

COVID-19

**WHAT IN THE
WORLD**



IS GOING ON?

I feel fine.

Everyone looks okay.

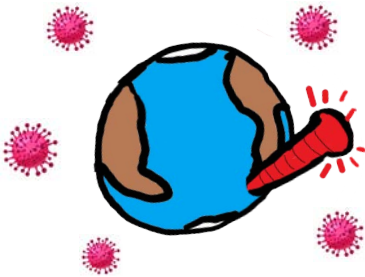
*Why is everything
changing so fast?*



IMAGE CREDIT:
IVANOVA SMITH

What is all this coronavirus business about?

A new virus has been spreading around the world.



The official name for the virus is **Novel Coronavirus 19**, or **COVID-19** for short.



“**Novel**” means that it’s new. Scientists have not seen it before.



“**Corona**” means it has little spikes that look like a crown when viewed under a microscope.

2019

“**19**” means it was identified in 2019 and has spread all over the world as people traveled.

Common symptoms include:



Fever



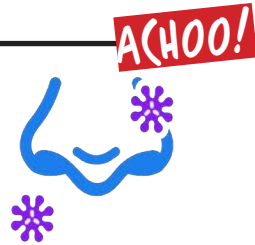
Dry Cough



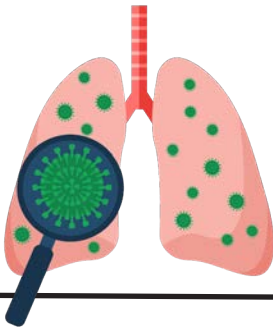
Breathing Problems

A cold is a virus, and the world doesn't shut down. Why is everyone so worried about this one?

Different viruses do different things. FOR EXAMPLE, a cold virus attaches to the nose and throat.



COVID-19 attaches to the **LUNGS** where it makes copies of itself really fast.



COVID-19 MAKES IT **HARD TO BREATHE**. It is also hard on the heart.



People with weakened immune systems have a hard time fighting it off. For older people and people with health conditions, **COVID-19 CAN BE DEADLY**.



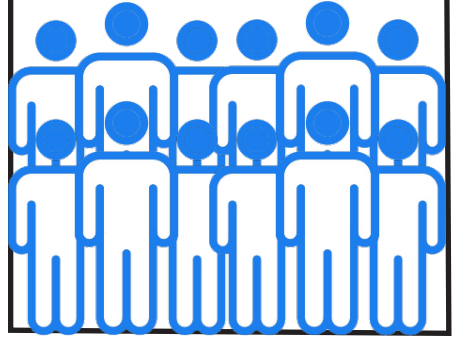
Even if someone is young and healthy, they can still carry the virus without any symptoms and make other people sick. They can also get sick themselves.

But why do I have to stay home?

Because COVID-19 is new, scientists do not have a vaccine for it.



And that makes it easier for more people to get it.



No vaccine, plus more infected people, equals strain on health care services.



The main point is, COVID-19 affects all of us, and it will take all of us to **SLOW THE SPREAD.**



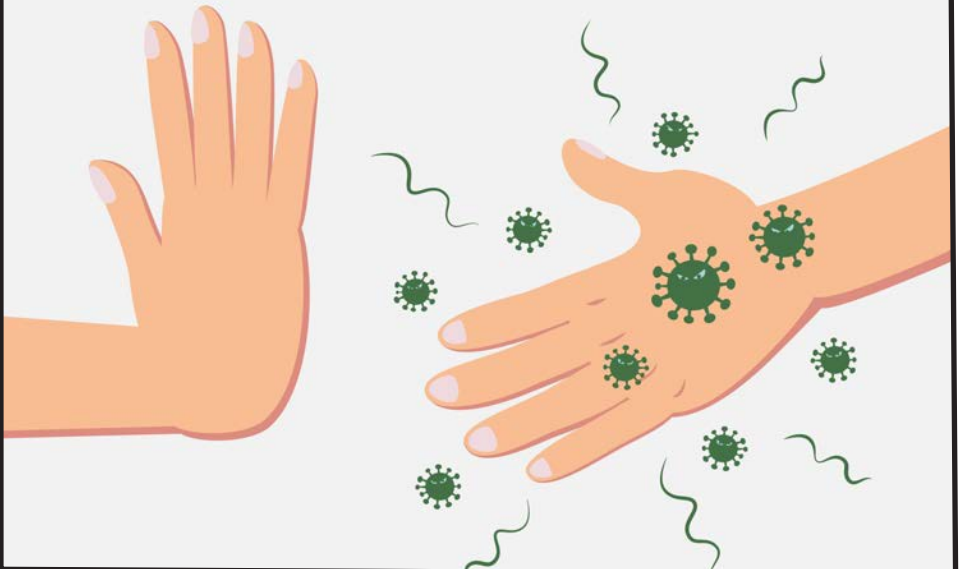
Aren't people just overreacting?



No. This is not an overreaction.

Because there is no vaccine, and people can pass the virus without knowing it, **COVID-19 CAN OVERWHELM OUR HEALTHCARE SYSTEM VERY QUICKLY.**

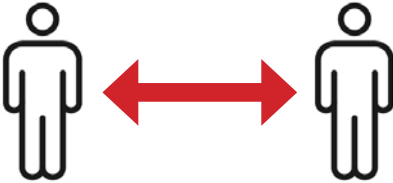
We need to help **SLOW THE SPREAD** so everyone can get help when they need it.



The only way to help slow the spread is to **SHUT DOWN ALL EVENTS AND ACTIVITIES** where people gather...



KEEP A DISTANCE from each other when we go outside...




And make sure to **WASH OUR HANDS & CLEAN SURFACES.**



If we don't do these things, and too many people get sick at the same time, there will not be enough doctors and hospitals to help everyone.

**I feel like I am being punished,
and my freedoms are being taken
away.**



**No one is being
singled out to do this.**

**We are all learning to adapt to this change, And find new
ways to connect with each other:**

**Use Zoom or Skype
for video chats.**

**Connect with
online groups.**

**Get online access
to library media and
books.**

**Watch church
services online.**

**FaceTime or text
with friends
and family.**

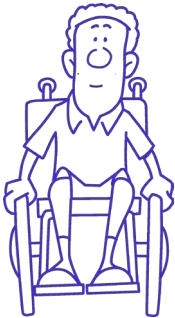
**Need Help?
ask a friend,
relative or
support
provider for
assistance.**

What if my care providers can't work or I need more help?

If you are a client of the Developmental Disabilities Administration (DDA), contact your case manager and let them know what's going on.



My workplace shut down. What do I do now?



Due to the virus, businesses have to close, except for essential services (food, pharmacy and health care).

If you have a job coach and your employer has told you not to come to work, talk to your job coach to help you understand what this means for you.

Will I still get my benefits, like SSI?

Yes. You will still get your monthly SSI/SSA check. Social Security offices have closed for face-to-face contact, but they are still doing their work. If you have questions, call Social Security at 800-772-1213.



How long will this last?

It will take a while
for life to get back to
normal.



One way to cope with not
knowing how long this will last
is to focus on
how to make
things
work with
what
we have
today.



We have helpful people everywhere—
friends, family, neighbors, services.

We have technology to connect us.

We have resilience and the ability to face
tough challenges.

And...



This Plain Talk booklet on COVID-19 was
created by Informing Families.



Informing Families is a resource of
the Washington State Developmental
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