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

CALIFORNIA
SCDD
State Council on Developmental Disabilities

Updated 3/17/2020

How can I stay safe?

Stay Home

Don't go to school

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

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 school.
- 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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