

# **COVID-19**

## **CORONAVIRUS**

# **What I Need To Know About COVID-19**

An Easy-to-Read Guide

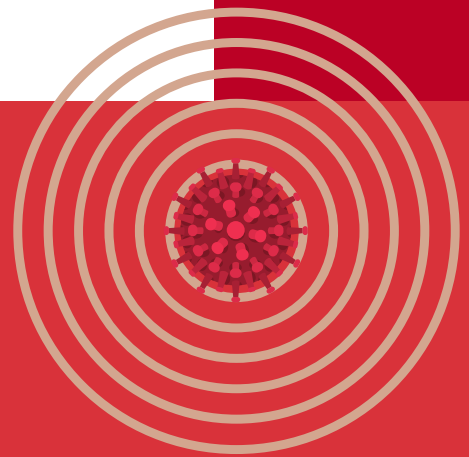


a project  
of the



**Utah Parent Center**

- The Spread of COVID-19 - pages 3-4
- People with Disabilities and COVID-19 - pages 5-6
- Things to Know When You Have COVID-19 - pages 7-9
- COVID-19 Vaccines are Important - page 10



# TABLE OF CONTENTS

# The Spread of COVID-19

## **COVID-19 is a Virus**

COVID-19 can spread easily.

COVID-19 can spread between people.

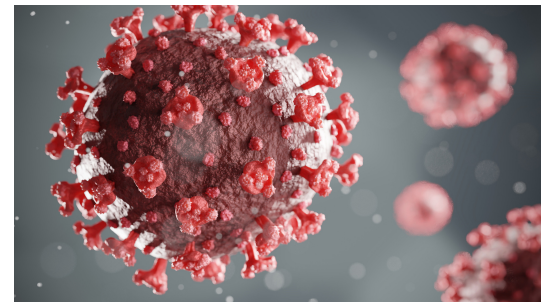
COVID-19 can spread when people are too close.

COVID-19 can spread when people cough.

COVID-19 can spread when people sneeze.

COVID-19 can spread when people talk.

COVID-19 can spread when people sing.



## **Stay away from crowds.**

Stay away from inside places with lots of people.

Stay away from people who are sick.

Stay away from people if you are sick.

## **COVID-19 May Get on Your Hands**

COVID-19 may get on your hands if you touch things.

Wash your hands after you touch things.

You may spread COVID-19 to animals.

Avoid touching animals outside your home.

Wash your hands after you touch animals.

# The Spread of COVID-19

(continued)

## **Stop COVID-19 Every Day**

Stay at least 6 feet away from people outside your home.

Stay away from people who are sick.

## **Wear a mask to protect everyone.**

The mask must cover your nose.

The mask must cover your mouth.

The mask must fit under your chin.

The mask must be snug on your face.

Make sure breathing is easy.



## **Wash your hands often.**

Wash your hands with soap and water.

Wash your hands for 20 seconds.

Sing the happy birthday song twice while washing your hands.

## **Use hand sanitizer if that is all you have.**

Rub the hand sanitizer all over your hands.

Rub your hands until they feel dry.

Washing your hands with soap and water is best.

# People with Disabilities and COVID-19

**COVID-19 is a virus.**

COVID-19 can spread easily.

COVID-19 can spread between people.

People with COVID-19 get sick in different ways.

Some people with COVID-19 feel fine.

Some people with COVID-19 feel bad.

Some people with COVID-19 get very sick.



**People with disabilities can get COVID-19.**

People with Down syndrome can get COVID-19.

People with Down syndrome may get very sick.

**People with health problems can get COVID-19.**

People with health problems may get very sick.

People with diabetes can get COVID-19.

People with diabetes may get very sick.

# People with Disabilities and COVID-19

(continued)

People with cancer can get COVID-19.

People with cancer may get very sick.

People with heart problems can get COVID-19.

People with heart problems may get very sick.

People with obesity can get COVID-19.

People with obesity may get very sick.



**COVID-19 vaccines help keep you from getting COVID-19.**

COVID-19 vaccines help keep you from getting very sick from COVID-19.

Most people should get a COVID-19 vaccine.

Ask your doctor if you should get a COVID-19 vaccine.

# Things to Know When You Have COVID-19

## Stay Home When You Have COVID-19

Stay away from crowds.

Stay away from inside places with lots of people.

Avoid buses when you can.

Avoid trains when you can.

Avoid taxis when you can.



## Watch for Ways COVID-19 Can Make You Feel Sick

Get help if you are worried about how sick you feel.

Call your doctor if you are worried about how you feel.

## Get Lots of Rest When You Have COVID-19

Drink lots of water or juice when you have COVID-19.

## Stay Away from Other People When You Have COVID-19

Stay in your own room when you can.

Use your own bathroom when you can.

Wear a mask when you must be around other people.

## Wash Your Hands Often

Wash your hands with soap and water.

Wash your hands with soap and water for 20 seconds.

Sing the happy birthday song twice while washing your hands

# Things to Know When You Have COVID-19

(continued)

**Use hand sanitizer if that is all you have.**

Rub the hand sanitizer all over your hands.

Rub your hands until they feel dry.

Washing hands with soap and water is best.

## **Always Cover Coughs and Sneezes**

Cover your mouth when you cough.

Cover your nose when you sneeze.

Cover with the inside of your elbow.

Cover with a tissue.

Put used tissues in the trash.

Wash your hands if you cough or sneeze.



## **Avoid Sharing Things When You Have COVID-19**

Avoid sharing food when you have COVID-19.

Avoid sharing drinks when you have COVID-19.

Avoid sharing dishes when you have COVID-19.

Avoid sharing towels when you have COVID-19.



# Things to Know When You Have COVID-19

(continued)

## Clean and Disinfect Often

Clean to help slow down COVID-19.

Clean to remove dirt and germs.

Clean things that are dirty.

Clean things that are touched often.

Disinfect to help slow down COVID-19.

Disinfect to kill germs.

Disinfect things that are touched often.



## Call Before You Go to the Doctor

Tell the doctor if you have COVID-19.

Tell the doctor if you think you have COVID-19.

## Call 9-1-1 Or the Emergency Department If You Need Help

Tell the operator that you need help.

Tell the operator you need help with COVID-19.

# COVID-19 Vaccines are Important

## COVID-19 Can Be a Serious Illness

Some people with COVID-19 feel fine.

Some people with COVID-19 feel bad.

Some people with COVID-19 get very sick.



## COVID-19 Vaccines Are Important

COVID-19 vaccines help keep you from getting COVID-19.

COVID-19 vaccines help keep you from getting very sick from COVID-19.

## When You Can Get a COVID-19 Vaccination

You can get a COVID-19 vaccine if you had COVID-19.

You can get a COVID-19 vaccine if you are pregnant.

You can get a COVID-19 vaccine if you have allergies.

You can get a COVID-19 vaccine if you have health problems.

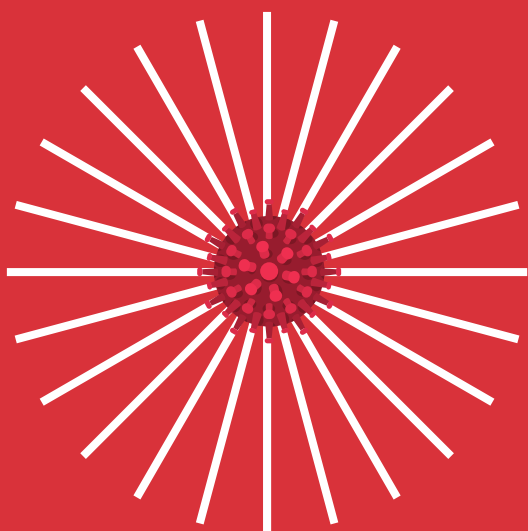
Ask your doctor if you should get a COVID-19 vaccine.

## COVID-19 Vaccines Are Free for You

People can get a COVID-19 vaccine in many places.

Ask your doctor where to get a COVID-19 vaccine.

Ask the health department where to get a COVID-19 vaccine.



These Easy to Read COVID-19 materials were primarily developed for people with intellectual and developmental disabilities and others who read or listen with understanding below a third-grade level.

#### Content:

Development of these materials was supported by a grant from the CDC Foundation, using funding provided by its donors. The materials were created by the Center for Literacy & Disability Studies, Department of Allied Health Sciences, University of North Carolina at Chapel Hill and the Center for Inclusive Design and Innovation at Georgia Tech. Centers for Disease Control and Prevention (CDC) provided subject matter expertise and approved the content. The use of the names of private entities, products, or enterprises is for identification purposes only and does not imply CDC endorsement.

**This guidebook was  
developed by  
Utah Family Voices  
Family to Family Health  
Information Center**

with materials developed by the  
CDC Foundation

<https://www.cdc.gov/coronavirus/2019-ncov/easy-to-read/index.html>