COVID-19 is an illness caused by a virus, like a cold or flu. Some people may not know they have it at all. Other people might have a fever or a cough, or a hard time breathing. They may feel weak in their muscles. For some people, COVID-19 can be very dangerous.

You may see lots of information about COVID-19, but it is not always easy to understand, and it can be confusing. Here is some good information for people with developmental disabilities and their families:

- Read COVID-19 questions and answers from people with disabilities.
- Watch a video version of our Q&A about COVID-19.
- Read COVID-19 Q&As from families.

What to do when you have to stay home

When someone is sick with COVID-19, they should stay away from other people so they don’t get sick too. You might be sick and live with other people, or someone else in your home might be sick. When that happens the person who is sick should try to stay by themselves in one part of the home and not spend time with the other people.

Being at home all the time can be really hard. You might feel sad, scared or mad that this is happening. It can be hard to sleep.

Here are some things you can try to do if you have to be all alone:

**Keep busy**

What is an activity you can do? A craft? Cleaning something? Watching something on TV or online?

**Prepare ahead**

Ask a family member or friend to help you get groceries. You can also ask your pharmacy to deliver medications you may need. Keep a list of important phone numbers.

**Take care of yourself**

Don’t forget to eat, brush your teeth, get sleep, shower and get dressed. Is there something nice you can do for yourself?

**Talk to people**

Just because you can’t be with other people doesn’t mean you can’t talk or write to them. Use a phone, a computer or tablet.

This information sheet is not intended to be a resource for people who require screening for COVID-19 or who are experiencing a mental health crisis. If you are experiencing a mental health crisis, please call 911 immediately or go to your nearest emergency department.

For more information, visit www.camh.ca/covid19
How can I help a person with developmental disabilities when they are home alone?

- Call them on the phone or computer to talk to them.
- Be a good listener.
- Try to help them get good food.
- Bring them activities to do, or send them links to online activities or fun things to watch.
- Think of ways to keep them busy.
- Make a schedule, such as having different people call at different times, or watching different things at different times.
- Make sure they are taking their medicine.
- Keep in touch with their doctor.
- See if they want to connect with other people online. Options include Big White Wall (in Ontario) and Kids Help Phone.