



STAY UP-TO-DATE AT COVID19.CA.GOV

COVID-19 TIPS

FOR CAREGIVERS OF PEOPLE WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES



EN

ENGLISH

ALSO AVAILABLE IN:

Español
中文
Filipino
Tiếng Việt
한국어



**GOVERNOR'S OFFICE
OF EMERGENCY
SERVICES:**

CalOES.ca.gov



**CALIFORNIA STATE
COUNCIL ON
DEVELOPMENTAL
DISABILITIES:**

SCDD.ca.gov



**DEPARTMENT OF
DEVELOPMENTAL
SERVICES:**

DDS.ca.gov

HEALTHY HABITS

HELP THE PERSON YOU CARE FOR BUILD
GOOD EVERYDAY HABITS

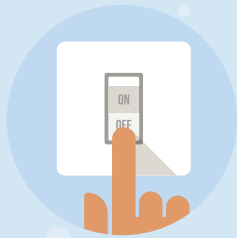
YOUR ACTIONS
SAVE LIVES



Wash hands often with soap
and water for **20 seconds**.



Cover coughs and sneezes
with a sleeve or tissue.
Then throw away the tissue.



Disinfect frequently touched
surfaces and objects daily.



Stay home, except to get
essentials or medical care.



If you have to go out,
stay six feet away from
others as much as possible.



Wear a mask in grocery stores
and other public spaces.

TIPS FOR CAREGIVERS

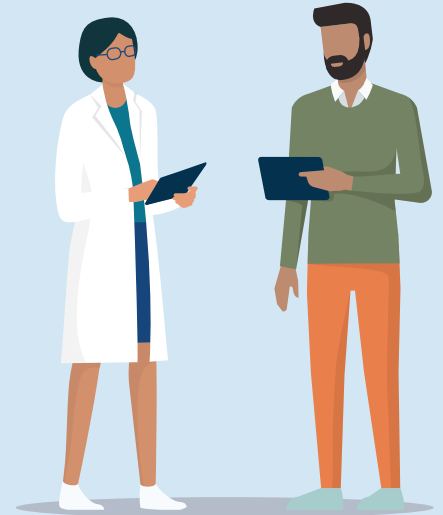


- ✓ Involve the person you support in the planning and decision-making, as much as possible.
- ✓ Create a plan for who will be responsible for the person you care for if you fall ill.
- ✓ If you already have a backup or emergency plan, review it to make sure it still works.
- ✓ Confirm availability of service providers and other circles of support.
- ✓ Prepare the person you care for that caregiving and other services may change or look different.
- ✓ Train backup caregivers in case you get sick or need to be hospitalized.
- ✓ Teach other caregivers safe COVID-19 practices and telltale symptoms.
- ✓ Listen to and discuss the concerns and feelings of the person you care for.
- ✓ Maintain the person's outside social connections through phones and computers.
- ✓ Find creative ways to maintain routines, or build new ones.
- ✓ Share videos and social stories that explain COVID-19 and how to stay safe. **SCDD.CA.GOV**



TOOLS

- ✓ Create and share an emergency contact list, including family, friends, neighbors, drivers, healthcare and service providers, teachers, employers, the local public health department and other community resources.
- ✓ Help the person you care for to create a **HEALTH PROFILE** with medical conditions, doctors and medications.
- ✓ Keep yourself up to date on what to do if you are sick or caring for someone with guidance from the CDC. **CDC.GOV/CORONAVIRUS/2019-NCOV/IF-YOU-ARE-SICK/**
- ✓ Use your care recipient's patient portal, or a mobile health app, to save and share information about health and needs.
- ✓ Learn how to ask a hospital to provide communication accommodations if the person you care for needs tools and support. **COMMUNICATIONFIRST.ORG/COVID-19/**



SELF-CARE

- ✓ Take extra good care of yourself, especially if you have a chronic condition.
- ✓ Eat healthy food and avoid stress eating.
- ✓ Find new ways to exercise while staying home.
- ✓ Stay connected with your own support system, friends and family.
- ✓ Remember the things you enjoy and do them when you can: books, movies, meditation, calling a friend.
- ✓ Avoid too much news and things that trigger stress.
- ✓ Try to get some sleep. Sleep is key to you being able to take care of others.



EXTRA TIPS FOR:



IF THE PERSON YOU CARE FOR GETS SICK

- ✓ If possible, pick one person to be the main caregiver.
- ✓ Keep the sick person away from others in the household.
- ✓ If possible, have the sick person use a separate bedroom and bathroom.
- ✓ Have the sick person use separate dishes, cups and utensils.
- ✓ Disinfect light switches, doorknobs, toys and other touched surfaces daily.
- ✓ Launder clothes, towels and bedding in very hot water.
- ✓ Wash hands before and after caregiving. Use gloves for any caregiving that may put you in contact with bodily fluids.
- ✓ Have the sick person wear a mask when you are caregiving nearby.
- ✓ Keep pets away from the sick person.
- ✓ Keep out visitors who are not absolutely necessary.
- ✓ Keep distance where possible.
- ✓ Record and report worsening symptoms: fever, cough, shortness of breath.
- ✓ Always call before going to the doctor or an emergency room.



IF THE PERSON YOU CARE FOR GETS HOSPITALIZED

- ✓ Label all devices and equipment with name and contact information.
- ✓ Pack device chargers and extra batteries.
- ✓ Give hospital staff the Health Profile and any requests for accommodations.
- ✓ Ask hospital staff to help connect devices to Wi-Fi.
- ✓ Ask hospital staff how to get updates on the person you care for.

