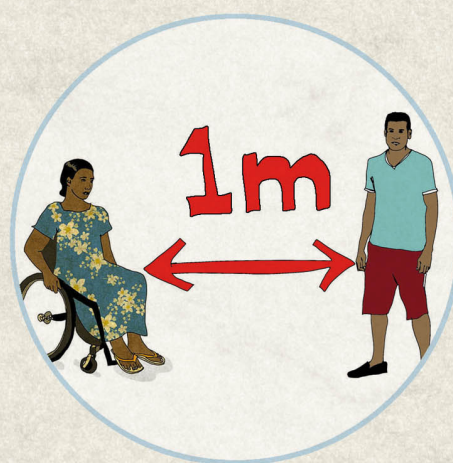


# Eliminating barriers for persons with disabilities in relation to the preventative measures for COVID-19

To be read in conjunction with the disability COVID-19 guidance for individuals



The following is additional to the Guidance Material on COVID-19 preventative behaviors for all disabilities



**Pacific Disability Forum**

A partnership of Pacific organisations of and for persons with disabilities



**World Health Organization**

**Representative Office for the South Pacific**

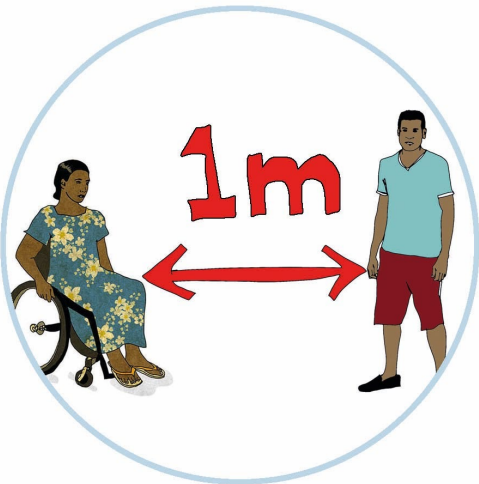
# Persons who are blind or who have low vision:



## Handwashing

Ensure that you wash your hands before and after using your assistive devices (e.g. white cane, magnifying glasses and reading lens).

If you touch walls, tabletops, doors, and other objects, you can pick up the virus. Ensure that your sighted guide practices safe and regular hand washing before assisting you with the same procedures.



## Maintaining 1-metre distance

Maintaining a one-meter distance is not possible if you use a sighted guide, therefore ensure that your sighted guide always maintains a one-meter distance when not with you.



## Persons who are blind or who have low vision: **CONTINUED**



### Limiting time spent in enclosed or crowded spaces

For persons with disabilities, to ensure their safety, it is advisable that support is provided for shopping and banking, etc.

Always ensure that a family member or sighted guide practices safe distancing and ensure that they are to restrict themselves from overcrowded spaces with or without your presence.



### Cleaning frequently touched objects and surfaces

Ensure that your personal assistants and sighted guides sanitize the areas of your home that you spend the most time in.

# Persons with psychosocial and intellectual disabilities:



## Cleaning frequently touched objects and surfaces

Make a list of places which you touch a lot so that you will have a reminder of surfaces to wipe down.



## Avoiding touching our faces

Constant reminders using pictures is important to remind you not to touch your face.

Sanitize your hands at all times.



## Covering sneezes and coughs

Use a clean handkerchief or a tissue to cough or sneeze into and dispose it straight away in the bin.

## Persons with psychosocial and intellectual disabilities: **CONTINUED**

### Avoiding touching our faces



Wash your hands or always carry a hand sanitizer with you to ensure your hands are kept virus-free.

Ensure that your reading glasses, shades and magnifying lenses are wiped or disinfected properly before and after putting on.

### Handwashing

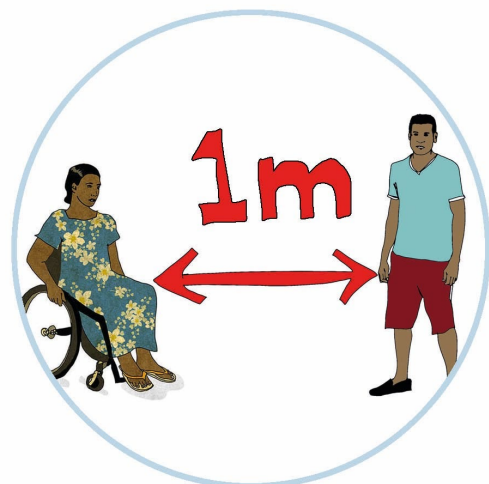


There should be clear signs and images on proper handwashing procedures in your home.

The use of colors and pictures are important, therefore use these as part of the reminders in your routine posters at home.

Ensure that hand washing items are kept at the same place with clear labels.

### Maintaining one-metre distance



When you go out of your house, make sure that you maintain a one-metre distance from other people.

There needs to be a set of clear images to demonstrate how to maintain one-metre distance.

# Persons with physical impairment

## Handwashing

Make sure that you wash your hands before and after using your wheelchair, crutches or walking frames, etc. Your personal assistant will assist you with this action depending on the severity of your disability.

Ensure that sinks and hand basins are also within reach. This also for those with short stature.



Alternatively, when soap isn't readily available, you can also use an alcohol-based hand sanitizer to clean your feet.

For those persons with physical impairment without upper limbs, (limbs up to the elbow) and those who use their feet:

- Make sure that you wash your feet with soap and water several times a day for at least 20 seconds, especially before and after meals.

For those persons with limbs up to the elbow or those with one hand as well as those with joined or webbed fingers:

- Make sure that you wash your one hand with soap and water several times a day for at least 20 seconds, especially before and after meals.

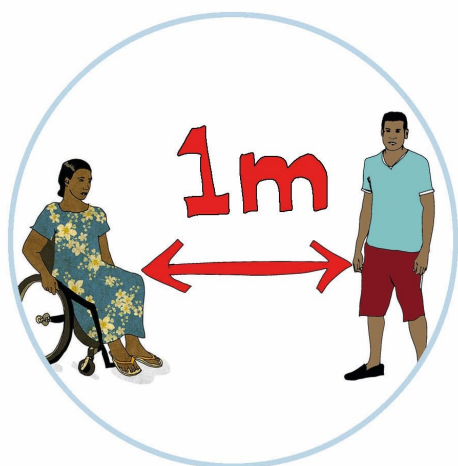
## Persons with physical impairment: **CONTINUED**



### **Cleaning frequently touched objects and surfaces**

Make a list of places which you frequently touch and remember to wipe it down with support from your personal assistant if need.

# Persons with disabilities who are deaf blind or who have other have high support needs



## Maintaining one-meter distance

Ensure that the environment where the person with disability is, e.g., in quarantine or isolation at home, is frequently wiped down and sanitized.



## Limiting time spent in enclosed or crowded spaces

This is difficult for the deaf blind to practice in terms of the need for constant touch and communication. Stay at home unless the need is urgent to leave your house.

When leaving the house, go with your personal assistant.



## Cleaning frequently touched objects and surfaces

Ensure that your carer thoroughly washes his or her hands before and after wiping down your assistive devices such as wheelchairs and other equipment.



## Persons with disabilities who are deaf blind or who have other have high support needs: **CONTINUED**



### **Avoiding touching our faces**

Touch is a vital component in communication.

Ensure that you keep away from touching your face and always sanitize or wash your hands thoroughly after every task.



### **Covering sneezes and coughs**

Keep your things neatly in one particular place to avoid touching of surfaces unnecessarily.

# Persons who are hard of hearing or deaf:



## Handwashing

Ensure that you wash your hands before and after using any assistive devices such as mobile phones and hearing aids.

This also applies if the person with disability is quarantined or in isolation at home.

For deaf person in quarantine facilities, the interpreter should be with the deaf person. Both need to ensure that they are both one meter apart while communicating with each other.



## Cleaning frequently touched objects and surfaces

Carefully sanitize your hearing aids using disinfectant or a damp cleaning cloth.



## Avoiding touching faces

For persons who are deaf and lip-read, wearing a mask can limit the ability to have clear communications, but it's important, where possible, to use a mask.