

# Information on COVID-19

## What is COVID-19?

COVID-19 (also known as Coronavirus) is a new illness that is spreading around the world.

## Why is COVID-19 Important?

Learning about COVID-19 is important because it can spread quickly even if people do not show symptoms.

## How to prevent it from spreading?



Wash your hands for 20 seconds



Cover your mouth with a tissue or sleeve when coughing or sneezing



Avoid touching your face



Use tissues and throw them away



Clean items around you like doorknobs, tables, and phones



If you have plans to travel, think about taking your trip after this crisis is over



Stay home if you are feeling sick



Stay home if you have family members who are sick



Call before visiting your doctor



Updated 3/17/2020

## How can I stay safe?



Stay Home



No Day Program



No Community Outings

When COVID-19 is over, I will go back to my normal routine.

## How can I learn more?

[www.scdd.ca.gov](http://www.scdd.ca.gov)

[www.disabilityvoicesunited.org/cv/](http://www.disabilityvoicesunited.org/cv/)

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## How can I stay safe?

- I have to stay at home so I can stay safe.
- I can't go to my day program.
- I can't go to the places I enjoy in my community.
- I have to wash my hands for at least 20 seconds.
- When COVID-19 is over, I will go back to my normal routine.

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