What to Know About Coronavirus (COVID-19)

What Is Coronavirus?

Coronavirus is an illness that can be spread from person to person through droplets – like from coughing or sneezing. The symptoms include fever, cough and shortness of breath. You may hear it called coronavirus, COVID-19, or novel coronavirus.

How Will This Affect Me?

The coronavirus spreads easily from person to person, so it's recommended that people practice something called "social distancing". This means staying away from other people in order to avoid catching or spreading the virus. It also means that schools may close, events may be cancelled, or people may need to work from home.This may mean that your normal daily routine will change, but this is ok. These changes are only temporary and are being done to keep you healthy.

What Can I Do To Stay Healthy?

- Avoid close contact with others: Keep at least six feet away from someone who is sick and avoid crowded places.
- Practice good hygiene: Wash your hands for at least 20 seconds or use an alcohol based hand sanitizer, especially after being in a public place. Avoid touching your face.
- Cover your mouth: Cover your mouth and nose when you cough or sneeze with a tissue or the inside of your elbow. Then immediately wash your hands.
- Clean your space: Clean common spaces you use such as keyboards, doorknobs, light switches, and phones.

What If I Still Have Questions?

Pennsylvania Department of Health Coronavirus website:
https://www.health.pa.gov/topics/disease/Pages/Coronavirus.aspx

Centers for Disease Control and Prevention website:
https://www.cdc.gov/coronavirus/2019-nCoV/index.html

PAautism.org

Pennsylvania's leading source of autism-related resources and information

877-231-4244

The ASERT Collaborative is funded by the Office of Developmental Programs, PA Department of Human Services.