



COVID-19 Resources

We are continuing to learn more about the coronavirus. Scientists and doctors have provided guidelines for us to follow to remain as safe as possible. The following resources and information provide an overview of resources available for COVID-19.



Resources include:

- What Do I Do If I Am Sick?
- Caring for Someone Who is Sick
- Websites About COVID-19

What Do I Do If I Am Sick?



Stay home except to see a doctor

- Call your doctor from home and make a plan to monitor any changes in your symptoms
- Most people do not need to go to a hospital
- If you are having trouble breathing, call 911
- Do not go to the store or ride public transportation

Stay away from people and pets at home

- Stay in your own room, call it your “sick room”
- Do not touch others
- Try not to touch things that others will touch
- If you must be near someone, wear a mask



Call your doctor

- Call your doctors and healthcare providers before you see them
- Tell your doctors how you feel and your symptoms
- Re-schedule doctor’s appointments if not an emergency

Wear a mask

- Wear a cloth cover over your nose and mouth if you must be around anyone else
- Stay 6 feet away from other people with your mask on
- Do not touch your face



Wash hands, clean things you touch

- Wash hands often with warm water and scrub hands with soap for 20 seconds
- Clean things you touch in your sick room and bathroom with disinfecting cleaning spray (read directions on the bottle) every day

For more information see CDC’s Steps to help prevent the spread of COVID-19 if you are sick:

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>

Adapted from Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

Caring for Someone Who is Sick

Most people who get sick with COVID-19 can stay home to recover. See the guide below to care for someone in your home who may be sick. Older people and people with certain existing conditions (lung or heart disease, diabetes) are at a greater risk of serious implications and should seek medical care at the first sign of symptoms.



Monitor for worsening symptoms

Keep doctor's contact information nearby. Contact a doctor immediately for worsening symptoms including:

- Trouble breathing
- Persistent chest pain or pressure
- New confusion or inability to arouse
- Bluish lips or face
- Any other symptoms that are severe or concerning

Prevent the spread of germs

The sick person should:

- The sick person should stay in one room, away from others, as much as possible.
- Use a separate bathroom when possible
- Not share items like dishes, towels and bedding
- Wear a mask or face covering when around others

You and others should:

- Wash hands often
- Avoid touching your face
- Daily, clean surfaces that are touched often (doorknobs, counters, tables, light switches)
- Wash laundry thoroughly; wear gloves when handling soiled laundry
- Avoid having visitors in the house





Treatment

- Provide lots of fluids (like water) and time for rest.
- Over-the-counter medicines can help with symptoms like coughing and pain.
- Most people feel better after about a week.

When to End Isolation at Home

- There is no fever for at least 72 hours without medicine.
- Other symptoms have improved.
- At least 7 days have passed since symptoms started OR they receive 2 negative tests in a row, 24 hours apart.

In all cases, follow your doctor's guidelines for home isolation.



[Caring for Someone who Might Have COVID \(ASL video\)](#)

Adapted from Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>

Websites About COVID-19

Resource	Description	Access
Autism Society of America Toolkit	Online toolkit for COVID-19 developed by Autism Society	https://www.autism-society.org/COVID-19/
Coronavirus	World Health Organization (WHO) provides up to date and current information on COVID-19	https://www.who.int/health-topics/coronavirus#tab=tab_1
Coronavirus (COVID-19)	CDC provides up to date and current information on COVID-19	https://www.cdc.gov/coronavirus/2019-ncov/index.html
COVID-19 Updates & Resources	Information on COVID-19 with links to helpful resources compiled by Organization for Autism Research	https://researchautism.org/COVID-19/
Plain Language Information on COVID-19	Plain language information about COVID-19 by Green Mountain Self Advocates	https://selfadvocacyinfo.org/resource/plain-language-information-on-COVID-19/
Symptoms & Testing	Online guide from CDC to help you make decisions about care and when to go to a doctor	https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html
Symptoms of Coronavirus (COVID-19)	1-page graphic describing specific COVID-19 symptoms from CDC.	https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms.pdf
When and how to use masks	Video from WHO that describes when you should wear a mask and how you should wear a mask.	https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks