



Dealing with the Coronavirus Outbreak

Stay Calm . . . But Be Prepared

Essential to achieving the goal of living independently is the ability to remain safe and healthy. And, although we currently have very few cases in the US it's important to be prepared.

Over the next several weeks ILO's Community Builders will be mentoring self-advocates about staying healthy during the current Coronavirus outbreak and emergency planning and safety at home.

The Coronavirus Staying Healthy

"In a crisis, committing to building healthy habits becomes even more important."

Arianna Huffington, Thrive Global Founder & CEO







Prevention is the name of the game! This includes not only washing our hands, exercise, and good nutrition, but also sleep, staying hydrated, and focusing on being positive to reduce stress and anxiety.

But, if you should get sick, know that you are not alone. There are always other people to help you: your family, **your ILO Community Builder**, friends, and if you can't find someone to help you, or if you need immediate help, you can always call **911**.





Prevention - Most of us know the information below but it is important to review it and keep in mind.

STOP THE SPREAD OF GERMS!

<p>Stay home when sick</p> 	<p>Cover your cough or sneeze with a tissue</p> 	<p>Dispose of tissue after use</p> 
<p>If you don't have a tissue, cough or sneeze into your upper sleeve</p> 	<p>Wash hands with soap and water for at least 20 seconds</p> 	<p>Avoid touching eyes, nose, and mouth with unwashed hands</p> 

CORONAVIRUS.DC.GOV

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I Have Symptoms – What Should I Do?

The symptoms that are currently being seen with the Coronavirus include: fever and respiratory symptoms such as cough and shortness of breath.

Stay home from work, school, and out of public places (restaurants, stores or events) until you are free of fever and any other symptoms for at least 24 hours without the use of fever-reducing or other symptom-altering medications.

Seek medical attention if you have a fever or a if you believe you have been exposed to Coronavirus or any flu.

CALL your doctor or healthcare provider before visiting a healthcare facility.

<h2 style="text-align: center;">Calling 911</h2> <ol style="list-style-type: none"> 1. Try to remain calm. 2. Know your location. 3. Be aware of your surroundings. 4. Don't hang up. 5. Let the 911 dispatcher guide the conversation. 6. Be patient. 7. Follow all directions. 	<h2 style="text-align: center;">Asking Others for Help</h2> <p>How?</p> <ul style="list-style-type: none"> • <u>Be direct</u> - say, "Can you help me?" • <u>Be specific</u> about what you need. • <u>Ask questions</u> if you don't understand. • <u>Show respect</u> - be willing to listen. <p style="text-align: center;">Always . . . say, "Thank you"</p> <p>Why?</p> <ul style="list-style-type: none"> • Sometimes asking for help is the fastest and best way to figure things out. • And . . . most people <i>like</i> to help and <i>want</i> to help.
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