

# The Updater

## COVID-19 Insert

April 21, 2020

PEOPLE  
FIRST  
OF CANADA



PERSONNES  
D'ABORD  
DU CANADA

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**Plain language information and links to resources about COVID-19**

### COVID-19 Plain Language Information

We have put together some information here about COVID-19. It is sometimes called the 'coronavirus.' There is a lot of information out there. Make sure you follow information from trusted sources.

You should follow the public health officer in your province or territory for the most up-to-date information in your area.

But – no matter where you are in Canada, the rules are the same!

- Keep a social distance between you and other people.
- Wash your hands often and well. Use soap and water or hand sanitizer.
- Stay at home as much as possible and avoid people other than those you live with.
- Cover your cough or sneeze with a tissue if you have one. Cough into your elbow if you don't.

It can be hard to follow these rules. But they are extremely important to make sure we all stay safe and healthy.

## Social Distancing is Important

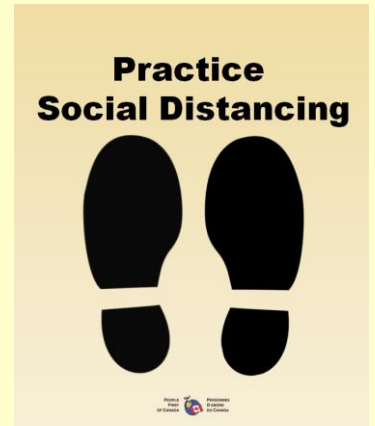
We have all heard the words 'social distancing' a lot over the past few weeks. It is sometimes called 'physical distancing.'

Social distancing means keeping space between you and other people. It means we have to keep 2 metres or 6 feet of space between ourselves and other people.

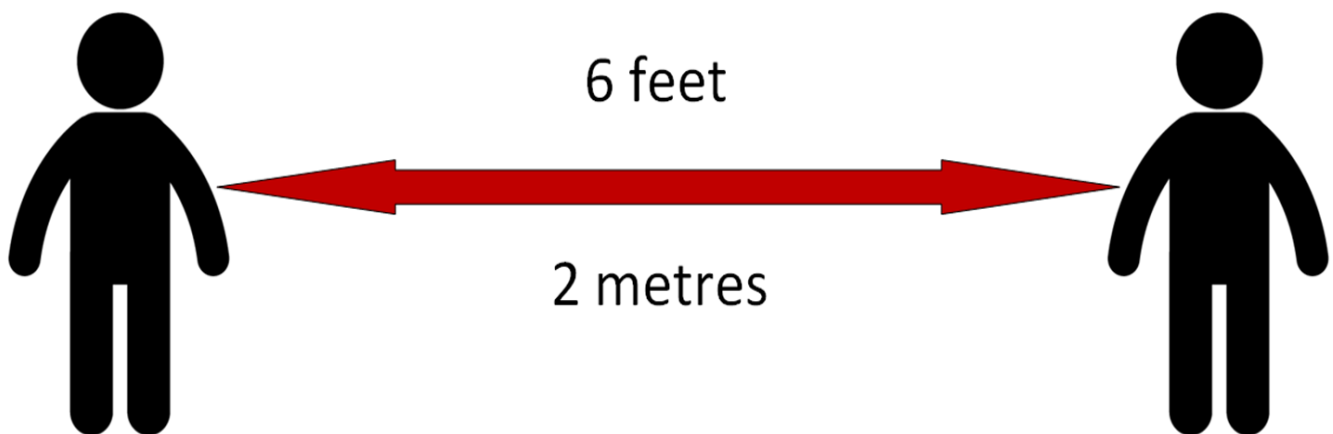
This is the most important thing we can do to stop the spread of COVID-19.

If you are out in public – getting groceries or medications – keep 6 feet or 2 metres of space between you and other people. This is about two arms lengths apart. Many stores now have footprints and arrows on the floor. This will help to guide you in keeping social distance.

Do your part – practice social distancing!



- Keep at least 2 metres or 6 feet between you and others whenever you are out in your community.
- DON'T go out if you don't have to.
- Limit your contact with other people outside of your home.
- Practice social distancing when you have to go out for food or medication.



## Wash your hands!

One of the most important things you can do to keep safe is wash your hands!

We know that COVID-19 spreads through people coming in contact with each other. We also know we can get the virus from touching things that other people have touched. Because of this, it is very important that we wash our hands often and thoroughly.

We need to wash our hands every time we come in contact with objects like shopping carts and baskets, or doorknobs and counter tops. Making sure we wash our hands after touching things outside our home will help make sure we don't get the virus or spread it around.

We need to use soap and water whenever we can. We need to wash our hands for at least 20 seconds.

If you can't wash your hands, use hand sanitizer. A hand sanitizer must have 60% alcohol to work well.



*It is important to wash your hands with soap and water for at least 20 seconds.*

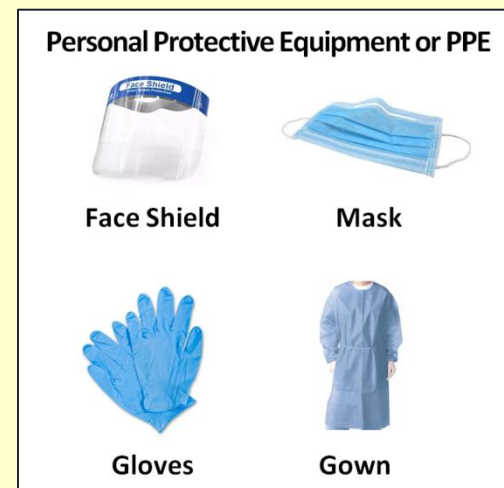
## What is Personal Protective Equipment

Many people with intellectual disabilities live in group homes or personal care homes. They don't always have control over comes into their living space. Many people will find that staffs are now wearing Personal Protective Equipment or PPE.

Personal protective equipment includes face shields, masks, gloves and gowns. These items help make sure that the virus does not spread from one person in the home to another person.

Staff will be wearing these items to protect everybody. It does not mean that you are sick. It just means that everybody is being very careful.

Personal protective equipment will protect both the people living at the home and the staff who work there.



*Personal protective equipment includes face shields, masks, gloves and gowns.*

## Stay connected while staying home

It is important to keep in touch even while you are staying away from other people. Make sure you keep in touch with your family and friends, especially if you live alone. Keep in touch by phone and text or video calls.

You should also keep informed. Follow the news. Listen for any information from your community or province or territory. There are updates everyday from public health

officers. They will let you know what is happening with COVID-19 and any health information you may need.

But you should also take a break from the news. There is a lot of information out there and it can be overwhelming at times. You should keep informed but you should also take a break from the news.

Stay safe, stay home and keep in touch!

## Plain language Information and Resources

**The Public Health Agency of Canada** has trusted information about COVID-19 and what is happening in Canada. [Public Health Agency of Canada](#)

**People First of Canada (PFC)** has been keeping all of our COVID-19 information and resources at this link: <http://www.peoplefirstofcanada.ca/covid-19-resources/>

**The Canadian Association for Community Living (CACL)** has their resources at the following link: <https://cacl.ca/coviddisability/>

**Inclusion International** has their resources at the following link: <https://inclusion-international.org/coronavirus/>

**The Council for Intellectual Disability** has a plain language document about taking care of your mental health during COVID-19. You can access the document at this link: [Corona and mental health CID](#)

**The group Opening Doors from the United Kingdom** has a great guide to plan for being safe and staying inside. It has been adapted for Canada. You can access the guide at this link: [Plain language plan for staying in and staying safe](#)

**Green Mountain Self Advocates** in the United States has a plain language booklet on COVID-19 available in 11 languages. You can access the booklet at this link: [Plain Language Information on Coronavirus](#)



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