

The corona-virus COVID-19

Easy to read information about
the corona-virus.

About this booklet



- We hear people talking about the corona-virus all around us.
- **Everyone** has the right to access correct information on the corona-virus, including people with intellectual disabilities.
- This booklet was made by **Throskahjalp**, the National Association of Intellectual Disabilities in cooperation with the **Directorate of Health** and the **Ministry of Health**.

What is the corona-virus?

- The corona-virus is a virus that can cause people to become sick.
- Sometimes we may hear of **COVID-19**. When people do so, they are still talking about the corona-virus.
- The corona-virus originated in China but has spread throughout the world and now it has spread in Iceland.

Symptoms of the corona-virus



- When we are sick we have symptoms. That means that we feel or notice that we are sick.
- The symptoms of the corona-virus are:
 - Coughing
 - Fever
 - Body ache
 - Some people get pneumonia

The Symptoms of the corona-virus

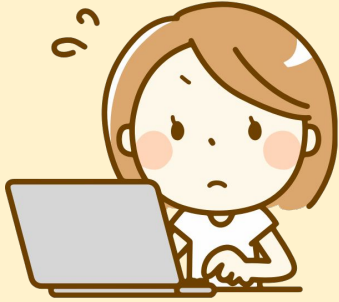


- Common flu that most of us have experienced has very similar symptoms.
- That is why some people become scared when they show symptoms. They think they have the corona-virus when they just have a common flu.
- **People get infected by other people.** If you have touched a person with corona-virus, slept in the same bed or stayed in the same house you can get the corona-virus.

Will everyone with the corona-virus become sick?

- No, not at all!
- Some people feel like they have a common flu, while others get very sick.
- Only a **few** people who get the coronavirus die from it.
- Those who have a disease are at more risk to get sick because of the coronavirus than people who don't have any medical conditions.

I am afraid that I may have the corona-virus



- You can not go straight to the doctor if you think you have the corona-virus.
- You should call **1700**. If you go directly to the doctor you put other people at risk. You might pass the virus!
- It is good to talk to someone you trust if you are afraid. You can also call the Red Cross Helpline **1717**.

What is quarantine?



- You may have heard on the news that some people have to go into quarantine.
- That means that people have to stay at home for 14 days.
- To be in a quarantine means that a person should not be near to other people. That is because the person could have the virus and could pass it on to other people.
- We go into quarantine so we don't infect other people, in case we have the corona-virus.

Can you treat the corona-virus with medication?



- No. There are no medications or vaccines for this virus yet.
- Scientists are trying to create a medicine but it will take time.
- That is why we all need to help each other to prevent the virus from spreading.
- We all need to work together!

How do I avoid getting the corona-virus?



- We need to regularly and carefully wash our hands.



- Don't touch your face without washing your hands first.
- We should avoid hugging people when we meet them. Don't shake other peoples hands when greeting them.

How do I avoid getting the corona-virus?



- If you need to cough or sneeze, cover your mouth with your elbow or a tissue paper. Remember to throw the tissue in the bin immediately afterwards.
- Wash your hands with soap or use a disinfectant spray or gel if you sneezed in your palm.
- Never drink from cups or glasses that other people have been using, unless they have been cleaned.



How should I wash my hands?

Hand washing – hand hygiene

Repeat each step of the hand washing procedure at least five times



1 Rub hands palm to palm



2 Rub right palm over left dorsum and vice versa



3 Rub thoroughly between all fingers



4 Rub fingertips and fingernails of both hands together thoroughly



5 Rub thumb of each hand thoroughly



6 Rub each palm thoroughly

- You should wash your hands using soap for at least 20-30 seconds.
- You can sing the birthday song twice while washing your hands. That way you know you have washed your hands long enough.



Landssamtökin

Þroskahjálp

Mannréttindi fyrir alla!

You are always welcome to call Þroskahjálp, the National Association of Intellectual Disabilities if you need any information or advice. Our phone number is **588 9390!**

Landssamtökin Þroskahjálp 2020