



# CORONAVIRUS (COVID-19)

There are many types of human coronaviruses however COVID-19 is a new disease, caused by a novel (or new) coronavirus.<sup>1</sup>

**COVID-19 can be more serious for those with chronic medical conditions.**

## Down syndrome and COVID-19

- Ensure the entire family is frequently washing hands with soap & water
- Keep a distance from those who are sick
- Be cautious with elderly friends and relatives
- Monitor the CDC website since COVID-19 updates evolve daily

## You may be at a slightly increased risk, specifically if your child has a history of:<sup>2</sup>

- Congenital heart disease
- A tracheostomy
- Lung disease



## What are the symptoms of this Coronavirus?



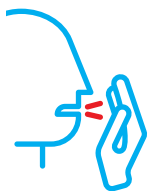
- Fever
  - Cough
  - Shortness of breath, or difficulty breathing
- \*Symptoms may appear 2-14 days after exposure

## Per the CDC website:<sup>3</sup>

“ If you think you have been exposed to COVID-19 and exhibit symptoms, call your healthcare provider immediately.”



## How does COVID-19 spread?<sup>4</sup>



**COVID-19 is spread mainly from person-to-person\***

- Between people who are in close contact with one another (within about 6 feet)
- Through respiratory droplets produced when an infected person coughs or sneezes

\*It may be possible that one can get COVID-19 by touching infected surfaces

## How to prevent COVID-19<sup>5</sup>

- Avoid touching your eyes, nose and mouth
- Stay home when you are sick
- Cover your cough or sneeze with a tissue and dispose of tissue immediately
- Clean and disinfect frequently touched objects and surfaces
- Avoid public areas and public transportation
- Avoid sharing personal household items: glasses, bedding, utensils and towels

## WASH YOUR HANDS!<sup>6</sup>



- Wash your hands often with soap and water for at least 20 seconds
- Wash especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing
- If soap is not available, use an alcohol based hand sanitizer with at least 60% alcohol

## FACEMASKS



- A facemask will not protect from respiratory diseases
- Facemasks should only be used by people who show symptoms of COVID-19 to help prevent the spread of the disease

<sup>1</sup>Coronavirus Disease 2019: FAQ (2020, March 10). Retrieved March 11, 2020, from <https://www.cdc.gov/coronavirus/2019-ncov/faq>

<sup>2</sup>Down Syndrome Center of Western Pennsylvania Podcast: #68 - Coronavirus (with Dr. Andrew Nowalk) (2020, March 10) Retrieved March 11, 2020 from <http://downsyndromecenter.libsyn.com/68-coronavirus-with-dr-andrew-nowalk>

<sup>3</sup>Coronavirus Disease 2019: What to do if you're sick (2020, March 9) Retrieved March 10, 2020 from <https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>

<sup>4</sup>Coronavirus Disease 2019: How it Spreads (2020, February 28). Retrieved March 3, 2020, from <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>

<sup>5</sup>Coronavirus Disease 2019: What to do if you're sick (2020, March 9) Retrieved March 10, 2020 from <https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>

<sup>6</sup>Handwashing: Clean Hands Save Lives. (2016, March 07). Retrieved March 3, 2020, from <https://www.cdc.gov/handwashing/when-how-handwashing.html>