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 around 2% of people who catch it.

What are the symptoms?

COVID-19 affects the lungs. Symptoms include:

- Fever
- Cough
- Difficulty Breathing
Severe cases may turn into pneumonia.
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 some countries more than others. Everyone is trying to slow down the spread of the disease.

- Schools and universities are closing or having classes online.
- Sports, conferences, and community events are cancelled.
- Flights are cancelled between some countries.
- Some people are buying too many supplies (hoarding) because they are afraid.

How long will the outbreak last?

We don't know. If 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. Many events will be cancelled. 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

• Social distancing: an effort to stay away from other people

Information is based on advice from the CDC and WHO as of 14 March 2020.