



Coronavirus Guidance for Families Impacted by Disability

Transmission - How do people get Coronavirus?

- You can get Coronavirus when germs get into your body through your mouth, nose or eyes when another person coughs or sneezes near you or on a surface that you come in contact with.

Symptoms – How will I know if I have Coronavirus?

- People who have Coronavirus 1) have a fever of 38°C or higher; 2) have a hard time breathing; 3) have a dry cough.
- But people who have the flu or a cold have almost the same symptoms, so if you have those symptoms, it does not necessarily mean you have Coronavirus. Still, to be safe, you should stay away from others if you have any of these symptoms.

Prevention - What can I do to stay safe and healthy?

1. Wash your hands frequently with a lot of water and soap.
 - a. Ensure the whole family washes their hands 4 times each day.
 - b. Wash for at least 20 seconds. If it helps, count slowly to 20.
 - c. Wash your hands after every time you use the bathroom.
 - d. Wash your hands every time you go into the public (like going to a store, taking a bus, etc.).
2. Maintain “social distance” - 2 meters - away from anyone who is coughing or sneezing.
3. Caretakers should maintain a high level of hygiene.
4. Wheelchair and other assistive equipment should also be washed regularly.
5. Avoid touching your eyes, nose and mouth.
6. Cover your mouth and nose with a bent elbow when you cough or sneeze.
7. Keep away from gatherings.
8. Go out when there are fewer crowds.
9. Do not greet others by shaking hands, hugging or bumping fists. Just smile or bump elbows.
10. Avoid public transportation if you can (if you need emergency transportation, please contact local authorities and / or NGO partners)

Treatment - What do I do if I have the symptoms?

1. If you have a fever, cough or difficulty in breathing, seek medical care
2. Stay home and avoid contact with others when not feeling well
3. Drink a lot of water
4. Get a lot of sleep
5. Eat healthy meals with enough protein (i.e., from milk, eggs, meat, beans)

Note: there is no vaccine or medicine to treat Coronavirus; in most cases, symptoms pass within 15 days.



Keeping Children with Disabilities Safe and Healthy

It's okay to stay in close contact with your children with disabilities at this time. It's helpful to:

1. Talk with them
2. Play with them
3. Interact with them
4. Answer questions they may have about Coronavirus or why they have been sent home from school

Ensure that your child:

1. Continues to use drugs as prescribed
2. Is bathed regularly
3. Brushes their teeth
4. Eats at least 3 times a day
5. If sick, is taken to hospital

Ensure food is made very soft or liquefied and given to the child, slowly, in very small bites if they have a hard time chewing or swallowing because of their disability.

Make a Plan

Make a plan in case you feel sick and have to stay at home.

1. Who can go food shopping for your family?
2. Who can help you feed, bathe, clothe and give medicine to your child with a disability?
3. Which community leader(s) can help you?
4. What is the closest health facility where you can get care?
5. How can you access the closest health facility?

Stay Informed

1. Avoid watching, reading or listening to news that cause you to feel anxious or distressed.
2. Seek information mainly to take practical steps to prepare your plans and protect yourself and loved ones.
3. Seek information updates once or twice a day at specific times.
4. The sudden and near-constant stream of news reports about an outbreak can cause anyone to feel worried. Get the facts.
5. Gather information at regular intervals, from the [WHO website](#) (the World Health Organization) and from local health authorities' platforms, in order to help you distinguish facts from rumors.

**Do not believe everything you read on social media or hear from your neighbors!
The best thing to do is to follow what experts like our Government
and the medical professionals tell us about Coronavirus.
Stay calm, stay informed and stay healthy!**