CORONAVIRUS (COVID-19)

If I Become Sick with Coronavirus

The coronavirus is similar to a flu or cold virus
and spreads very easily.

Many people will become sick with the coronavirus.

I may become sick with the coronavirus.

Every person who becomes sick with the coronavirus will have their own unique experience.

While I <u>can not</u> know for sure what my experience with coronavirus will be, there are some things I can expect.

If I become sick with the coronavirus, I may feel unwell.

I could have a fever, sore throat, cough, shortness of breath or feel very tired.

If I become sick with coronavirus, I will need to get tested.

Nose Swab

I will go to a special clinic to get tested.
The test may feel uncomfortable but it will be over with quick.

If I become sick with coronavirus, I will need to self – isolate - away from others - to avoid the spread of germs.
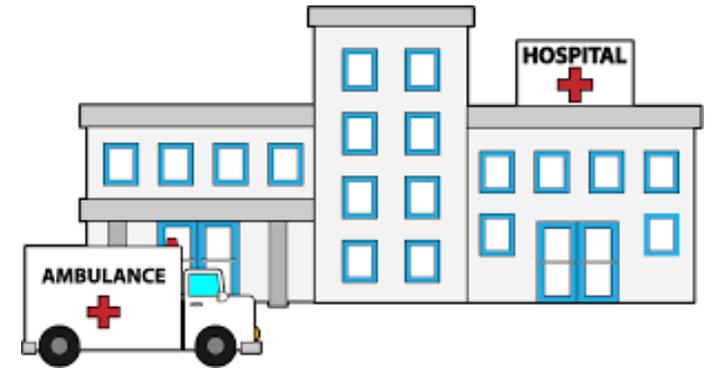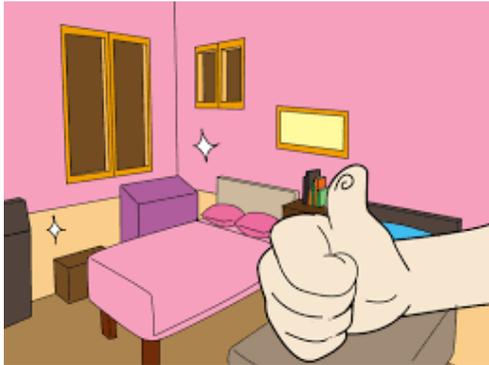
Self-isolation could happen in my **bedroom**, a **special area in my house**, a **new place** away from my home, or the **hospital.**

Self - isolation means that I will stay in one area <u>at all times</u> throughout the day and night, until I am better.

This means that I will sleep in this area, eat in this area and
do all my daily activities in this area.

Sleeping

Eating

Daily Activities

This also means that I <u>will not</u> be able to spend time with my family, friends or housemates.
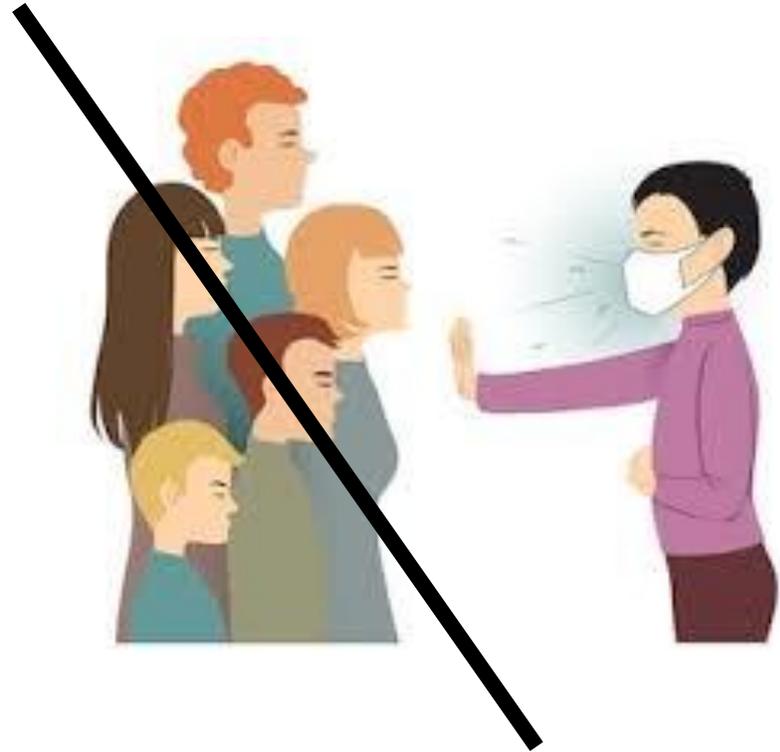
It is important that I stay away from other people so that I don't get anyone sick.

If I become sick with coronavirus, I will need to wear a mask that covers my nose and mouth.

When staff come to support me, they will wear a mask that covers their nose and mouth.

They may also wear other items, like a gown, gloves and goggles. This will help to prevent the spread of germs.

If I become sick with coronavirus, I have supports in place to make sure that I am safe and as comfortable as possible.

I don't know how long I will be sick with coronavirus but I know that I will be well taken care of.

Learning about what may happen if I become sick with coronavirus might make me feel different emotions.

It is **okay** to feel this way.

I have people in my life who are here to support me.

If I have questions or need support I can talk to them.