

Plain Language Information on COVID-19

What is COVID-19?

It is a new illness spreading around the world.

It's nickname is coronavirus.

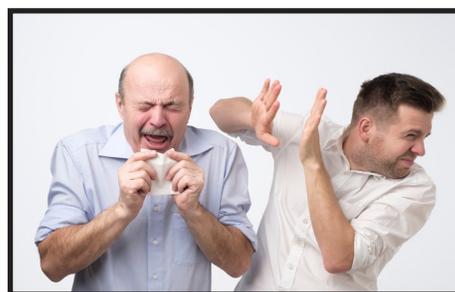


How do you get it?

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?

Some older people and people with disabilities may get really sick and end up in the hospital.

Most people do not get very sick.

It's like having a cold or the flu. People who have it usually have:

- A fever of 100.4 or higher
- Coughing
- A hard time breathing



Remember, 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.

How can I stay healthy or not get it?

Wash your hands.

- Use lots of soap and water.
- Wash for at least 20 seconds.
- Wash after using the bathroom or being in public.
- If soap and water are not available, use hand sanitizer.



Do not share food or drinks. Do not share utensils, dishes, or drinking cups.



Cough or sneeze into your elbow. This stops germs from going into the air and onto your hands.



Try not to touch your eyes, mouth, or nose. This is how germs get into your body. If you have to touch your face, do it with a tissue.



Say hello to your friends and family by smiling, bumping elbows, or text. Avoid handshakes, hugging, or fist bumps.



Keep objects and surfaces clean, like doorknobs, counters, and TV remotes.



Stay healthy. Drink lots of water. Get plenty of rest.



If my Direct Support Professional, or DSP, is sick, what should I do?

A sick DSP should stay home until they are well.

Tell your team.

Tell your Service and Support Administrator, also called an SSA, service consultant, or Service Coordinator.



What do I do if someone I live with gets sick?

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 SSA. There may be some place you can stay for a few days.



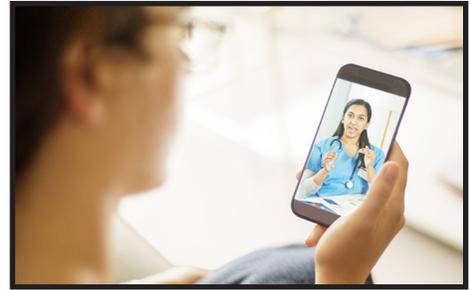
If I am sick, what should I do?

Talk to a family member or your SSA.

Call your doctor.

Do not go to a hospital or urgent care.

Do what your doctor tells you to do.



Make a plan in case you have to stay home.

Who can go food shopping for you?

Who will call to check in on you?

What can you do if your staff calls in sick?

Make sure you know your doctor's phone number.



For other questions about COVID-19, call the Ohio Department of Health's call center.

Call 1-833-4-ASK-ODH (1-833-427-5634), or visit coronavirus.ohio.gov.

More Information
1-833-427-5634
coronavirus.ohio.gov