

**COVID-19**

**WHAT IN THE  
WORLD**



**IS GOING ON?**

*I feel fine.*

*Everyone looks okay.*

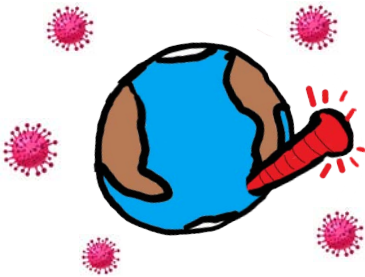
*Why is everything  
changing so fast?*



IMAGE CREDIT:  
IVANOVA SMITH

# What is all this coronavirus business about?

A new virus has been spreading around the world.



The official name for the virus is **Novel Coronavirus 19**, or **COVID-19** for short.



“**Novel**” means that it’s new. Scientists have not seen it before.



“**Corona**” means it has little spikes that look like a crown when viewed under a microscope.

**2019**

“**19**” means it was identified in 2019 and has spread all over the world as people traveled.

Common symptoms include:



**Fever**



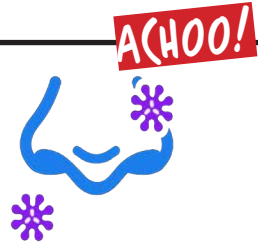
**Dry Cough**



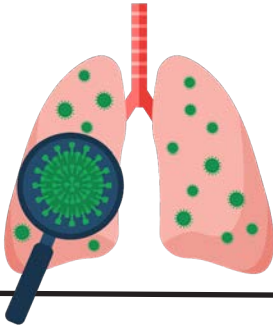
**Breathing Problems**

A cold is a virus, and the world doesn't shut down. Why is everyone so worried about this one?

Different viruses do different things. FOR EXAMPLE, a cold virus attaches to the nose and throat.



COVID-19 attaches to the **LUNGS** where it makes copies of itself really fast.



COVID-19 MAKES IT **HARD TO BREATHE**. It is also hard on the heart.



People with weakened immune systems have a hard time fighting it off. For older people and people with health conditions, **COVID-19 CAN BE DEADLY**.



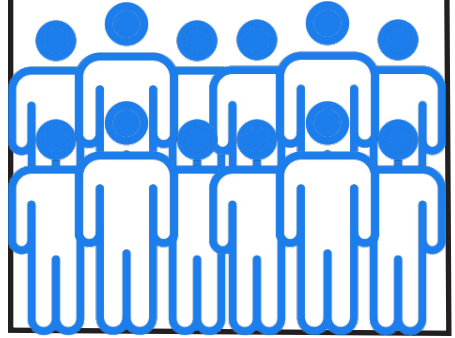
Even if someone is young and healthy, they can still carry the virus without any symptoms and make other people sick. They can also get sick themselves.

# But why do I have to stay home?

Because COVID-19 is new, scientists do not have a vaccine for it.



And that makes it easier for more people to get it.



No vaccine, plus more infected people, equals strain on health care services.



The main point is, COVID-19 affects all of us, and it will take all of us to **SLOW THE SPREAD.**



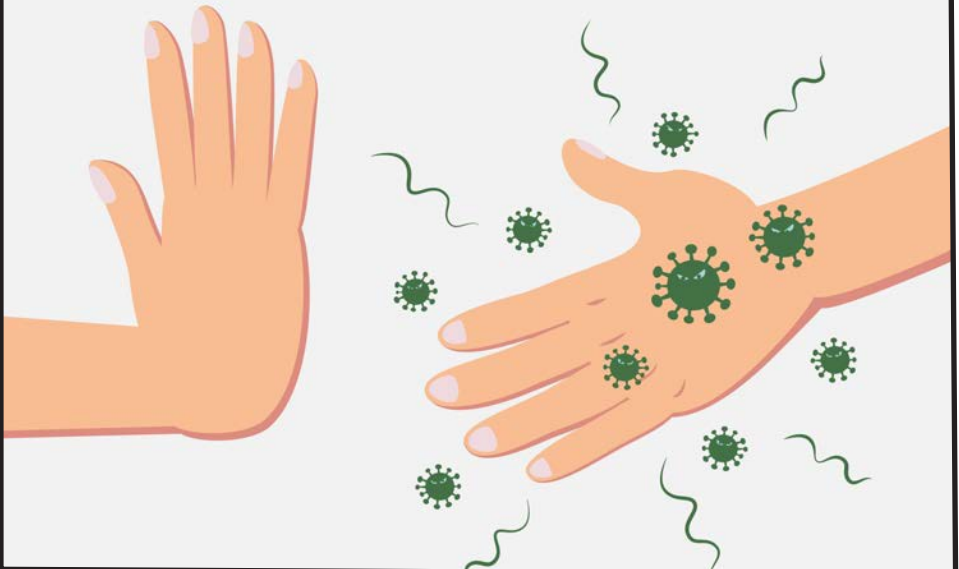
# Aren't people just overreacting?



**No. This is not an overreaction.**

Because there is no vaccine, and people can pass the virus without knowing it, **COVID-19 CAN OVERWHELM OUR HEALTHCARE SYSTEM VERY QUICKLY.**

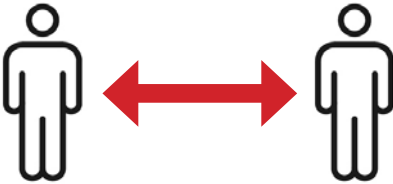
We need to help **SLOW THE SPREAD** so everyone can get help when they need it.



The only way to help slow the spread is to **SHUT DOWN ALL EVENTS AND ACTIVITIES** where people gather...



**KEEP A DISTANCE** from each other when we go outside...




And make sure to **WASH OUR HANDS & CLEAN SURFACES.**



**If we don't do these things, and too many people get sick at the same time, there will not be enough doctors and hospitals to help everyone.**

**I feel like I am being punished,  
and my freedoms are being taken  
away.**



**No one is being  
singled out to do this.**

**We are all learning to adapt to this change, And find new  
ways to connect with each other:**

**Use Zoom or Skype  
for video chats.**

**Connect with  
online groups.**

**Get online access  
to library media and  
books.**

**Watch church  
services online.**

**FaceTime or text  
with friends  
and family.**

**Need Help?  
ask a friend,  
relative or  
support  
provider for  
assistance.**

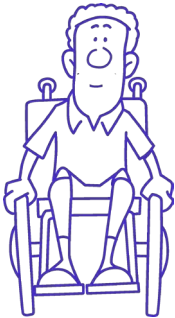


## What if my care providers can't work or I need more help?

If you are a client of the Developmental Disabilities Administration (DDA), contact your case manager and let them know what's going on.



## My workplace shut down. What do I do now?



Due to the virus, businesses have to close, except for essential services (food, pharmacy and health care).

If you have a job coach and your employer has told you not to come to work, talk to your job coach to help you understand what this means for you.

## Will I still get my benefits, like SSI?

Yes. You will still get your monthly SSI/SSA check. Social Security offices have closed for face-to-face contact, but they are still doing their work. If you have questions, call Social Security at 800-772-1213.



# How long will this last?

**It will take a while  
for life to get back to  
normal.**



**One way to cope with not  
knowing how long this will last  
is to focus on  
how to make  
things  
work with  
what  
we have  
today.**



**We have helpful people everywhere—  
friends, family, neighbors, services.**

**We have technology to connect us.**

**We have resilience and the ability to face  
tough challenges.**

**And...**



This Plain Talk booklet on COVID-19 was  
created by Informing Families.



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