

Staying Healthy During COVID-19



A Wellness Guide



What is COVID-19?

- COVID-19 is a disease. It is caused when a new type of *coronavirus* gets inside a person's body. Because COVID-19 is caused by a *coronavirus*, some people call the disease "Corona".
- Other viruses can make people sick, but COVID-19 is caused by a new virus. Our bodies do not fight off new viruses as well as other viruses that have been around for a while.

COVID-19 symptoms include:

- cough,
- fever or chills,
- shortness of breath or difficulty breathing,
- muscle or body aches,
- sore throat,
- new loss of taste or smell,
- diarrhea, headache, new fatigue, nausea or vomiting
- congestion or runny nose.

If you are worried you have COVID-19, you must let your doctor know!

- Some people with COVID-19 do not get very sick – they may feel like they have a little cold or may feel nothing at all. These people are called *asymptomatic*.
- Other people with COVID-19 get sick, but not so sick that they have to go to the hospital.
- But, some people with COVID get very sick, and there have been people who have died from it.

How to Stay Safe from COVID-19

- COVID-19 mostly spreads from person to person through the air.
- When people talk, sing, or yell, they release tiny droplets from their nose and mouth that can't be seen by the eyes, but other people can breathe into their bodies.
- When the tiny droplets contain the coronavirus, COVID-19 can get **transmitted** from one person to another. This means one person infects another person.



How to stay safe during COVID:

- **Social Distance** *Stay 6 feet away when talking to someone.*
- **Wear a mask** *The mask will help keep the COVID-19 droplets from getting inside you, and keep you from spreading the COVID-19 droplets if you are infected.*
- **Wash your hands** *If COVID-19 droplets get on your hands, and you touch your eyes, nose, or mouth, then COVID-19 can get inside your body and cause you to be sick. Washing your hands for 20 seconds with soap will kill the virus and keep you safe.*

The secret to staying safe is to keep COVID-19 droplets out of your body!

Social Distancing

Who are in your circles?

- People who have COVID-19 must isolate themselves for two weeks so they don't spread the disease to another person.
- If you have been around someone with COVID-19 you should be extra careful when you are around other people. You might have the *coronavirus* in your body even if you don't feel sick.
- *Social distancing* means staying away from large groups of people, and maintaining at least 6 feet of space between you and other people when you get together in smaller gatherings.

KNOW YOUR BOUNDARIES! THE FURTHER SOMEONE IS FROM THE CENTER, THE MORE SOCIAL DISTANCING IS IMPORTANT!



What is stress? Are you feeling stressed out? Who can help?

Everyone feels **stress** from time to time. The COVID-19 pandemic has made life more stressful for everyone.

If you are feeling too much stress, it isn't good for your mental health or your physical health.

Here are some signs that you are feeling too much stress

- I am always feeling nervous.
- I spend more time worrying about things than I used to do.
- I have trouble concentrating on things I need to get done.
- I feel that things are going to be bad in the future, and I might be in danger.

If you are feeling these things, then you may want to reach out to someone for help. Your *Community Mental Health Center* can be a good place to start.

COVID-19 is a new disease that can spread from person to person. People are social distancing, wearing masks, and washing their hands a lot so that they don't catch it or spread it.

Community Mental Health Centers are resources across Kansas who help people if they are feeling too much stress or worry, or have other mental health conditions. Find the closest Center to you here: <https://kdads.ks.gov/commissions/behavioral-health/consumers-and-families/cmhc-24-hour-crisis-lines>

Coping with Stress

Coping Strategies are things that people do to help them maintain health and wellness while living through a stressful event, like the COVID-19 pandemic. Because social distancing keeps COVID-19 from spreading, people are staying at home more. Spending more time at home can be lonely and it can be stressful.

Here are some good Coping Strategies than might work for you if you are spending more time at home:

- 1. Stick to your routines!** Get out of bed in the morning and go to bed at night just like you always have. Eat your meals at their regular times. Do the same things you are used are used to doing at certain parts of the day. For example, brush your teeth in the morning and night, and clean up your dishes after a meal.
- 2. Get some fresh air!** Get outside to places where you can be socially distant from people and walk around!
- 3. Don't watch too much news!** It is important to keep informed, but watching all the bad and sad news on TV can harm your physical and mental health. After watching a little news, watch a favorite movie or TV Show instead.

More Ideas for Coping

- **Connect with Others!** Even if you can't be with lots of people, it can still help to talk with others who care about you. Call, text, or email a friend or family member. Video calls can be very nice if you have that technology. Peers can be a great help. In Kansas, an important peer support group is the **Self Advocate Coalition of Kansas**: <https://sackonline.org>. They will try and help you, so contact them if you need some help.
- **If You Feel Like You Are in Crisis, Seek Help:** A crisis is a serious problem where you do not feel safe, like someone might want to hurt you or you might hurt yourself or someone else. If you feel like you are in a crisis, you can contact:
 - Emergency Services: Call 911
 - Community Mental Health Centers: <https://kdads.ks.gov/commissions/behavioral-health/consumers-and-families/cmhc-24-hour-crisis-lines>
 - National Suicide Hotline: 1-800-273-8255

Services and supports during COVID19 can change quickly. For help with resources to stay safe and stay supported, contact DRC:

Disability Rights Center of Kansas

214 SW 6th Ave., Ste 100; Topeka, KS 66603

Topeka voice: 785-273-9661

Toll free Voice: 1-877-776-1541

Toll free TDD: 1-877-335-3725

<https://www.drckansas.org/about-us/contact-us>

Getting a Vaccination

Vaccines can keep you from getting sick from COVID-19. Vaccines are almost always given by a medical professional through a shot.



Ask your doctor about getting the COVID-19 vaccine. Your doctor will tell you when it is your turn.

- Vaccines are safe for most people and your doctor will tell you if it is not safe for you. Because there are so many people, it will take a long time before everyone in Kansas and in the USA gets vaccinated.
- People who are at greater risk of getting very sick from COVID-19 will get vaccinated before people who are at less risk. Everyone needs to take their turn. You should ask your doctor when it is your turn to get vaccinated.