

Covid-19 Guidance for Families Impacted by Disability

Transmission - How do people get Covid-19?

- You can get Covid-19 when germs get into your body through your mouth, nose, or eyes. This can happen when another person in close proximity coughs, sneezes, or you touch a contaminated surface.

Symptoms - How will I know if I have Covid-19?

- People who have Covid-19 have:
 - a fever of 38°C or higher
 - a hard time breathing, and
 - a dry cough.
- Note: People who have the flu or a cold have many of the same symptoms as people who have Covid-19. If you have any of these symptoms, it does not necessarily mean you have Covid-19; however, you should still stay away from others to prevent potential spread.

Prevention - What can I do to stay healthy and safe from Covid-19?

- Wash your hands frequently with a lot of water and soap.
 - Ensure the whole family washes their hands four times each day.
 - Wash for at least 20 seconds. If it helps, count slowly to 20.
 - Wash your hands after every time you use the bathroom.
 - Wash your hands every time you go out in public (like going to a store, taking a bus, etc.).
- Maintain “social distance” – stay at least two meters away from anyone who is coughing or sneezing.
- Maintain a high level of hygiene if you are a caretaker.
- Regularly wash wheelchair and other assistive equipment.
- Avoid touching your eyes, nose, and mouth.
- Cover your mouth and nose with a bent elbow when you cough or sneeze.
- Keep away from large and indoor gatherings.
- Go out at times when there are fewer crowds.
- Do not greet others by shaking hands, hugging, or bumping fists. Just smile or bump elbows.
- Avoid public transportation if possible. (If you need emergency transportation, please contact local authorities and/or NGO partners.)

Treatment - What do I do if I have symptoms?

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

Note: Symptoms usually pass within 15 days.

Keeping Children with Disabilities Safe and Healthy

It is okay to stay in close contact with your child(ren) with disabilities. It is helpful to:

- Talk with them,
- Play with them,
- Interact with them, and
- Answer questions they may have about Covid-19 or why they have been sent home from school.

Ensure that your child:

- Continues to use drugs as prescribed,
- Is bathed regularly,
- Brushes their teeth,
- Eats at least 3 times per day, and
- Is taken to the hospital if he or she is sick.

Note: If the child has a hard time chewing or swallowing because of his or her disability, ensure food is made into a soft or liquid consistency. Give the food to the child slowly, in very small bites.

Make a Plan

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

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

Stay Informed

- Avoid watching, reading, or listening to news that causes you to feel anxious or distressed. The sudden and near-constant stream of news reports about an outbreak can cause anyone to feel worried.
- Seek information mainly to help you plan and protect yourself and your loved ones.
- Refrain from seeking updates more than once or twice a day. Distinguish truth from rumors. Get information from the World Health Organization’s Covid-19 website and from local health authorities’ platforms.

Do not believe everything you read on social media or hear from your neighbors! The best thing to do is to follow guidance from experts in the government and medical field.

Stay calm, stay informed, and stay healthy!

For more information:

Visit: www.Kupenda.org

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