



WHAT TO DO DURING CORONAVIRUS

Disability Specific guidelines for persons with Disabilities (Community Based Practices)

1

WASH YOUR HANDS

Wash your hands regularly and thoroughly with soap and water for at least 20 second or use hand sanitizer with at least 70% alcohol content. Wash hands thoroughly before and after assisting your loved one during self-care activities. If possible, use gloves. But dispose the gloves after use.

2

SOCIAL DISTANCING

Make sure that your family member with disability maintains at least 1 metre (3 feet) distance from others. Reduce the number of visitors to your home, especially their contact with your family member with disability

3

COUGHING AND SNEZZING ETIQUETTE

Cover your mouth and nose with your bent elbow, tissue or kerchief when you cough or sneeze. Then dispose of the used tissue immediately or wash the hand and the kerchief. Avoid physical contact during greeting and use other gestures such as folding hands, wave or a nod.

4

STAY SAFE

All family members should stay at home. If you have a fever, cough and difficulty breathing, seek medical attention as early as possible. Sweep and mop your house twice daily. Use soap and water, if the surface is dirty and then a household disinfectant.

5

STAY INFORMED

Take time to educate your family member with disability about the virus and the significance of necessary precautions that need to be taken.