

Accessibility Matters: Pandemic Facts

#1 Prevention of Spreading:

Stay at Home!

Other

preventative measures:

2) Wash your hands often for at least 20sec.

3) Avoid touching your eyes, nose, mouth with unwashed hands.

4) Stay at home when you are sick.

5) Cough or sneeze into your elbow or tissue and then throw away the tissue into the trash.

Facts:

1) Diseases can make anyone sick regardless of their race, ethnicity, ableness. Fear and anxiety about the virus cause people to avoid or reject others even though they are not at risk for spreading the virus.

2) For most people, the immediate risk of becoming seriously ill from the virus that causes Covid-19 is thought to be low, but it is good to check Centres for Disease Control and Prevention (CDC) for information regarding the specific virus. Older adults or people of any age with underlying health conditions like diabetes, lung disease, or heart disease, are at greater risk of severe illness from Covid-19. Anyone can have it without knowing and pass it on to a more vulnerable person, causing a more severe reaction.

3) A person who has finished their quarantine or released from isolation does not pose a risk of infection to other people.

4) CDC recommends simple things a person can do to help keep themselves and others healthy. They are listed on the part of the page showing preventative measures.

5) Help stop the virus from spreading by knowing the signs, Covid-19 signs: fever, cough, shortness of breath.

6) Seek medical advice if you develop symptoms, or have had close contact with a person known to have Covid-19.

Mental Well-being During This:

During this time there are things a person can do for their mental well-being:

- **Connect** (E-mails, phone, playing games over the internet, Virtual Meetings)
- **Be Active** (Exercise in your home/back yard, dance, yoga classes videos/on-line)
- **Eat well** (Learn new cooking skills from cookbooks/internet, order more healthy delivery)
- **RELAX & BREATHE** (try meditation, mindfulness classes on-line, reading)
- **Sleep well** (Try to still get the recommended 7 – 8 hours sleep per night)
- **Create** (Take up a hobby like sketching, painting, doing poetry, learning music)
- **Explore** (On the internet/books explore different countries, regions, cultures)
- **Get Clear** (Take this time to work on yourself, focus on you and your family)
- **Get Help** (Ask others for support, reach out to on-line counselling, call Interior Crisis Line **1-888-353-2273**, or workers at Independent Living Vernon **250-545-9292** or text only **778-212-1088**)