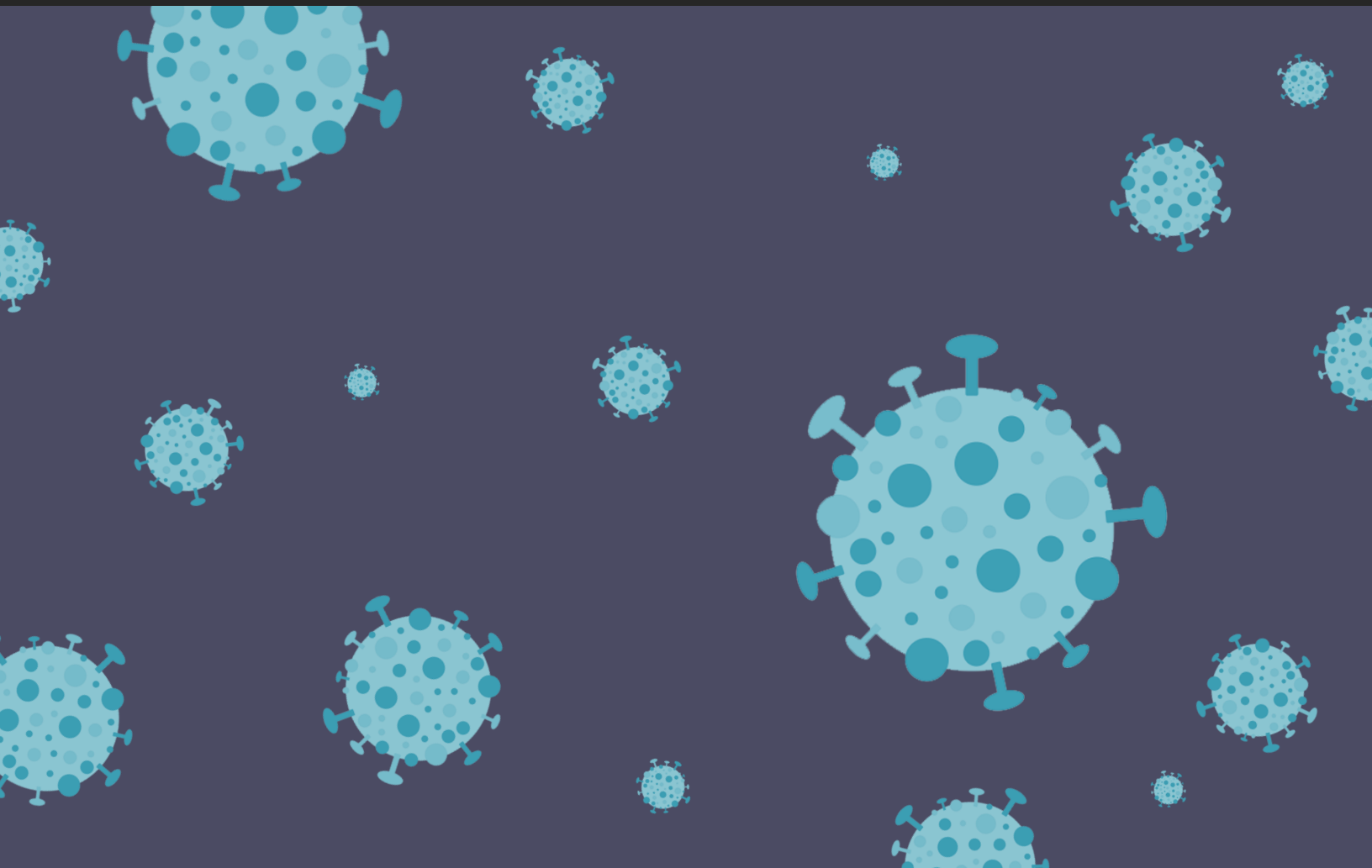
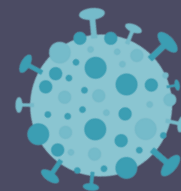




# CORONAVIRUS GUIDE

**FOR PEOPLE WITH I/DD**





# WHAT IS CORONAVIRUS? WHAT CAN I DO IF I THINK I HAVE IT?

Coronavirus, also known as COVID-19, is a new illness. Many people around the world have it. Many people in New Jersey and throughout the United States have it as well. Some people who have it are very sick and have to go to the hospital. Some people have died. Other people who have the virus just need to stay home for a few weeks to get better.



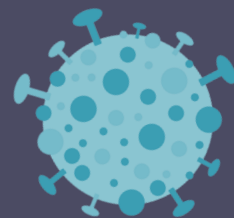
## HOW DO YOU GET IT?

- Someone with COVID-19 gives you their germs.
- When they cough or sneeze, their germs get in the air, on you, and on things such as desks, computer keyboards and cell phones.
- Germs get into your body through your mouth, nose, and your eyes. The germs can last for several days.
- It's very important to wash your hands for 20 seconds, if you touch your face, rub your eyes, nose or mouth.
- People who are elderly or have healthcare issues should be extra careful.

## HOW CAN I PREVENT MYSELF FROM GETTING IT?

- Do not shake hands or hug people
- Social distancing - stay at least six feet away from one another
- Wash your hands as often as you can
- Stay away from people as much as you can
- Stay out of crowds that have more than 10 people
- Use hand sanitizer only when you are not able to wash your hands





# FIVE STEPS TO WASHING YOUR HANDS THE RIGHT WAY

Washing your hands is easy and one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community - from your home and workplace to childcare facilities and hospitals.

## FOLLOW THESE FIVE STEPS EVERY TIME

1



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

2



Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.

3



Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.

4



Rinse your hands well under clean, running water.

5



Dry your hands using a clean towel or air dry them.

*Use hand sanitizer when you can't use soap and water. You can use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.*



# SONGS YOU CAN SING WHILE WASHING YOUR HANDS FOR 20 SECONDS

## "MY SHARONA" BY THE KNACK

Ooh, my little pretty one, my pretty one  
When you gonna give me some time, Sharona  
Ooh, you make my motor run, my motor run  
Got it coming off o' the line, Sharona  
Never gonna stop, give it up, such a dirty mind  
I always get it up, for the touch of the younger  
kind

My, my, my, aye-aye, whoa!

M-m-m-my Sharona

<https://youtu.be/BR2JtsVumFA>



## "RASPBERRY BERET" BY PRINCE

She wore a  
Raspberry beret  
The kind you find in a second hand store  
Raspberry beret  
And if it was warm she wouldn't wear much  
more  
Raspberry beret  
I think I love her

[https://youtu.be/I7vRSu\\_wsNc](https://youtu.be/I7vRSu_wsNc)



## "LOVE ON TOP" BY BEYONCÉ

Baby it's you  
You're the one I love  
You're the one I need  
You're the only one I see  
Come on baby it's you  
You're the one that gives your all  
You're the one I can always call  
When I need to make everything stop  
Finally you put my love on top

<https://youtu.be/Ob7vObnFUJc>



## "AFRICA" BY TOTO

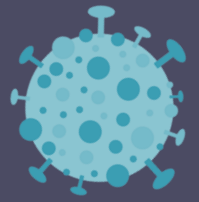
It's gonna take a lot to drag me away from you  
There's nothing that a hundred men or more  
could ever do  
I bless the rains down in Africa  
Gonna take some time to do the things we  
never had (ooh, ooh)

<https://youtu.be/FTQbiNvZqaY>



## ...OR JUST SING YOUR "ABC'S" TWICE!

# DON'T FORGET TO CLEAN YOUR SMARTPHONE!

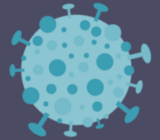


While you may want to clean your smartphone, some substances can damage the device. It is okay to wipe down your smartphone with soap and water.

- [bbc.com/news/av/technology-51863924/coronavirus-how-to-clean-your-smartphone-safely](https://www.bbc.com/news/av/technology-51863924/coronavirus-how-to-clean-your-smartphone-safely)



## WHAT HAPPENS IF YOU HAVE IT?



### SYMPTOMS OF THE CORONAVIRUS

- Fever of 100.4° or higher
- Dry cough
- Hard time breathing

*If these things happen to you, it does not mean you have coronavirus. Many people get a fever or cough. You could just have a cold or the flu.*



### I FEEL SICK...WHAT SHOULD I DO?

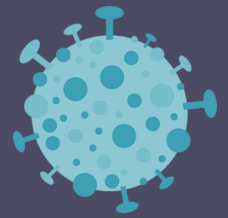
#### CALL YOUR DOCTOR IF...

- You have a fever over 100.4°
- You have been with someone who has the virus, but don't feel sick.
- You have been at a place where people with COVID-19 got medical treatment.

#### HOW WILL I FEEL IF I GET SICK?

- Most people do not get very sick. It is like having a cold or the flu.
- Some older people and people with disabilities may get really sick. They may end up in a hospital.

# CORONAVIRUS RESOURCES FOR PEOPLE WITH I/DD



**COVID-19 SYMPTOM CHECKER** - Use this self-assessment tool to determine what actions you can take to protect you and your loved ones' health and help determine whether you should be tested for COVID-19. Testing is limited to individuals who have developed symptoms of COVID-19. You can complete this assessment for yourself or on behalf of someone else, if they are not able. Your answers will also enable us to protect your community. Please answer all questions as accurately as possible.

- [self.covid19.nj.gov](https://self.covid19.nj.gov)

**COVID-19 TESTING SITES IN NJ** - If you think you have these symptoms go to this link to find a testing center

- [covid19.nj.gov/faqs/nj-information/testing-information/where-are-testing-centers-in-new-jersey](https://covid19.nj.gov/faqs/nj-information/testing-information/where-are-testing-centers-in-new-jersey)

## COMPANIES THAT CAN DELIVER YOUR MEDICATIONS QUICKLY

**EXPRESS SCRIPT** - The largest independent manager of pharmacy benefits in the United States and one of the country's largest pharmacies, serving more than 85 million people

- [express-scripts.com](https://express-scripts.com)

## WALGREENS

- [walgreens.com](https://walgreens.com)

## CVS HEALTH

- [cvs.com/content/delivery](https://www.cvs.com/content/delivery)

**PILL PACK** - A full-service online pharmacy that packages your medication and delivers to your door every month

- [pillpack.com](https://www.pillpack.com)

## STATE, COUNTY, AND LOCAL RESOURCES

### ALLIANCE CENTER FOR INDEPENDENCE (ACI)

- Coronavirus Updates & Recourses Facebook page: [facebook/acicoronavirus](https://www.facebook.com/acicoronavirus)
- [adacil.org](https://www.adacil.org)
- 732-738-4388

### NJ DEPARTMENT OF HEALTH

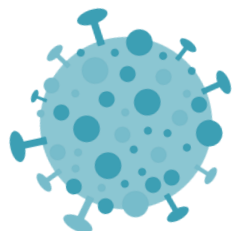
- [nj.gov/health](https://www.nj.gov/health)
- 24-hour hotline: Dial 2-1-1 or 1-800-962-1253 (*You may have to wait a bit*)
- 800-222-1222
- [ncov@doh.nj.gov](mailto:ncov@doh.nj.gov)

### MIDDLESEX COUNTY DEPARTMENT OF HEALTH

- [middlesexcountynj.gov/Government/Departments/PSH/Pages/2019-CoV.aspx](https://www.middlesexcountynj.gov/Government/Departments/PSH/Pages/2019-CoV.aspx)
- 732-745-3100

### SOMERSET COUNTY DEPARTMENT OF HEALTH

- [co.somerset.nj.us/government/public-health-safety/health-department](https://co.somerset.nj.us/government/public-health-safety/health-department)
- 908-231-7155



## UNION COUNTY OFFICE OF HEALTH MANAGEMENT

- [ucnj.org/public-safety/office-of-health-management](https://ucnj.org/public-safety/office-of-health-management)
- 908-518-5620

**NIXLE ALERTS** - Nixle Alerts are text messages to your phone about traffic, weather emergencies, governmental services and office closings, and other information that is important to the general public.

- [local.nixle.com/register](https://local.nixle.com/register)

**NJ DIVISION OF DISABILITY SERVICES (DDS)** - Within the Department of Human Services, DDS provides a single point of entry for those seeking disability-related information in New Jersey.

- [nj.gov/humanservices/coronavirus.html](https://nj.gov/humanservices/coronavirus.html)
- 1-888-285-3036

**MENTAL HEALTH** - New Jersey “Warm Line” to help individuals experiencing mental health concerns.

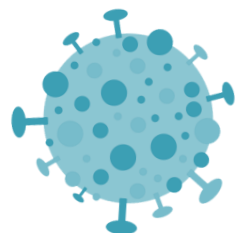
- 877-294-HELP

**CENTER FOR DISEASE CONTROL AND PREVENTION (CDC)** - The Centers for Disease Control and Prevention is the leading national public health institute of the United States. It is also a United States federal agency under the Department of Health and Human Services and is located in Atlanta, Georgia.

- [cdc.gov/coronavirus/2019-ncov/index.html](https://cdc.gov/coronavirus/2019-ncov/index.html)
- [cdc.gov/coronavirus/2019-ncov/cases-updates/summary.html](https://cdc.gov/coronavirus/2019-ncov/cases-updates/summary.html)

## FOOD RESOURCES & FOOD PANTRIES

- [cfbnj.org](https://cfbnj.org)
- [foodpantries.org](https://foodpantries.org)





## MIDDLESEX COUNTY

### MCFOODS

- [middlesexcountynj.gov/Government/Departments/mcia/Pages/Mcfoods/Food-Assistance.aspx](http://middlesexcountynj.gov/Government/Departments/mcia/Pages/Mcfoods/Food-Assistance.aspx)
- 732-729-0880

## SOMERSET COUNTY

- [foodpantries.org/ci/nj-somerset](http://foodpantries.org/ci/nj-somerset)

### FOOD NETWORK OF SOMERSET COUNTY

- [somersetfoodbank.org](http://somersetfoodbank.org)
- 732-560-1813

## UNION COUNTY

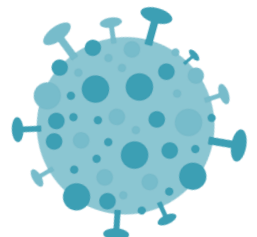
- [ucnj.org/departments/human-services/test-site-aging/food-pantries](http://ucnj.org/departments/human-services/test-site-aging/food-pantries)

**SOCIAL SERVICES** - Administers public assistance programs for low-income residents.

- Middlesex County: 732-745-3500, [middlesexsocialservices.com](http://middlesexsocialservices.com)
- Somerset County: 908-526-8800, [co.somerset.nj.us/government/affiliated-agencies/social-services](http://co.somerset.nj.us/government/affiliated-agencies/social-services)
- Union County: 908-965-2700, [ucnj.org/departments/human-services/#11](http://ucnj.org/departments/human-services/#11)

**SNAP PROGRAM (FOOD STAMPS)** - US Department of Agriculture

- [fns.usda.gov/snap/supplemental-nutrition-assistance-program](http://fns.usda.gov/snap/supplemental-nutrition-assistance-program)
- Middlesex County: 732-745-3500 or 1-800-792-9773
- Somerset County: 908-203-5031
- Union County: 908-791-7000



## **NJ211 - Non-emergency assistance and access to community services**

- [NJ211.org](http://NJ211.org)
- Dial 2-2-1
- Text COVID19 to 898-211 to receive text alerts

## **911 - For emergencies only!**

- Dial 9-1-1

## **DURABLE MEDICAL EQUIPMENT**

- [drnj.org/atacprogram.htm](http://drnj.org/atacprogram.htm)
- [goodwillhomemedical.org](http://goodwillhomemedical.org)
- [ppch.org/give-and-get-help/missions](http://ppch.org/give-and-get-help/missions)

## **LOW COST INTERNET SERVICES FOR PEOPLE WITH LOW INCOME**

- [highspeedinternet.com/resources/are-there-government-programs-to-help-me-get-internet-service](http://highspeedinternet.com/resources/are-there-government-programs-to-help-me-get-internet-service)

## **INTERNET ESSENTIALS**

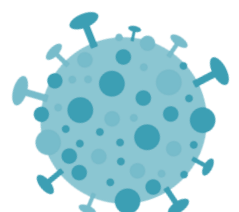
- [internetessentials.com/covid19](http://internetessentials.com/covid19)

## **REGISTER READY: NEW JERSEY'S SPECIAL NEEDS REGISTRY FOR DISASTERS -**

Allows New Jersey residents with disabilities or access and functional needs and their families, friends, caregivers and associates an opportunity to provide information to emergency response agencies so emergency responders can better plan to serve them in a disaster or other emergency.

- [www13.state.nj.us/SpecialNeeds](http://www13.state.nj.us/SpecialNeeds)
- Dial 2-1-1

*Please note that this information was accurate at the time of publication. Because of the nature of epidemic, information and resources are rapidly changing. Please contact [lkoppisch@adacil.org](mailto:lkoppisch@adacil.org) if a resource has changed or is no longer in use.*



# NOTES

