Do You Know Your Rights with COVID-19?

The COVID-19 virus has made many people with disabilities scared. You might worry you will get sick and not get treatment. People with disabilities know that discrimination affects who gets medical care. The National Disability Institute reports that 60% of adults with disabilities worry about being treated unfairly at hospitals.

You should feel comfortable advocating for your rights when you are sick.

Know Your Rights

👉 **You have a right to get care just like everyone else. You cannot be denied care just because you have a disability and may need extra help.**

👉 **State Medicaid Programs must now pay for any help you need from attendants while you are in the hospital.**

👉 **Hospital policies for visitors have changed to stop the spread of the virus. Hospitals may not allow visitors. They can make an exception if you need help with advocating, communicating, understanding or self-care.**

👉 **Your civil rights have not changed. This includes the right to be treated fairly in the hospital. Treatment should not be denied because of your disability.**

Act with Care

✅ **Hand washing can be difficult for some people. Do your best. Remember to clean equipment like wheelchair rims and canes. Wash, then wipe! Post-it notes or timers can help you remember.**

✅ **Try to change how you do things to expose yourself to less germs. Look at your routines. See if there are things you can change to stay away from crowds. Stay home and stay safe.**

✅ **Try to touch surfaces less often. If you have to touch things to get around or communicate, wash your hands or use sanitizer. You may need to try new ways to do things during this time.**

✅ **Avoiding others may not always be possible. You may need to have close contact with your caregivers. Talk to you caregiver about how you can both stay healthy. If you have masks and gloves, they may help.**