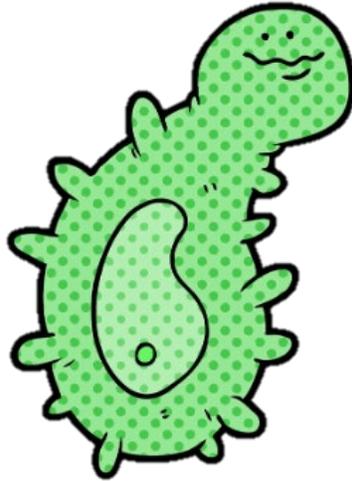
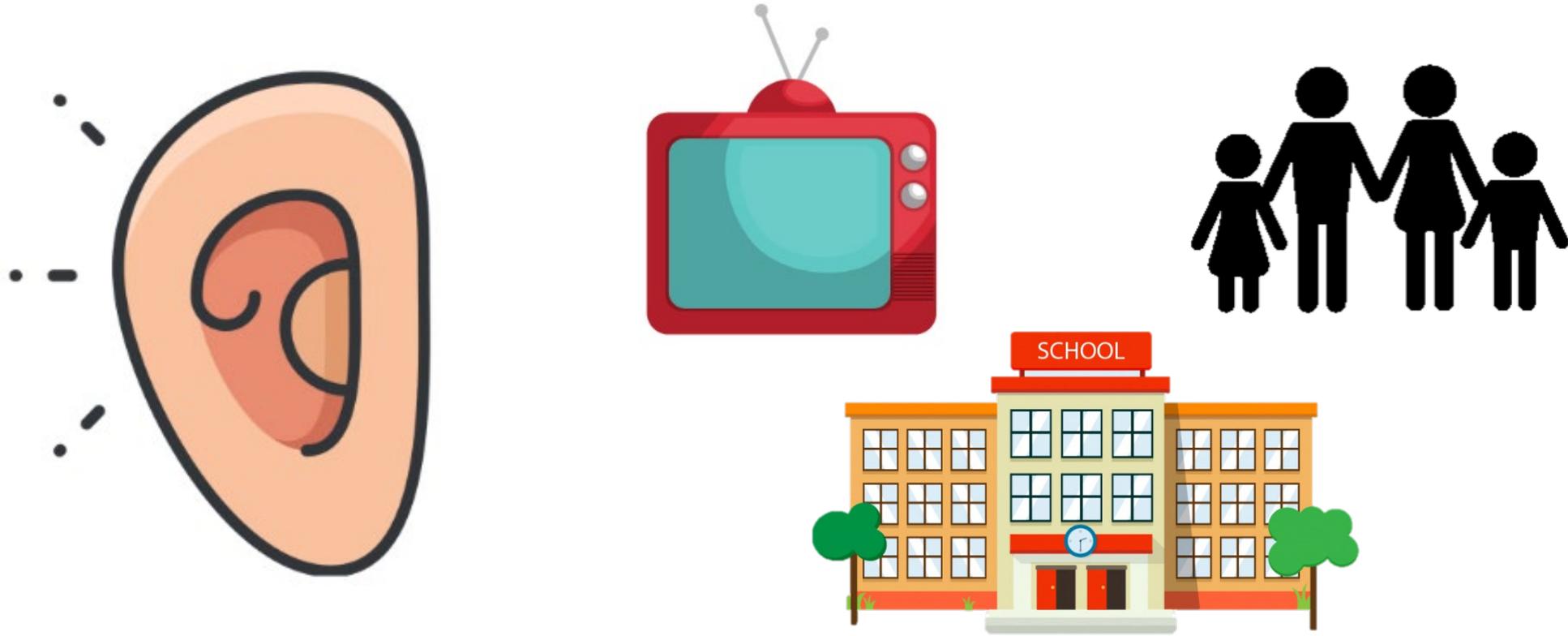
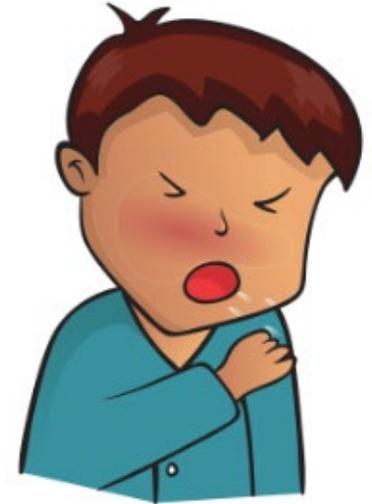
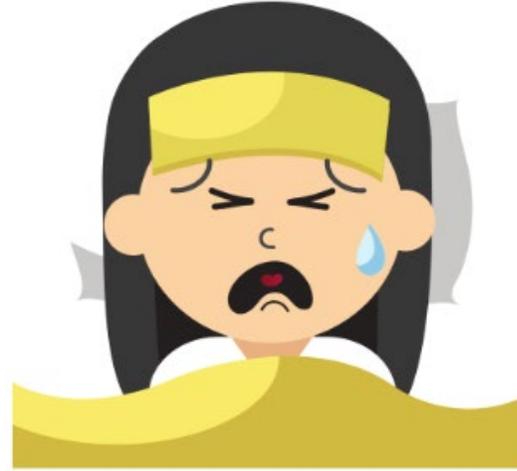


Let's Talk About the Coronavirus (COVID-19)

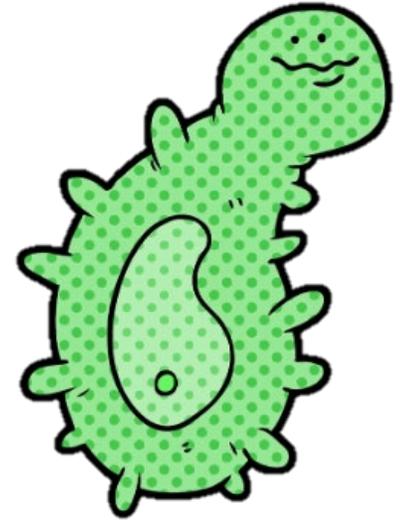
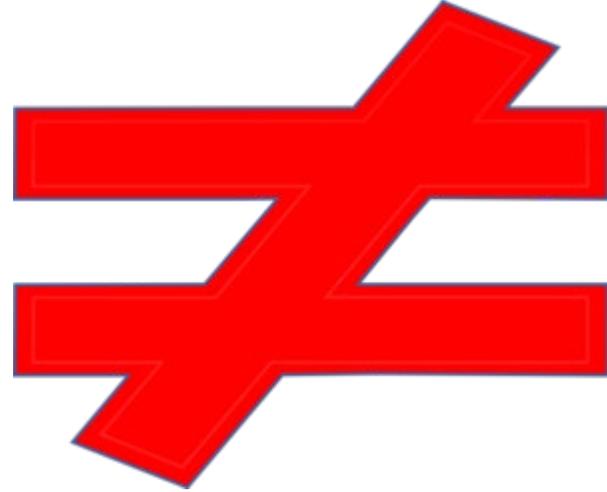




I might hear about the virus from the TV, school, family, or friends. It is a new virus that makes people feel sick. It is called the Coronavirus or COVID-19.



**The Coronavirus has symptoms like the flu.
People can get a fever, cough, or have
difficulty breathing.**



**Not everyone who is sick, has the Coronavirus.
Some people may have a cold or the flu.**



If a person has the virus they will go to the doctor or go to the hospital to feel better.



**The Coronavirus is contagious.
There are some things that I can do to
help everyone stay healthy and safe.**



It is very important to wash my hands. I can sing the song "Happy Birthday" 2 times or count out loud for 20 seconds.



If I do not feel well, I need to tell an adult right away. The adult will know what to do next.



**If I am sick, I should go see a doctor
and then I will stay home to rest.**



I need to remember to always cover my mouth when I cough or sneeze and then wash my hands right after.



6 feet



If I see someone coughing or sneezing, I will do my best to stay 6 feet away from them.



I will try my best not to touch my eyes, nose, and mouth. This will help me not get sick.



**These tips will help me and everyone
around me stay healthy and safe!**

Additional Resources for Special Educators, Therapists, & Families Dealing with Covid-19



Curated resources for those working with individuals who have developmental disabilities.

www.smore.com/udqm2-covid-19-preparedness

UNIVERSITY
OF MIAMI
DEPARTMENT of PSYCHOLOGY



Dr. Pallavi Patel College
of Health Care Sciences
NOVA SOUTHEASTERN UNIVERSITY

NSU
Florida

UNIVERSITY OF MIAMI COVID-19 Updates

www.coronavirus.miami.edu

NOVA SOUTHEASTERN UNIVERSITY COVID-19 Updates

www.nova.edu/coronavirus



March 17 Live Event

National Council on Severe Autism Coronavirus Share and CareThis interactive online event

provides a platform for parents and caregivers to share stories, concerns, advice, and questions.

<https://www.ncsautism.org/blog//ncsa-coronavirus-share-amp-carelive-on-march-17-11am-pacific>



Just For Kids: A Comic Exploring The New Coronavirus

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>



To cope with COVID-19, carry on

University of Miami anxiety expert Jill Ehreulich-May urges staying the course albeit from a distance—and being mindful of the present.

<https://news.miami.edu/stories/2020/03/to-cope-with-covid-19-carry-on.html>

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT 1 Diseases can make anyone sick regardless of their race or ethnicity.

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

FACT 2 Some people are at increased risk of getting COVID-19.

People who have been in close contact with a person known to have COVID-19 or people who live in or have recently been in an area with ongoing spread are at an increased risk of exposure.

FACT 3 Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT 4 You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
 - Cough
 - Shortness of breath
- Seek medical advice if you
- Develop symptoms
- AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

FACT 5 There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

For more information: www.cdc.gov/COVID19

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



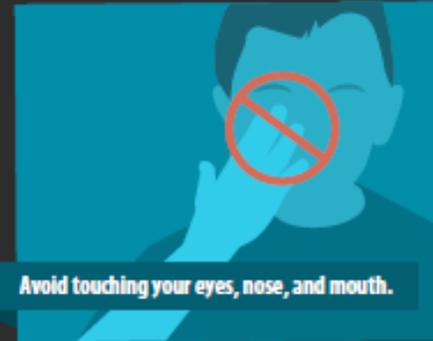
Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Clean and disinfect frequently touched objects and surfaces.



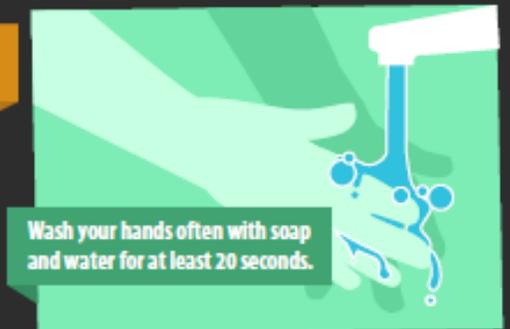
Avoid touching your eyes, nose, and mouth.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/COVID19



Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH

CLEAN HANDS



www.cdc.gov/handwashing



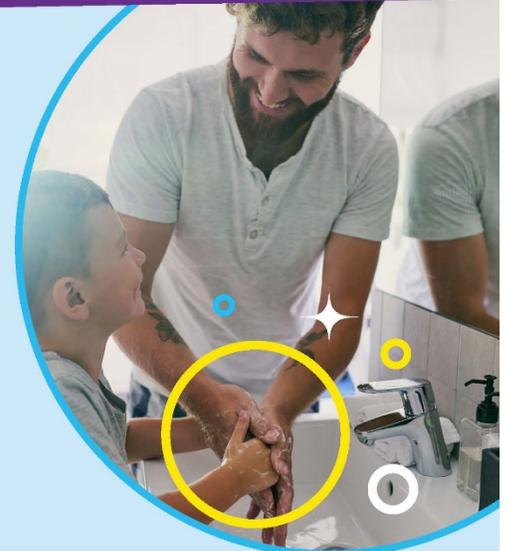
This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

CS310027-A

¡Detenga los microbios! Lávese las manos

¿CUÁNDO?

- Después de ir al baño.
- Antes, durante y después de preparar alimentos.
- Antes de comer.
- Antes y después de cuidar a alguien que tenga vómitos o diarrea.
- Antes y después de tratar cortaduras o heridas.
- Después de cambiarle los pañales a un niño o limpiarlo después de que haya ido al baño.
- Después de sonarse la nariz, toser o estornudar.
- Después de tocar animales, sus alimentos o sus excrementos.
- Después de manipular alimentos o golosinas para mascotas.
- Después de tocar la basura.



¿CÓMO?



Mójese las manos con agua corriente limpia (tibia o fría), cierre el grifo y enjabónese las manos.



Frótese las manos con el jabón hasta que haga espuma. Asegúrese de frotarse la espuma por el dorso de las manos, entre los dedos y debajo de las uñas.



Restriéguese las manos durante al menos 20 segundos. ¿Necesita algo para medir el tiempo? Tararee dos veces la canción de "Feliz cumpleaños" de principio a fin.



Enjuáguese bien las manos con agua corriente limpia.



Séquese Séquese las manos con una toalla limpia o al aire.

Mantener las manos limpias es una de las cosas más importantes que podemos hacer para detener la propagación de microbios y mantenernos sanos.

LA VIDA ES MEJOR CON LAS

MANOS LIMPIAS



www.cdc.gov/lavadodemanos



Este material fue elaborado por los CDC. La campaña La Vida es Mejor con las Manos Limpias es posible gracias a una asociación entre la Fundación de los CDC, GOJO y Staples. El HHS y los CDC no respaldan productos, servicios ni empresas comerciales.

CS310027-A