

NATIONAL INSTITUTE FOR THE EMPOWERMENT OF PERSONS WITH INTELLECTUAL DISABILITIES (DIVYANGJAN)

Formerly National Institute for the Mentally Handicapped

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Sensitizing People with Intellectual and Development Disabilities about Covid-19

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What is COVID-19 ?

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

CORONAVIRUS : CoV

Symptoms

Fever,Headache

Runny Nose

Pneumonia

Cough

Chest Pain

Preventions

wash hands frequently with soap

cover your mouth with a tissue paper when coughing or sneezing

wear a mask if you have a cough or runny nose

see a doctor if you feel unwell

AVOID

avoid unprotected contact with live wild or farm animals

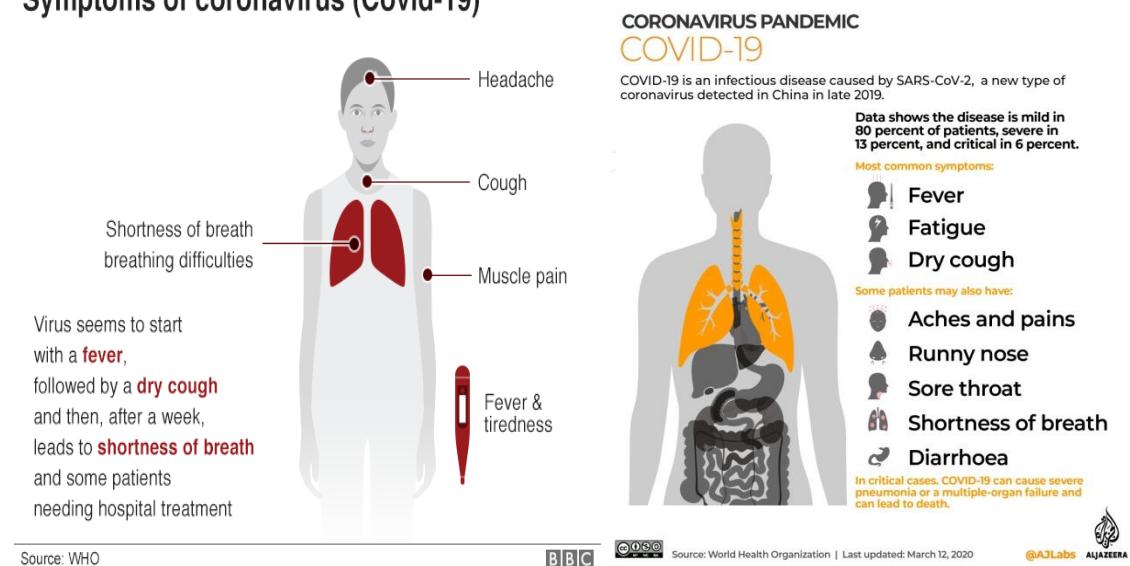
avoid touching your eyes, nose and mouth with unwashed hands

avoid close contact with people who are sick

SYMPTOMS :

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention.

Symptoms of coronavirus (Covid-19)



How does the coronavirus spread ?

People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets.

How can you protect yourself ?

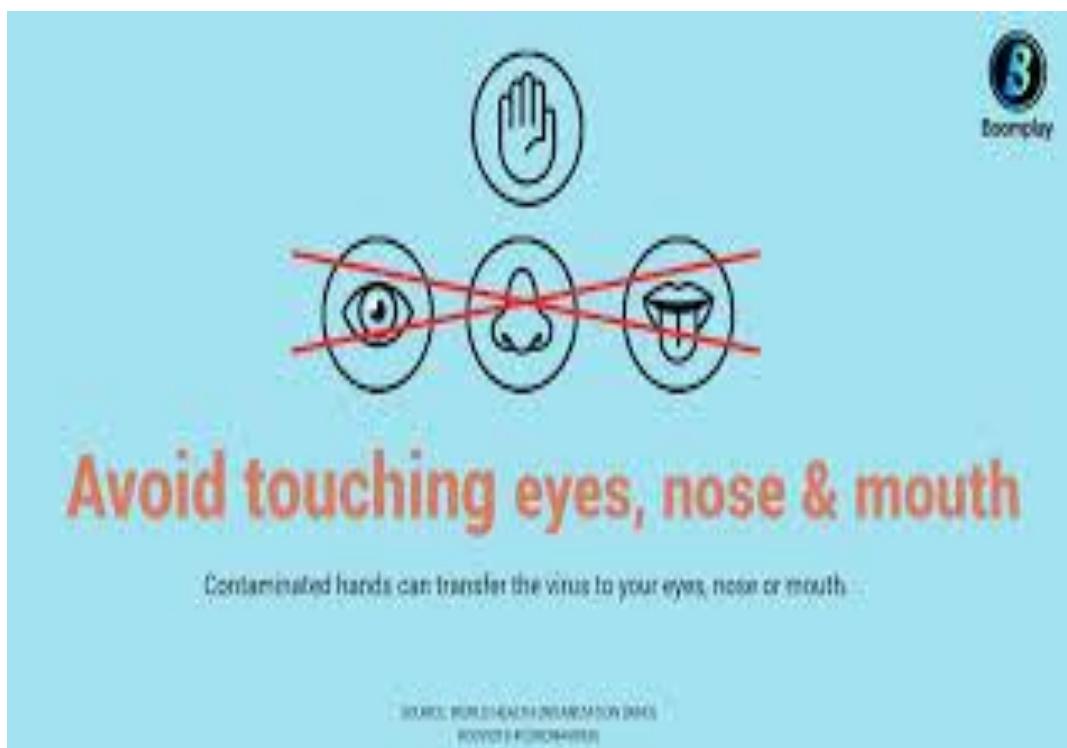
- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.



- Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.



- Avoid touching eyes, nose and mouth.



- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.



- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.



Always wear a Mask



Intellectual disabled child



Do physical exercise while at home



Draw and paint in your leisure time



Study at home everyday



Play along your family

