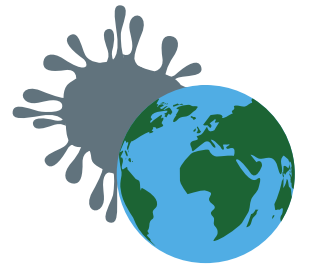


WHAT IS COVID-19?

A Resource for People with Aphasia

What's happening?

A **virus is spreading** around the world. It is called **COVID-19**, or **coronavirus**.



Who is affected?

- **Anyone** can get and pass on the virus.
- Most people will have a **mild case** (80%).
- People who are **already sick**, have **chronic conditions** (heart disease, breathing problems, or diabetes), or **elderly** are **most likely to get very sick**.
- It kills less than 3% of people who catch it.



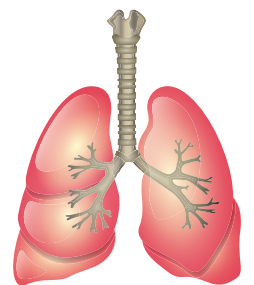
What are the symptoms?

COVID-19 affects the **lungs**. Symptoms include:

- **Cough**
- **Difficulty Breathing**

Or 2 or more of these:

- **Fever**
- **Muscle Pain**
- **Chills**
- **Headache**
- **Repeated Shaking**
- **Sore Throat**
- **New Loss of Smell or Taste**



What can you do to protect yourself?

- 1 **Avoid crowds.** Keep 6 feet away from other people.
- 2 **Wash your hands.** Use soap and water. Scrub for **20 seconds**.
- 3 **Don't touch your face** (eyes, nose, mouth) with dirty hands.
- 4 **Stay close to home.** Avoid travel to other areas. Cruises are especially risky.
- 5 **Wear a mask in public,** especially indoors or in busy spaces.
- 6 Make sure you have **medications, food,** and **supplies** at home. Have enough for about **2 weeks**.



What should you do if you get sick?

- Call your **doctor**. Get tested.
- **Stay home** except for medical care.
- **Cough into your elbow.** Sneeze into a tissue. Throw it away.



What is happening around the world?

This is a **big news story**. It is affecting every country in the world. Everyone is trying to **slow down the spread** of the disease.

- Many **schools and universities** are having classes online.
- Sports, conferences, and community events may be **cancelled**.
- **Flights** are cancelled between some countries.
- Restaurants may be open for **take-out or delivery** only. **Patios** are safer than inside.
- Shops may **limit how many people** can enter. Items can be delivered or picked up curbside.



Is there a vaccine?

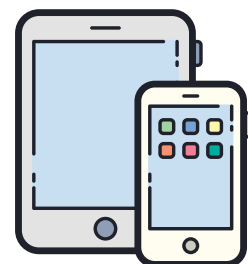
YES! There are several vaccines. It is important to **get vaccinated** as soon as possible.

Vaccines are **safe and very effective** at preventing serious illness and death.



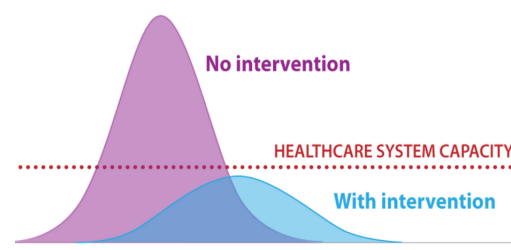
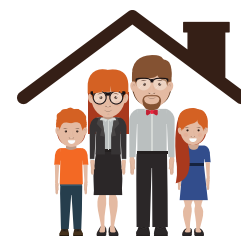
What else should I do?

- **Limit** watching or reading **the news**. It is too stressful.
- **Social interaction** is very important. Talk to people **online** or on the **phone**. Wear masks when visiting in person.
- Get lots of **sleep**, **exercise**, and **eat healthy** foods. Get fresh air & sunshine in nature.
- **Stay home**. Walks outside are okay.
- Continue your life and **rehab at home**. **Use technology** to help keep you busy.



Words to know:

- **Quarantine:** keep yourself at home because you're sick or have been exposed
- **Physical or social distancing:** an effort to stay away from other people
- **Flatten the curve:** slow the spread of disease to match hospital capacity



Information is based on advice from the CDC and WHO as of 4 May 2021.