



Coronavirus COVID-19

for Self-Advocates

Presented by:
KEPRO SW PA Health Care Quality Unit
(KEPRO HCQU)

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Disclaimer

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A certificate for training hours will be awarded upon successful completion of the training and test.

Participants are responsible for submitting certificates to their respective agencies.

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Learn

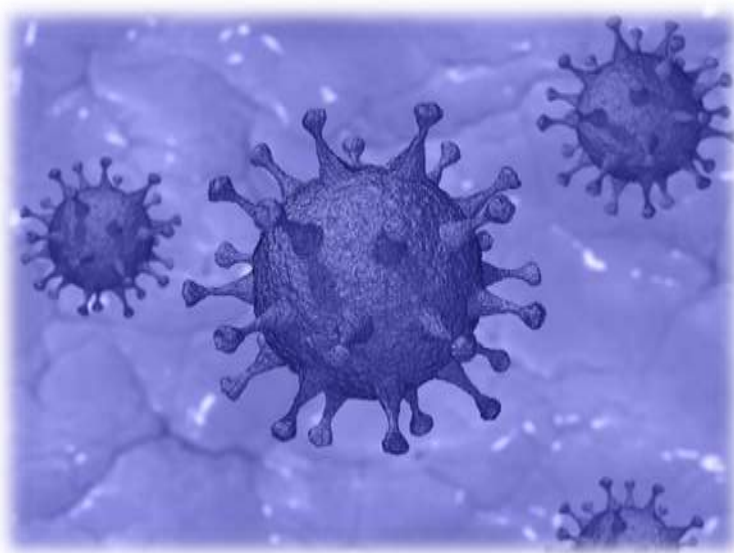
All of the information about coronavirus COVID-19 can be scary and confusing. This training explains it more clearly for you.

This training is designed to help you understand

- ❖ What the **coronavirus COVID-19** is
- ❖ How it **affects** you
- ❖ How you can be **safe**

Learn

Let's learn about coronavirus *COVID-19* and how to be safe.



What is the Coronavirus?

The coronavirus COVID-19 started in Wuhan, **China** in 2019 (CDC, 2020).



It traveled **around the world** when people from China went to **visit** other places and people from other places went to **visit** China.

What is the Coronavirus? (continued)

The virus **spreads** from "...germs that are released when an infected person coughs or sneezes" (CDC, 2020)



These germs can **land** on other people or objects. If you **breathe** in the germ, you can get infected. You might also get infected if you **touch** an object where the germ is, then touch your **eyes, nose or mouth**.

The Coronavirus COVID-19 Can Make People Sick

The symptoms or signs that you may have the virus can appear quickly after you came into contact with the virus, or it might take a little more time (CDC, 2020). There are a lot of different symptoms you can have with the COVID-19 virus.

You may get a:

**fever where
you feel very
hot**



(CDC, 2020)

The Coronavirus Can Make People Sick

(continued)

You may get a:

**cough that
won't seem
to go away**



(CDC, 2020)

The Coronavirus Can Make People Sick

(continued)

You may get:

**shortness of breath
or feeling like you
are having trouble
breathing**



(CDC, 2020)

The Coronavirus Can Make People Sick

(continued)

You may get a:



Sore throat

(CDC, 2020)

The Coronavirus Can Make People Sick

(continued)

You may get:



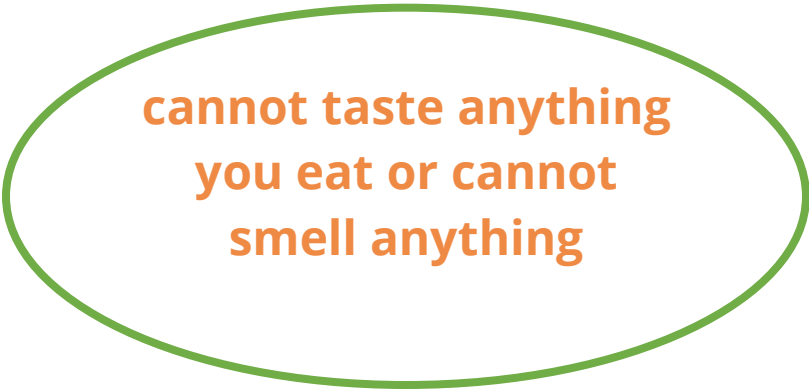
diarrhea

(CDC, 2020)

The Coronavirus Can Make People Sick

(continued)

Sometimes you:



**cannot taste anything
you eat or cannot
smell anything**

(CDC, 2020)

The Coronavirus Can Make People Sick

(continued)

You may get a:



headache

(CDC, 2020)

The Coronavirus Can Make People Sick

(continued)

You may get an:



**upset
stomach**

(CDC, 2020)

The Coronavirus Can Make People Sick

(continued)

You may feel:

**Tired all of the
time and your
body feels achy all
over or sore**



(CDC, 2020)

Just because you have one or more of the symptoms doesn't mean you have the virus. But it is very important to let your caregivers or family know right away if you have any symptoms!

If You Get The Virus

**Some people can
stay at home**



If You Get The Virus (continued)

Some people who get the virus can stay home and take medicine, drink lots of fluids, and get lots of rest.

- ❖ If you get sick from the virus and are at home, it is best for you to stay as far away from others as you can. It might be a good idea to stay in your room, if possible, so that you are not near others.
- ❖ If you are around other people, you may need to wear a mask. Other people around you will be wearing a mask too. This helps keep everyone safe.
- ❖ Your caregivers will let you know when you can be around others again.

If You Get The Virus (continued)

Some people have
to go to the hospital



If You Get The Virus (continued)

Some people who have the virus have to stay in the hospital because they have a really hard time breathing.

- ❖ While in the hospital, the doctors and nurses will know how to best take care of you. It may be necessary for you to be in a special hospital area called the Intensive Care Unit where you will receive extra visits from the doctors and nurses and other hospital workers.
- ❖ If you are afraid or have any questions, talk to your nurse, doctor, caregiver or family member.

How Do I Get Coronavirus COVID-19?

When someone with coronavirus **coughs** or **sneezes**, their **germs** get in the air all around them.



The germs can then land on you or other surfaces or people who are close to them.

How Do I Get Coronavirus COVID-19?

(continued)

These germs get into your body through your **nose**, **mouth**, and **eyes**. If these germs are on your hands and you touch your nose, mouth or eyes, you can spread the virus.



Can you think of what you could do with your hands to stop the spread of the virus?

Remember to wash your hands or use hand sanitizer!

Where Else Can You Find These Germs?

These germs get on lots of other surfaces like:

- ❖ **Tables**
- ❖ **Chairs**
- ❖ **Door knobs**
- ❖ **Faucet handles and other surfaces**



Where Else Can You Find These Germs?

(continued)

Can you think of some other surfaces or places where germs may be found?

Germs can be found on:

- ❖ keys
- ❖ telephones
- ❖ cell phone
- ❖ computer keyboards



This is why it is so important to clean all surfaces really well!

Stop The Spread Of Germs

When sneezing and coughing, ALWAYS sneeze and cough into your **elbow** to help **STOP** the spread of germs. Try practicing coughing into your **elbow**!



NO!!



YES!!

Wearing a Mask

One way we can take care of ourselves and others is to wear a mask when we leave the house or are not feeling well.

Wearing a mask helps keep us safe by keeping out germs we may take into our body by breathing.

Wearing a mask may seem scary, but it is really easy.

Wearing a mask may feel different at first, but breathing and talking with a mask on should be comfortable once you are comfortable with the fit.

There are many different types of masks that can help keep you safe. You may have to try a few different types before you find the one that is best for you.

Wearing a Mask (continued)

A mask should cover your nose and mouth and tuck under your chin.



YES!!



NO!!



YES!!

Washing Your Hands Is Important

We use our hands to do many things — eating, playing, working, going to the bathroom. When we do these things, we can get germs on our hands.

We can see dirt on our hands, but not germs. Even when we cannot see the germs, they are there.

Because the virus can be found on surfaces and we touch those surfaces, it's important to **wash your hands**:

- ❖ Many times a day
- ❖ Before touching, preparing or eating food
- ❖ After going to the bathroom



Washing Your Hands is Important

(continued)

When should you wash your hands?

You should wash your hands:

- ❖ Before touching food, such as when you make a sandwich
- ❖ Before all meals
- ❖ After going to the bathroom
- ❖ After petting animals
- ❖ After taking out the garbage
- ❖ After blowing your nose
- ❖ When there is dirt on your hands



Washing Your Hands is Important

(continued)

- ❖ Use warm water and soap to wash your hands well.
- ❖ Rub soap in your hands and then rub your hands together to make plenty of lather (bubbles).
- ❖ **Sing** 'Happy Birthday' TWO times while you rub your hands together, making sure to clean in between your fingers.
- ❖ When you are finished singing, it is time to rinse all the soap off.
- ❖ Use a clean paper towel or your own clean towel to dry your hands well.



Washing Your Hands is Important

(continued)

Now let's pretend!

Pretend to wash your hands. While you are pretending to wash your hands, sing Happy Birthday TWO times!



Hand Sanitizer

Soap and water are best for washing your hands. However, if you are on a picnic or going through a drive-through for food, you may not have soap and water, and a **hand sanitizer** can be used instead.

Hand sanitizer cleans your hands and removes most of the germs we cannot see.

To use it, pour the **hand sanitizer** in your hand. Use about the size of a dime. This will be enough to cover both of your hands. Rub your hands together. Be sure to rub it between your fingers and on the front and back of your hands. Keep rubbing your hands together until they are completely dry.



Vaccine

There is a vaccine or shot that you can get to help keep you safe from getting the virus. Your caregiver can talk to your doctor about when and where you can get your shot to keep you safe.

There is a covid vaccine rehearsal guide at the HCQU called "Getting A Shot Rehearsal Guide; COVID-19 Addendum 12-20". Ask your caregiver to get a copy and go over it with you! It will help you to know what to expect before getting the COVID-19 vaccine.



Places That Might Be Closed

These places might be closed for a while to help keep you **SAFE & HEALTHY**:

- ❖ Day programs
- ❖ Your work places
- ❖ Places you like to go for outings. Here are a few popular places people like to go for outings:
 - + Bowling
 - + Movies
 - + The park
 - + Eating out



Things To Do At Home

While you are at home, you can try exercising!

Here are some ideas:

Yoga ... Dancing ... Exercise DVDs



What type of exercise do you like to do?

Things To Do At Home (continued)

You can also try listening to **music**!



What type of **music** do you like to listen to?

Things To Do At Home (continued)

Remember to **eat healthy**! Try to limit unhealthy foods or candy.



What do you do to eat healthy?

Things To Do At Home (continued)

You can try doing **crafts** or **artwork**!



What types of crafts or artwork do you do at home?

Things To Do At Home (continued)

Or **you** can **try** playing **games**!



What types of games do you play at home?

Going to Public Places

If you have to go out into public places, including doctor and dentist offices, things will look a little different.

People will be wearing masks. Some may even be wearing plastic gloves.



Going to Public Places

People will stay farther away from each other. This is called social distancing. Because of this, some of the seats in waiting rooms will be roped off or have signs saying not to sit on them.



Going to Public Places

In some places, clear, plastic walls may be between you and people that work there.



If there are any special new rules for somewhere you are going, your caregiver will explain them to you before you go. Remember to ask questions if you have any.

If You Are Afraid Or Have Questions

If you are afraid or have any questions, talk with your caregivers or family.

- ❖ They can help answer your questions and calm your fears.
- ❖ They are always there for you.



Who would **YOU** like to **TALK** to?

Things Will Get Better

- ❖ Scientists are working on ways to treat the virus.
- ❖ When the virus gets **better**, you will be able to **go back** to your **jobs**, **day programs** and **favorite places**.



For Additional Information

Here are some websites for more information.

- <https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html>
- https://www.who.int/health-topics/coronavirus/coronavirus#tab=tab_1

Great Job!

Remember:

- ❖ Cough and sneeze into your elbow.
- ❖ Wash your hands often, especially before you touch food and after you go to the bathroom.
- ❖ Things will get better!



Related Training Topics

HCQU trainers can provide these related trainings:

- Infectious Diseases - Safety at Work for Self-Advocate
- Personal Hygiene for Self-Advocate
- Community-New Rules for Self-Advocate

References

Here are the websites we used to make this training.

Centers for Disease Control and Prevention (CDC). (2021, February 8). Coronavirus Disease 2019 (COVID-19) Frequently Asked Questions. Retrieved February 9, 2021 from

https://www.cdc.gov/coronavirus/2019-ncov/faq.html#anchor_1584386215012

Center for Disease Control and Prevention(CDC). (2020, December 22). Symptoms of Coronavirus. Retrieved February 9, 2021, from

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

What Did I Learn?

Today we talked a lot about **Coronavirus-COVID-19** and how to be safe.



Let's **practice** what we **learned**...

Practice what you learned.

1. Circle the right answer. When you wash your hands, you should:

a. Sing the *Happy Birthday* song two times



b. Count to three



Practice what you learned.

2. Circle the right answer. When you sneeze or cough, you should:

a. Sneeze or cough into the air



b. Sneeze or cough into your elbow



Practice what you learned.

3. Circle the right answer. Should a mask **cover** your nose and mouth OR should it keep your nose and mouth **uncovered**?

a. It should keep nose & mouth uncovered.



b. It should keep nose & mouth covered snugly.



Practice what you learned.

3. Circle the right answer. Who should you talk to if you are afraid or have questions?

a. A trusted caregiver or family member



b. A stranger



You Are Done!

You have finished the training!