



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

(Formerly National Institute for the Mentally Handicapped)

Dept. of Empowerment of Persons with Disabilities (Divyangjan)

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Sensitizing People with Intellectual and Developmental Disabilities about Covid-19



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Introduction

At present whole world is suffering with Covid -19 pandemic. The situation is quite challenging for people with Intellectual and developmental disabilities (PWIDD) and their families. Because of having limited cognitive abilities, various co-morbid conditions and weakened immunity system PWIDD are considered vulnerable and at risk for getting infected with the virus. Well beings can understand the situations through newspapers and media on how to protect themselves from Covid-19. However due to limited vocabulary, limitations in language and communication abilities, PWIDD may not comprehend the seriousness of the current pandemic. Hence it is the primary responsibility of the parents, caregivers and service providers to explain and sensitize them regarding basics of Covid-19.

Incidental learning is unintentional or unplanned learning that results from other activities of natural calamities such as floods, storms, earthquakes, droughts or epidemics etc. So we need to simplify and teach PWIDD about this novel virus which is highly contagious and help to follow the preventive measures. The following pictorial booklet explains; how you can talk about Covid-19 with PWIDD. The United Nations Convention on the Rights of Persons with Disabilities (UNCRPD), time and again emphasized that every child and adult with intellectual and developmental disability has the right to correct information in accessible formats. Hence, an attempt is made to include simplified content, more images and less text which can be easily used with PWIDD in various settings such as home settings, community group homes for disabled and residential settings.

Some tips before you start -

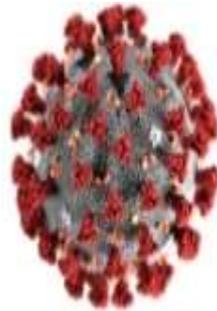
- ❖ Relax and don't panic in front of your child.
- ❖ Read the materials thoroughly before you start explaining.
- ❖ Keep the talk simple .
- ❖ Encourage interaction if your child is verbal.
- ❖ If the child/adult is non-verbal, encourage them to look/point at the pictures and
- ❖ Some children need repetition for better understanding.

1. What is Covid-19?

- ❖ It is a new illness spreading around the world.
- ❖ It's also known as Corona Virus.

2. Can we see Corona Virus?

- ❖ No. The virus is too small to see with our eyes.
- ❖ But, it can be seen through a microscope.
- ❖ It looks like this. (show the pictures)



3. How do we get it?

- ❖ When an infected person with Covid-19 coughs or sneezes,



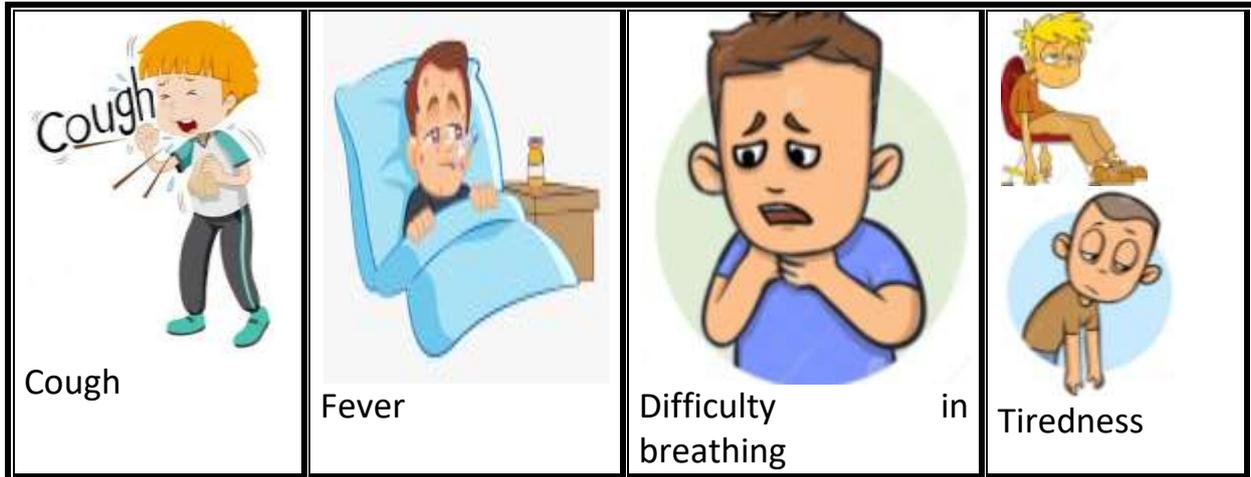
The germs get into the air, on you and on to the things.



These germs enter your body through mouth, nose and eyes.

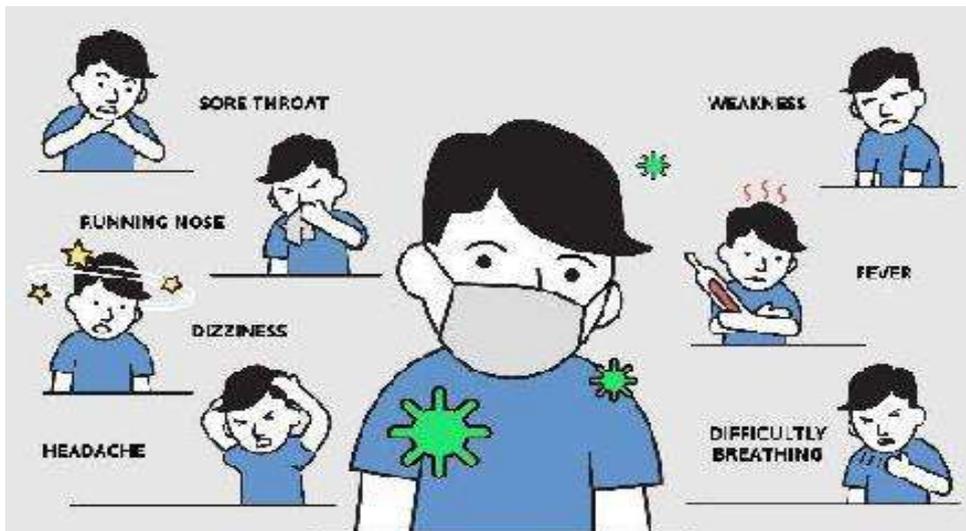
4. What are the Symptoms?

- ❖ One can have symptoms like cough, fever, difficulty in breathing and tiredness.



5. If I cough or have fever do I have the Virus?

- ❖ Not necessarily. If these things happen to you it does not mean that you have corona virus.
- ❖ It can be a simple cold or flu.
- ❖ So do not fear.



**6. What should I do not to get it? Or
How can I stay safe from the virus?**

1

Wash your hands regularly with Soap and water at least for 20 seconds.

You can count 1-20 while washing or count 1-10 two times.



2

You can also use a hand sanitizer.



3

Cough and sneeze into your elbow.

Do not use your hand.



4

Do not touch your nose, mouth eyes frequently.

Do not touch your face.



5

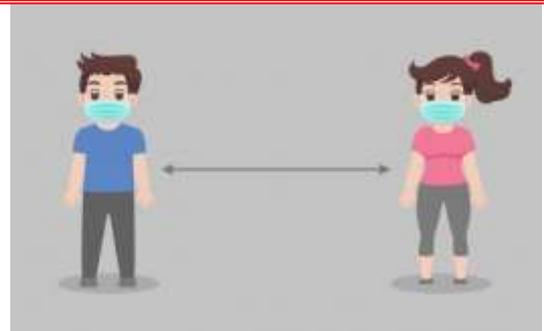
Stay at home.

If you have to go out of the house, always wear a mask.



6

Maintain physical distance with friends, teachers and others.



7

When going out to buy groceries (for adults with ID) maintain at least 4 feet distance from others.



8

Do not shake hands with anyone.



7. How should I greet others?

- ❖ You can greet by saying Namaste, waving hand or a low bow.



8. Can I take any medicine not to get it?

- ❖ No. There is no medicine for the corona virus.
- ❖ If you have fever, cold or cough you can take medicine.
- ❖ We must take care of the health and not fall sick.



9. Will I not be able to go school/work place? Or Will I not be able to play and meet my friends at all?

- ❖ When everything is alright you can go to school/work place.
- ❖ You can meet them after some days. If you are missing your friends you can talk over phone or video call sometimes.



- ❖ For now it is safe to be at home for all of us.



Many a times PWIDD especially children may not express their fears and health issues directly due to their limited communication abilities. Parents, care takers and service providers should closely observe their behaviours and emotions. It is also suggested to regularly monitor their general health. Based on symptoms of Covid-19, the following checkpoints are suggested.

Health Aspects	Behavioural Aspects
Observe if your child/adult with IDD is <ul style="list-style-type: none"> ✓ having high temperature? ✓ coughing frequently? ✓ has running nose continuously for 5 days? ✓ facing difficulty in breathing? ✓ feeling more tired? 	Observe if your child/adult with IDD is <ul style="list-style-type: none"> ✓ sitting alone and not mingling with other family members ✓ showing irritable behaviour ✓ gets angry frequently ✓ extremely sad and fearful ✓ nervous and anxious
If majority are yes, consult your family doctor immediately or call the medical helpline number. 011-23978046 1075- Toll Free 104 – Toll Free - Telangana	If majority are yes, consult your rehabilitation professional immediately. 040- 27751741 - NIEPID 080-46110007

If you have a child who is non verbal or a child with severe intellectual disability or Autism you can use the communication chart (as given below) to express his/her discomfort.

				
Fever	Cough	Running Nose	Feeling tired	Difficulty in breathing

Talk to your child and help them understand
