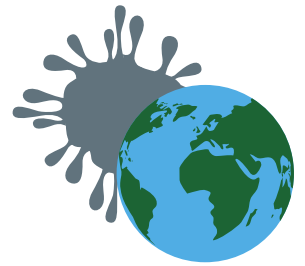


# WHAT IS COVID-19?

## 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.



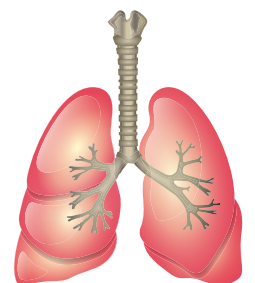
### What are the symptoms?

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**. It could be weeks or months.



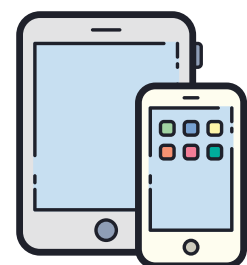
## Is there a treatment or vaccine?

No, **not yet**.



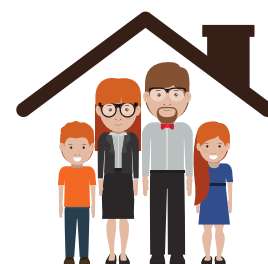
## What else should I do?

- **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**. 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.