



Maryland Developmental
Disabilities Council

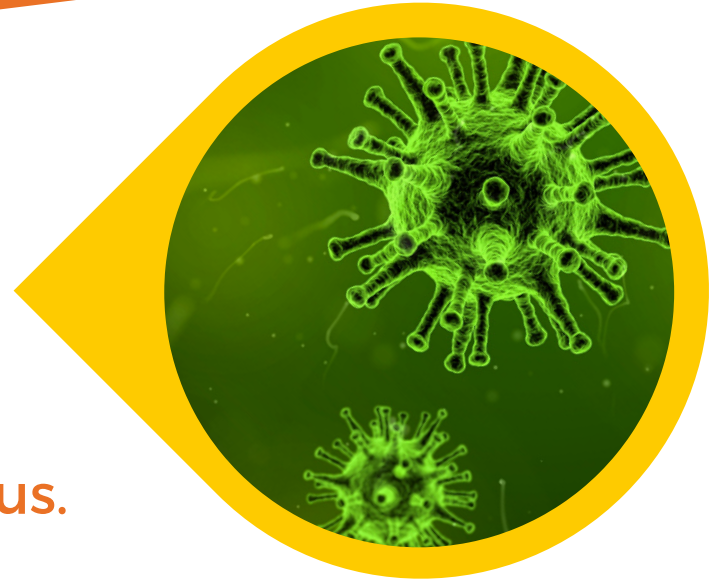
Coronavirus: What Is It and What Can I Do?

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Background

What is COVID-19?

COVID-19 is a new illness spreading around the world. It is also called the Coronavirus.

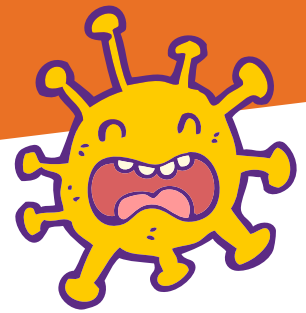


Why should I be worried about COVID-19?

COVID-19 has made many people sick and some people have died because of it. We hope you will follow this guide to be aware of what causes people to get sick and take steps to try to keep yourself and others healthy during this time.

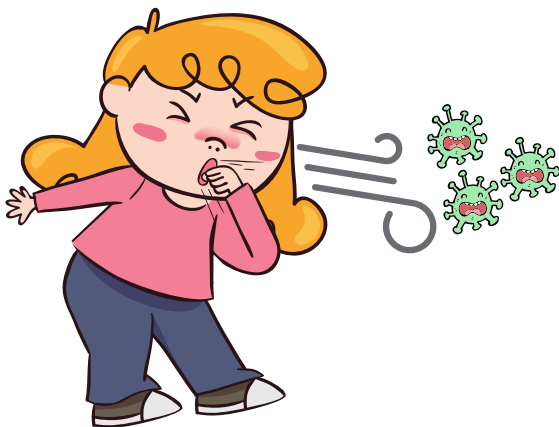
The Arc Maryland, with support from the DD Council, has put together resources from knowledgeable organizations to provide you with important information to stop the spread of Coronavirus to you and people close to you.

How Coronavirus Spreads



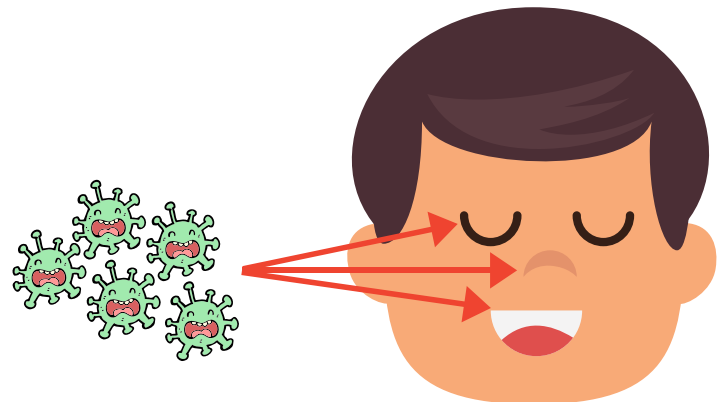
How do people get Coronavirus?

People get Coronavirus from germs of others with Coronavirus.



When someone with Coronavirus coughs or sneezes, their germs get in the air, on people, and on things you touch.

Germs get into your body through your mouth, nose, and eyes.



Coronavirus also spreads fast when there are a lot of people around small spaces. People may not know they have Coronavirus.

How to Prevent the Spread



How can I help stop Coronavirus from spreading?

You can do your part to try to stop Coronavirus from spreading to yourself and other people with these steps:

Stay away from other people



Wash your hands

Cough and sneeze into your elbow



Try not to touch your face

- Do not rub your eyes.
- Do not touch your mouth.
- Do not touch your nose.



If you have to touch your face, do it with a tissue, in the shower, or after washing your hands.

Staying At Home



How should I stay away from other people?

Stay in your home as much as possible.



Get 2 weeks of groceries from the store so you do not have to go back for a while.

Avoid groups of 10 or more people. The virus spreads more easily that way.



Keep up to date with the latest news on the virus on your tv or computer.

When to Wash Your Hands



After using the bathroom.

Before, during, and after making food in the kitchen.



Before eating food.

Before and after taking care of someone at home who is sick.



After changing diapers.

After blowing your nose, coughing, or sneezing.



After touching an animal, its food or water, or cleaning up after it.

After going outside.



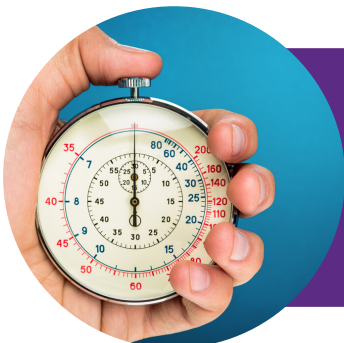
After touching garbage.

How to Wash Your Hands



Wet your hands with clean, running water (warm or cold), turn off the tap, then put some soap on your hands.

Lather your hands by rubbing them together with soap. Lather the backs of your hands, between your fingers, and under your finger nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum or sing the “Happy Birthday” song twice.

Rinse your hands well under clean, running warm water.



Dry your hands using a clean towel or let them dry in the air without touching anything.

Symptoms and Signs



How do I know if I might be sick with the Coronavirus?

Symptoms of coronavirus are:

A fever of 100.4°
or higher



Coughing

Your chest feels
tight or it is hard
to breathe



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. It is important for you to talk to someone about how you feel.

Steps When Sick



What do I do if I think I am sick?

Call Your Doctor

If you think you are sick, you should call your doctor or have someone help you to find out what they want you to do next. Tell the doctor everything you are feeling so they know how to help you. Tell them you think you may have coronavirus.



Do not just show up to the doctor's office. You must call your doctor ahead of time so they can protect themselves and their office for when you visit.



Stay Home

You should stay away from other people to avoid getting them sick, even if you do not yet know if you have coronavirus. Experts recommend you "isolate" yourself, which means the only time you should leave your home is to go see the doctor.

Wear a Facemask

You should wear a facemask when going to see your doctor so you do not get anyone else sick. The mask may be a little uncomfortable but will not hurt you.



Steps When Sick



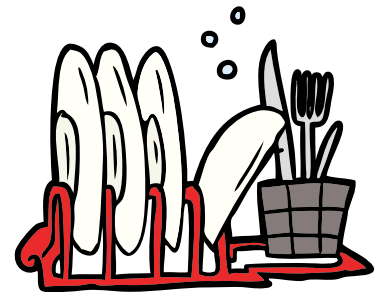
What else do I do if I think I am sick?

Don't Share Household Items

If you live with other people, you should not share items around the house that you both touch like kitchen items, towels, and bedding.



You should wash items you may share with soap and water before putting them in the dishwasher.



Clean Household Surfaces

You should keep places and items in your room clean everyday. If your caregiver needs to help you clean, they must wear a mask and gloves to clean it.

Prevent the Spread

Keep using our suggestions on page 3 to prevent spreading the virus more.



Outside the House



What do I do if I need to be around people?

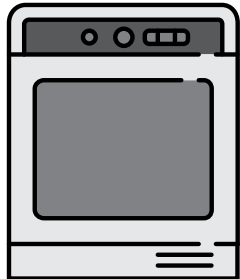
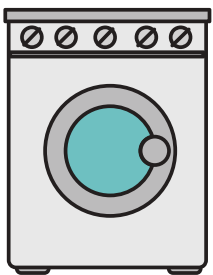


Wear a face mask when you leave your house

Face masks help block germs you could give to other people.

Be careful when you take off your mask

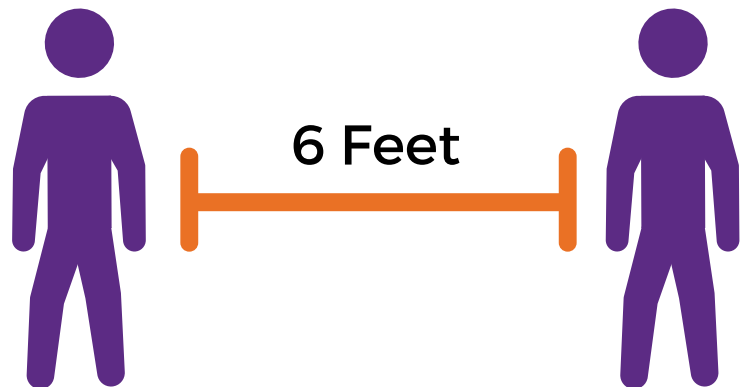
Grab the mask from the strings or ear loops and pull the mask away from your face.



Wash and dry your cloth face mask after each use

Try to stay 6 feet away from other people

It is harder for germs to spread between people 6 feet apart.



Even with your face mask on around people, you should still stay 6 feet apart!

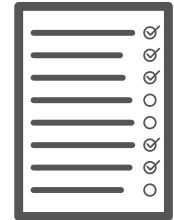
Emergency Response



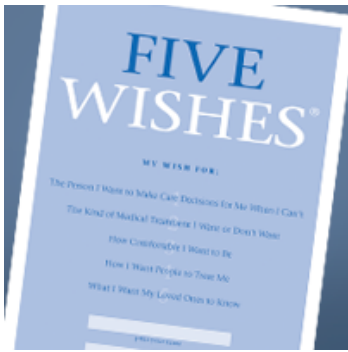
What can I do to make sure I stay safe?

Make a Plan for Emergencies

Make a list of family, friends and people who support you that you can contact in an emergency.



Know who to contact if you need a ride to the store or doctor.



Make a future care plan for what care you want if you are sick

In case something bad happens, you should be able to tell people how you want to be treated if you are very sick and unable to speak for yourself.

Five Wishes helps you do this in an easy to understand way. All you need to do is check a box, circle a direction, or write a few sentences. [You can do this on their website here for \\$5.](#)

These are very important decisions. If you need help making any of them, you may want to call a trusted family member or friend to help you.

Make an Emergency Kit

It is always a good idea to be prepared! You can do your best to be ready for an emergency by putting important things you use every day all in one place.



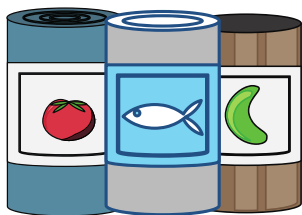
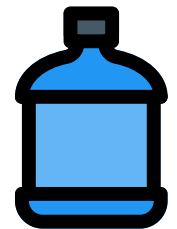
Emergency Response



What should I have in my Emergency Kit?

3 Days of water for each person in the house

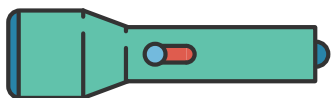
One and a half gallons per day, per person is good for drinking and cleaning.



3 days of food for each person

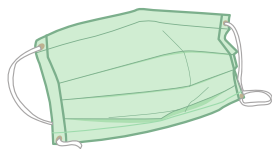
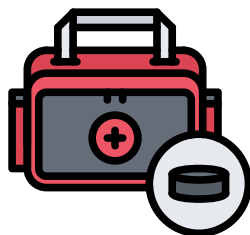
This should be food that lasts a long time, like canned food.

At least a week's worth of all medicine you take



A flashlight with batteries

A First Aid Kit



Face masks

A whistle to signal for help



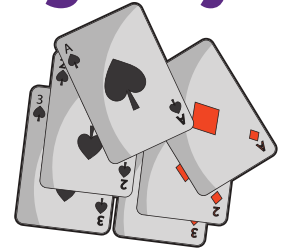
Emergency Response



What else should I have in my Emergency Kit?

A pack of cards to pass the time

Uno, regular, or any other card game you like.



Your emergency contact list

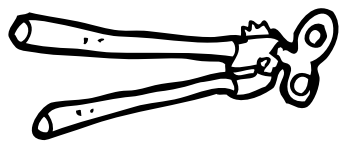
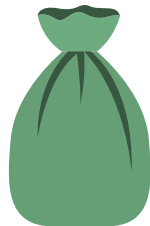
Your future care plan

The wishes for care you want to receive if you get sick ([Visit the Five Wishes website here](#)).



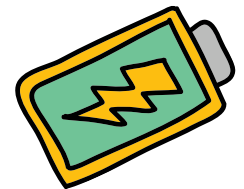
Moist towelettes

Garbage bags



A can opener

Extra batteries for any devices you use



If you do not know if you have everything on this list, ask for help from someone close to you!



What Type of Groceries Should I Buy while I am stuck at home?

Some groceries are important to have just in case of an emergency, or if you are going a long amount of time between visits to the grocery store. Some of those groceries are:



Beans



Frozen Meals



Canned Fish

Or other
canned meat.



Fruits and Vegetables

Look for types that do not
spoil quickly, or types that
do not have to be put in
the refrigerator.



Nut Butters

Like Peanut Butter!
(Unless you have
allergies)



**Soy, Almond, or Oat
Milk**

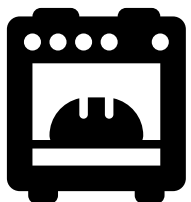
These types of milk do not
spoil as quickly as regular
cow's milk.



Pasta and Rice



Cans of Soup



**Food Items You Can Use in a Cooking or
Baking Activity**

Grocery Shopping Options



What are safer ways to shop for groceries?

See if Your Store Has Special Shopping Hours

Some grocery stores are open during special hours only for people with disabilities and other people who can get sick easily. You should call your favorite grocery store to ask if they have these special hours.

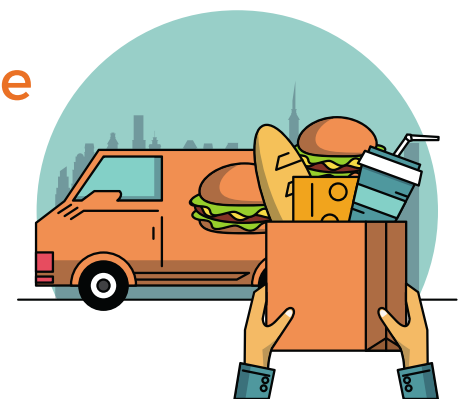


Order Grocery Delivery Online

If you want to stay at home, some places let you order groceries online and have the food delivered to your door.

Pick up Groceries Outside of the Store

You may be able to order groceries online and go pick them up in person. This way, you still do not have to go into the store.



Check out the next page to find out what options some Maryland grocery stores have.

Grocery Shopping Options



Where Can I Check My Options for My Favorite Grocery Stores?

Visit your grocery store's website to see what services they provide. Click each grocery store name or picture below to go to their website. If your grocery store is not below, try looking them up online.

The website will probably ask you for your zip code or address. You should type it in when it asks you. If a grocery store does not offer the support you need, try clicking on another store.

Because a lot of people are getting groceries right now, the store may not have everything that you want right away, but check again in a couple of days.



Safeway



Wegmans



Walmart



Food Lion



Giant

Giant



TARGET

Target



ACME Markets



Harris Teeter



ShopRite

How to Pass the Time



What can I do while I spend time at home?

Listen to your favorite music

You can even turn it into a dance party. If you live with other people, invite them to join in!



Call, message, or video call your friends and family

Meditate

Sit down, close your eyes, and take deep breaths!



Have a movie marathon

Create a daily schedule for yourself

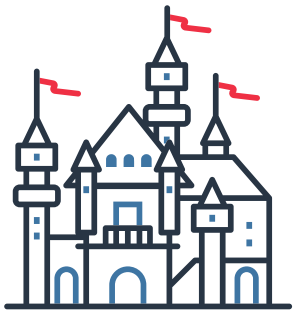


How to Pass the Time



What are some fun activities I can do?

Get outside and find unique rocks. Rock painting is great for all ages and abilities!



Visit Disney World Virtually! Watch your favorite rides. (Click here!)

Use your phone or a camera to take cool photos around the house.



Start some arts and crafts!

Create a scavenger hunt with things around the house.



Prepare your favorite snacks for an indoor picnic.

How to Pass the Time



What are some fun online activities?

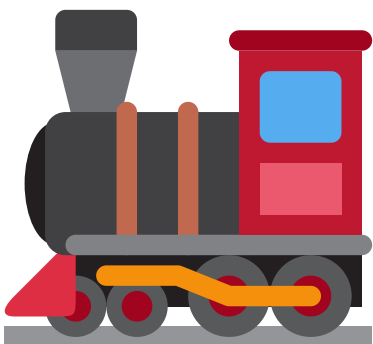
Click the ideas that interest you to go to the websites!

Visit the National Aquarium online!



Learn something new with the Maryland Science Center.

Join in on a Dance Class From the Annapolis Children's Theater.



All aboard the B&O Railroad Museum!

Get Patriotic at Fort McHenry.



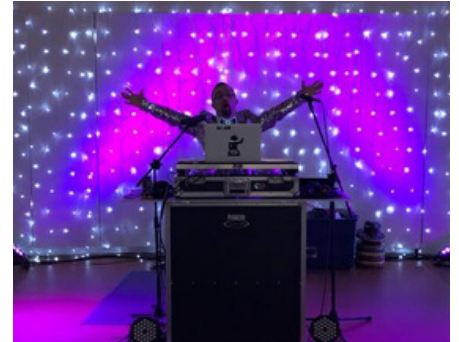
How to Pass the Time



What are some fun online activities?

Click the ideas that interest you to go to the websites!

Get your groove on at DJ Joe's virtual dance party!



Land Ho! Check out the Drum Point Lighthouse.

Get Creative with DIY Art Projects from the American Visionary Arts Museum.



Break a sweat with an online workout from the Annapolis Athletic Club!

Check out artwork of the past from Walters Art Museum.



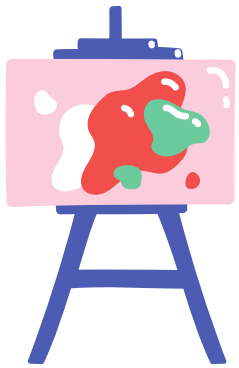
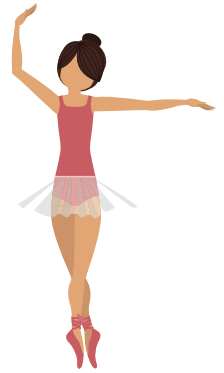
How to Pass the Time



What are some fun online activities?

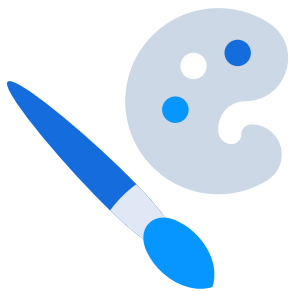
Click the ideas that interest you to go to the websites!

Learn Ballet from experts at the Maryland Youth Ballet.



Learn about Works of Art with Raoudi the perky Schnauzer!

Learn from Sandy Spring Museum's virtual exhibits.



Discover your local art council.

Stop by the farm for a virtual tour from the American Dairy Association.



How to Pass the Time



What are some fun online activities?

Click the ideas that interest you to go to the websites!

Get up close and personal with animals at the Philadelphia Zoo.



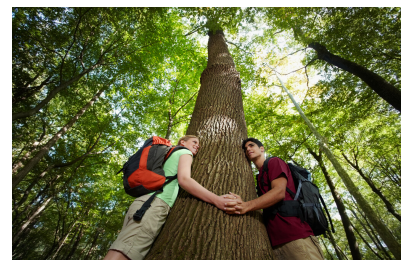
Join the Wizarding World of Harry Potter!

Explore the outdoors from home with National Geographic.



Choose from a variety of home workouts with the YMCA.

Get some fresh air with nature activities from the Howard County Conservancy.



How to Pass the Time



What are some fun online activities?

Click the ideas that interest you to go to the websites!

Try some of the 75 At-Home Activities from The Arc US.



Check out over 1,000 Resources for At-Home Education.

Learn new skills with the Stay-At-Home Curriculum from SEEC.



Take part in story time at your local library.

Watch a show from Cirque du Soleil!



Frequently Asked Questions



I am bored at home. Can I go to the mall?

- No, you need to stay home for now. While it can be tempting to spend time out at the mall or your favorite shops, you should not spend time away from home, other than visiting your doctor or getting food.

I am feeling sick and my head hurts. Should I tell someone?

- If you are feeling sick, you should tell someone right away.

I am scared, who can I talk to?

- If you are scared about everything going on, you should talk to your friends and family.

When will this be over so I can go back to work?

- Right now, we do not know how long this will go on, but if more people practice everything in this guide, it will hopefully be soon.



Where can I read more about coronavirus?

Resources from the Maryland DD Council

<https://www.md-council.org/covid-19/>

Read about the latest updates in Maryland

<https://coronavirus.maryland.gov/>

Centers for Disease Control and Prevention Website

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Tips for Staying Healthy from the Wisconsin Board for People with Disabilities

<https://youtu.be/V7YI-BesvDw>

Information By Self-Advocates for Self-Advocates (In English and Spanish)

<http://www.gmsavt.org/>

Taking Care of Your Behavioral Health

<https://store.samhsa.gov/system/files/sma14-4894.pdf>

Fact Sheets about Washing Your Hands

<https://www.cdc.gov/handwashing/fact-sheets.html>

Managing Anxiety and Stress

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

What is the Coronavirus? - From The Autism Educator

<https://littlepuddins.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>



Where can I read more about coronavirus?

Build a Kit with Ready.Gov

<https://www.ready.gov/kit>

Preparedness for Individuals with Disabilities

<https://www.ready.gov/disability>

Five Wishes Legal Advance Directive

<https://fivewishes.org/shop/order/product/five-wishes>

Self-Quarantine Grocery List

<https://health.usnews.com/health-news/blogs/eat-run/articles/quarantine-grocery-list-recommended-by-nutritionists>

FEMA Emergency Supply List

https://www.ready.gov/sites/default/files/2020-03/ready_emergency_supply_kit_checklist.pdf

COVID-19 Quick Tips for People with Disabilities

<https://www.youtube.com/watch?v=DczT7ZfcgY8>

SEEC Stay-At-Home Curriculum

<https://www.seeonline.org/curriculum-stay-at-home/>