

We Can Beat COVID-19 Together

This fact sheet can be distributed to vendor staff and direct support professionals (DSPs) to help them know basic facts about COVID-19 and how to prevent it. The most important thing that DSPs must remember is to follow the policies of your agency. It is important that you know the policies, are well versed in them, and that you follow them. DSPs can minimize their risk of exposure when supporting possible COVID-19 patients by following CDC infection prevention and control guidelines, outlined below.

What is COVID-19?

COVID-19 is the official name given to a novel (new) coronavirus. This virus can spread very easily between people, especially in homes, hospitals, and other confined spaces.

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often. This virus also affects people with developmental disabilities, the elderly, and those with underlying conditions — not just those with respiratory diseases.

What are the Symptoms?

People with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

How Do I Protect Myself and the People I Support?

The virus can be carried on tiny respiratory droplets that fall as they are coughed or sneezed out. It may also be transmitted when we touch a contaminated surface and then touch our face.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

What to Do If You Feel Sick

If you've been exposed to the coronavirus or think you have and have a fever or symptoms like a cough or difficulty breathing, call a doctor. They should give you advice on whether you should be tested, how to get tested, and how to seek medical treatment without potentially infecting or exposing others.

- Stay home when you are sick.

- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces

How to Stay Healthy from COVID-19

Get Soapy! Wash your hands often for 20 seconds



TIP: Find a song to sing like "Happy Birthday" twice

TIP: Make sure you get every nook and cranny of your hands

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



TIP: Be sure to throw your tissues away right after

Avoid touching your face – that's how germs get into your body



**STAY HOME if you're feeling sick –
STAY HOME if you have family members who are sick –
STAY HOME as much as possible**



Clean items around you like doorknobs, tables, and phones



Try to rearrange any traveling to be several months from now



Call your doctor before visiting the doctor



COVID-19 Resources

- <https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>
- <https://nadsp.org/wp-content/uploads/2020/03/CDC-One-sheet-2.pdf>