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 is killing about 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. **Cancel travel plans.** Don't go on cruises. Only fly on airplanes if you must.

5. 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.

- Wear a **face mask** to protect others.

- **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.

- **Schools and universities** are closed or having classes online.
- **Sports, conferences, and community events** are cancelled.
- **Flights** are cancelled between many countries.
- **Restaurants** are open for take-out or delivery only.
- **Shops** may be closed or limit how many people can enter. Items can be delivered.

How long will the outbreak last?

We don't know. It could be weeks or months.

Is there a treatment or vaccine?

No, not yet.
What else should I do?

- **Limit** watching or reading **the news**. It is too stressful.

- **Social interaction** is very important. Find ways to talk to people **online** or over the phone.

- 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:**

- **Self-isolate**: keep yourself at home because you're sick or have been exposed

- **Physical 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 2020.