COVID-19
Information for People with Disabilities

COVID-19, also called "the Coronavirus," is a new illness. It spreads from person to person very fast. Someone who has COVID-19 will probably have a fever, a cough, and a hard time breathing. If you feel hot or have trouble breathing, it doesn't always mean you have COVID-19, but you should tell someone as soon as you feel sick.

How to stay healthy and not get sick:

- Throughout the day, wash your hands all over with soap and water for at least 20 seconds (count to 20 or sing "Happy Birthday" song twice). Dry your hands with a paper towel.
  You can also use hand sanitizer, but washing your hands is best.
  - o Wash hands before eating
  - o Wash hands after using the bathroom
  - o Wash hands after blowing your nose, coughing, or sneezing
  - o Wash hands after coming home from the store or other public place

- Keep your hands away from your face. If you touch your eyes, nose, or mouth, that is how germs can get in your body and you could get sick.
  - o To help yourself remember to keep your hands away from your face, try drawing, playing a game on your device, using a fidget spinner, or squeezing a stress ball.

- If someone else is sick, stay far away from them.

- If someone helps you eat or care for yourself, remind them to wash their hands before helping you.

How to keep other people from getting sick:

- If you have to cough or sneeze, do it in your elbow or in a tissue, and then throw away the tissue in a trash can.

- If you have to itch or touch your face, use a tissue.

- Remind your family and friends to wash their hands and keep their hands away from their faces.

- If you feel sick or different than normal, tell someone immediately and stay home.

Extra Tips for Families/Caregivers

- If possible, have a separate room and bathroom for vulnerable loved ones to protect them from getting sick.

- Regularly clean handrails, tables, phones/tablets/keyboards, TV remotes, wheelchair handles, doorknobs, and other things that are used a lot.

- Have a backup plan for caregivers in case someone gets sick.

Do you have questions?

- COVID-19 Call Center (available all day and night): 1-866-779-6121

- Email: COVID-19@flhealth.gov

- Tips and updates are posted online at floridahealthcovid19.gov

- Follow @HealthyFla on Twitter and @FLDepartmentofHealth on Facebook