

# What You Can Do About Coronavirus

A GUIDE FOR PEOPLE WITH FASD  
(AND OTHER NEURODEVELOPMENTAL CONDITIONS)



## WASH YOUR HANDS

Wash your hands frequently



Use lots of soap!



Wash them for at least 20 seconds

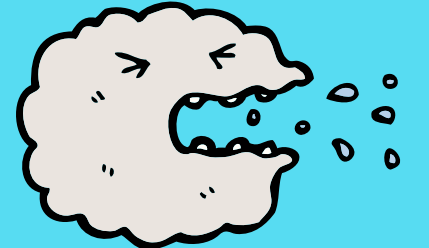


Some people like to sing a song



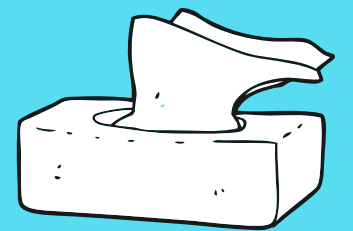
Some kids like an adult helping them

## IF YOU COUGH OR SNEEZE



## USE TISSUES

Catch coughs and sneezes in a tissue



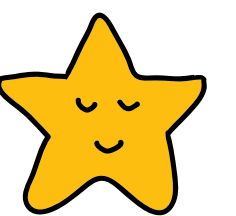
Throw out the tissue



Then wash hands again!



We know it can be hard but you can do it



Some people with FASD don't like washing hands

But it's **REALLY** important to help keep you & others safe

Keep this poster by the sink and put a tick mark here when you do



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## BE PREPARED

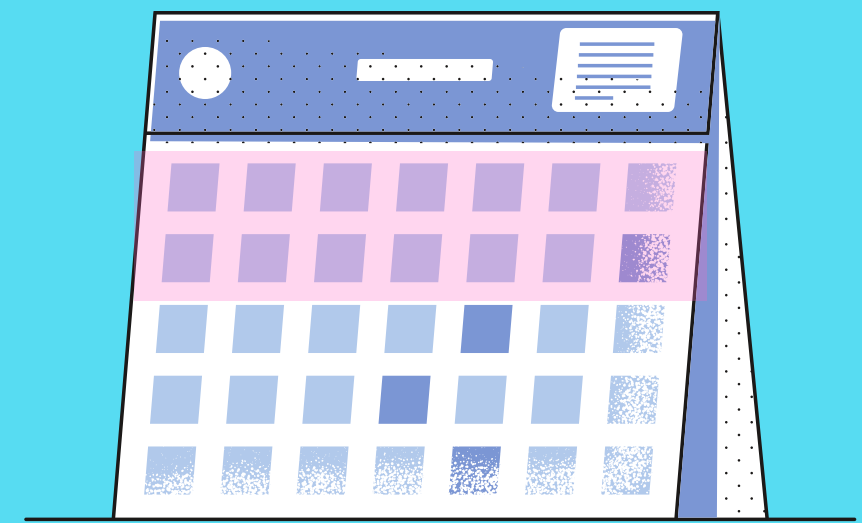
People with symptoms of coronavirus (such as a cough or fever) may be asked to self-isolate at home.



This may mean staying indoors and avoiding contact with other people for up to 14 days.



The majority of people who catch COVID-19 will not need to see a doctor as their symptoms will be mild, such as those you might expect with a cold or flu and treatable at home.

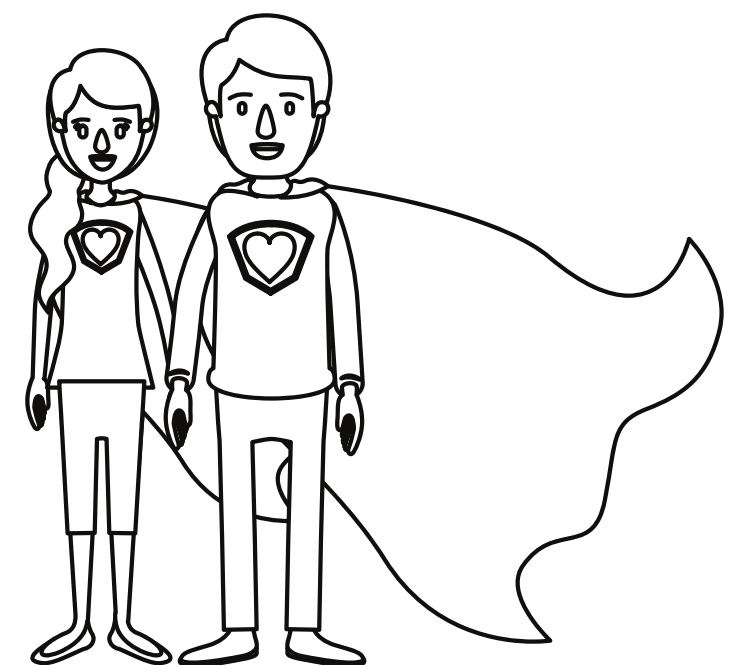
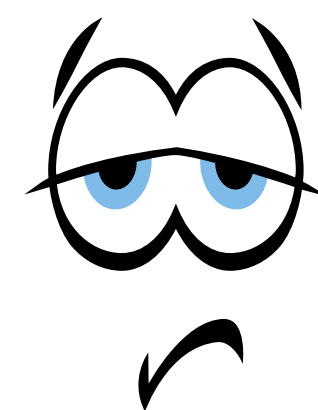


## We know it might sound boring or frustrating...

...especially if you have mild symptoms and feel well enough to go out.

But health professionals will only ask people to do this if doctors and scientists believe it is necessary.

Self-isolating when asked can be a huge help to slow the spread of coronavirus and protect other people. Be a super hero!



## Talk to your loved ones if you have worries They will help you

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<https://publichealthmatters.blog.gov.uk/2020/03/04/coronavirus-covid-19-5-things-you-can-do-to-protect-yourself-and-your-community/>

## PLAN AHEAD BASED ON YOUR SITUATION

These are some things you (or an adult) might think about to help you self-isolate if you needed to.



Friends or neighbours might be able to bring food to your house or run errands, or maybe you could do online shopping?

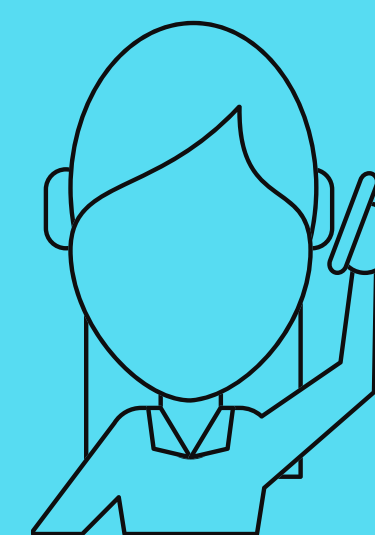


Make a list of activities you have planned over the coming weeks, list which are essential and which you could cancel if you needed to.



Some might need to work from home.

Some students may be asked to do schoolwork at home.



Check in with friends, family or neighbours who might need extra help.



## SOCIAL DISTANCING

To stop people passing on the germs, social distancing means we might be asked to keep space between us and others.

## It's science

Self-isolation or social distancing would only be advised if scientists and experts, including the UK's Chief Medical Officers, decide they are necessary.



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## MAKE A PLAN JUST FOR YOU



What would you need if you were asked to stay home for 14 days? Medicines? (If you are a young person, an adult will do this.) Favourite foods? Fuzzy slipper socks? Music? Bubbles? Slime ingredients? Lavendar lotion? What makes you calm and happy?

A large yellow-bordered rectangular area containing five rows of writing lines. Each row consists of a small yellow square on the left and a horizontal yellow line extending to the right, providing a template for a list of items or thoughts.



## YOU CAN HELP PREPARE

Can you design a calm space? Can you put favourite your sensory items in a basket? Can you make a 14-day calendar to check off the days? Can you make a worry box so you can share your worries?

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<https://publichealthmatters.blog.gov.uk/2020/03/04/coronavirus-covid-19-5-things-you-can-do-to-protect-yourself-and-your-community/>

## USE HEALTH SERVICES WISELY

The NHS will be busy so it's important to think about the NHS services you use.

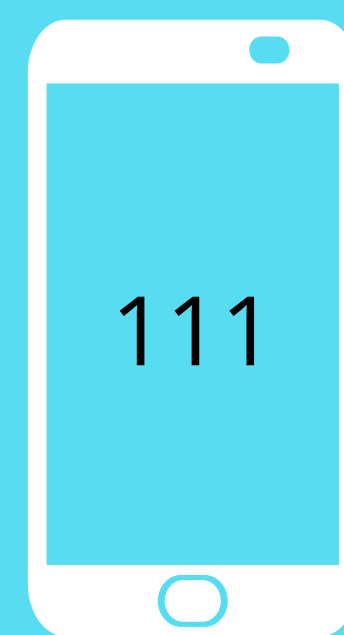
If you start to experience symptoms and believe you could have coronavirus, do not go to a GP surgery, pharmacy or hospital as you could pass the infection to others.

Visit NHS UK's coronavirus (COVID-19) page <https://111.nhs.uk/covid-19>

Call NHS 111 if you need to speak to someone.

The majority of people who catch COVID-19 will make a full recovery without medical attention.

If you are concerned because you believe you are at greater risk, or feel your symptoms are becoming more severe, contact NHS 111 or 999 in an emergency.



## TELL THEM YOU HAVE ADDITIONAL NEEDS

As someone with FASD (or another neurodevelopmental condition) you have a right to understand health care issues. You can tell them you have a 'neurodevelopmental disability' and you need help understanding what you should do and you may need help with anxiety and sensory needs. Use those words. They may not understand FASD or your condition.

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## USE TRUSTED INFORMATION SOURCES FROM THE UK GOVERNMENT AND NHS

The UK coronavirus (COVID-19) page will keep you in touch with how the Government is responding.

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>



The NHS coronavirus (COVID-19) page includes a wide range of health-related information.

<https://www.nhs.uk/conditions/coronavirus-covid-19/>



If you are planning to travel abroad check the Foreign and Commonwealth Office travel advice page. <https://www.gov.uk/foreign-travel-advice>



Follow Public Health England (@PHE\_uk) or The Department of Health and Social Care on Twitter (@DHSCgovuk) for regular updates.



## HANG IN THERE

The steps in this guide will help keep you and your loved ones safe

You are not alone