a confirmed COVID-19 case for a prolonged period of time (approximately 10 minutes or more) or had direct contact with the infectious secretions of a COVID-19 case (e.g., were coughed on). Walking past a confirmed COVID-19 case does NOT qualify as being a close contact.

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SOURCE: <https://selfadvocacyinfo.org/>



Hygiene & Health

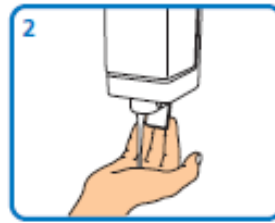
Wash Your Hands

- Use lots of soap and water.
- Wash for at least 20-30 seconds. If it helps, count to out loud.
- Wash after using the bathroom or being in public (like going to a store).
- If soap and water are not available, use hand sanitizer. Know that washing well with soap and water is still better.

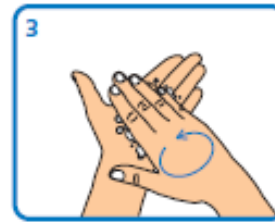
Hand-washing technique with soap and water



Wet hands with water



Apply enough soap to cover all hand surfaces



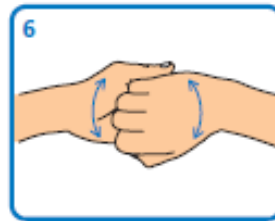
Rub hands palm to palm



Rub back of each hand with palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub with back of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using a rotational movement



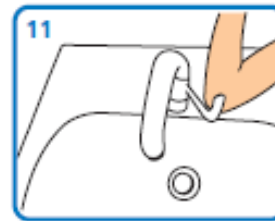
Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



Rinse hands with water



Use elbow to turn off tap



Dry thoroughly with a single-use towel



Hand washing should take 15-30 seconds

Try using lyrics from 20-30 seconds of your favorite song during hand washing! [Try some of these from Spotify's "Wash Your Hands" Playlist.](#)

[You can also share images of your favorites hand washing lyrics using this online generator!](#) Tag us with your favorites on social media!

Practice Proper Sneeze Etiquette

- Coughing and sneezing into your elbow stops germs from going into the air and onto your hands.
- This is very important to stop viruses from spreading.

Try Not To Touch Your Face

- Do not rub your eyes.
- Do not touch your mouth.
- Do not touch your nose.
- Remember, this is how germs get in your body.
- If you have to touch your face, do it with a tissue or in the shower.

Try To Keep Your Hands Busy

- Tap your knee.
- Click a pen.
- Use a fidget spinner.
- Use hand sanitizer.
- Doodle.
- Squeezing a stress ball.
- Play a game on your device.

Keep this song by Jimmy Fallon in mind to remember the two most important rules: wash your hands and do NOT touch your face!



Is There Medicine For The Coronavirus?

- There is no shot or vaccine to stop COVID-19.
- There is no medicine for COVID-19.
- Take medicine used when you have a cold or flu.
- Drink lots of water and get plenty of rest.

If My Staff Person Is Sick, What Should I Do

- Doctors say if you are sick stay home. Do not go to work. A sick staff person should stay home until they are well.
- Tell your team and your case manager.

What Do I Do If Someone I Live With Is Sick?

- Someone else living in your home could get coronavirus or think they have these germs in their body.
- Stay at least 6 feet away from the sick person.
- Do not touch surfaces or food that the sick person has touched.
- Keep washing your hands well.
- Call your case manager. There may be someplace else you can stay for a few days.

COVID-19



NJ residents should be prepared for the possibility of a COVID-19 outbreak in their community. You can take measures to reduce the spread of COVID-19.



Avoid crowded public places (shopping centers, movie theaters, stadiums) and mass gatherings



Maintain distance (about 6 feet) from others when possible



Practice everyday prevention measures like frequent hand washing, staying home when sick, and covering coughs and sneezes

How Does it Help Stop the Spread of COVID-19?

Social distancing focuses on **personal behaviors** people can take to **lower their risk of infection**.

The virus that causes COVID-19 spreads...

- between people who are in close contact with one another (within about 6 feet)
- through respiratory droplets produced when an infected person coughs or sneezes

These droplets can land in the mouths or noses of people nearby or possibly be inhaled into the lungs.

Social distancing is not always possible, but do the best you can to maintain personal space and practice good hygiene.



For More Information

Call the COVID-19 call center at 1-800-222-1222 or 1-800-962-1253 if in NJ but using a non-NJ cell-phone.

SOURCE: <https://selfadvocacyinfo.org/>

Other

Concerns



Why Is It Important To Do All Of This?

- You don't want your grandparents to get sick, do you?
- Some people with disabilities get sick really easily. You would feel awful if you got your friends or family sick.

What Do Do If I'm Scared or Nervous?

- Talk to someone you trust.
- You can show them resources like this for ideas on what to do.

What About Work?

- If you are sick, you need to stay home.
- Health comes before money.
- Tell your boss you do not feel well.
- If you are worried about money, talk to your family, friends or team.

Make A Plan If You Can't Go Out

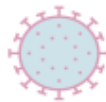
- Who can go food shopping for you?
- Who will call to check in on you?
- What to do if your staff calls in sick?
- Make sure you know your doctor's phone number.

***If you have been near a person with Coronavirus, you may be asked to stay home. A person can have coronavirus in their body and not feel sick. It takes a few days to get sick. This virus spreads very easily. You don't want to give it to others.**

How Can I Prepare for Self-Isolation?



You should self-isolate if you are experiencing symptoms such as fever, cough and shortness of breath.



Self-isolation helps prevent the spread of disease by separating people who are sick from people who are not sick.



Staying home is important. Do not go outside, to work, school, or other public places. Have enough supplies for 14 days.



ITEMS TO HAVE IN YOUR HOME

- Food and water
Note: Non-perishable and frozen foods keep well for 14 days
- Prescription medications
- Cleaning supplies
- Hand soap/hand sanitizer
- Pet food
- Toilet paper, paper towels, tissues
- Thermometer, anti-diarrhea and fever reducing medications
- Phone/tablet/computer charger
- Face mask (to use when going to medical appointments)
- Disposable gloves (for handling laundry and garbage)



INSTRUCTIONS TO FOLLOW

- Keep sick people separated from other people and pets. If possible, the sick person should also use a separate bathroom.
- Monitor for symptoms of fever, cough and difficulty breathing. If they get worse, contact your health care provider but call ahead to let them know you are ill and wear a face mask when going to the medical facility.
- Do not share towels, eating utensils, or drinks.
- Minimize visitors to the home. Use a phone or computer to check up on friends and family.
- Wear a mask and disposable gloves when handling garbage, laundry, or linens.
- Wash laundry items in warm water with commercial laundry detergent.



WASH YOUR HANDS OFTEN

1. Before, during, and after you prepare food
2. Before you eat
3. After sneezing or coughing or blowing your nose
4. When your hands are visibly dirty
5. After touching commonly used items

If you do not have soap or water, use hand sanitizer that contains at least 60% alcohol.



Have Questions?

Call the COVID-19 call center at 1-800-222-1222 or 1-800-962-1253 if in NJ but using a non-NJ cell-phone.

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SOURCE: <https://selfadvocacyinfo.org/>

Let's Stay Healthy!

We need your help to keep this important information flowing! Please make a donation to NJSAP now so we can keep you informed in the future.

<https://www.arcnj.org/programs/njsap/donations.html>



This is one of many emails that The Arc of New Jersey is distributing in an effort to help individuals with I/DD, their families, and staff to be safe and healthy throughout the COVID-19 pandemic. To see other emails that The Arc of New Jersey has distributed on this topic, please go to <https://www.arcnj.org/information/covid-19-updates-information.html>

**Looking to learn more about healthy living?
We can hold a Healthy Lifestyles Workshop at your
location!**



Don't see what you're looking for? We'll make it for you!
E-mail NJSAP@ArcNJ.org or call 732-749-8514 to schedule a
training at your location!

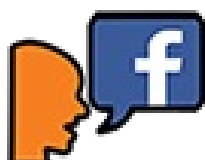
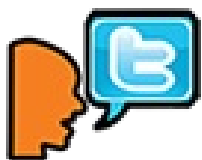


The Horizon Foundation for New Jersey



The [Healthy Lifestyles Project \(HLP\)](#) is a program of The Arc of New Jersey and receives funding through a grant awarded by [The Horizon Foundation for New Jersey](#).

For more information on HLP and NJSAP
follow us on social media!





New Jersey Self-Advocacy Project

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People
with Intellectual and Developmental Disabilities