

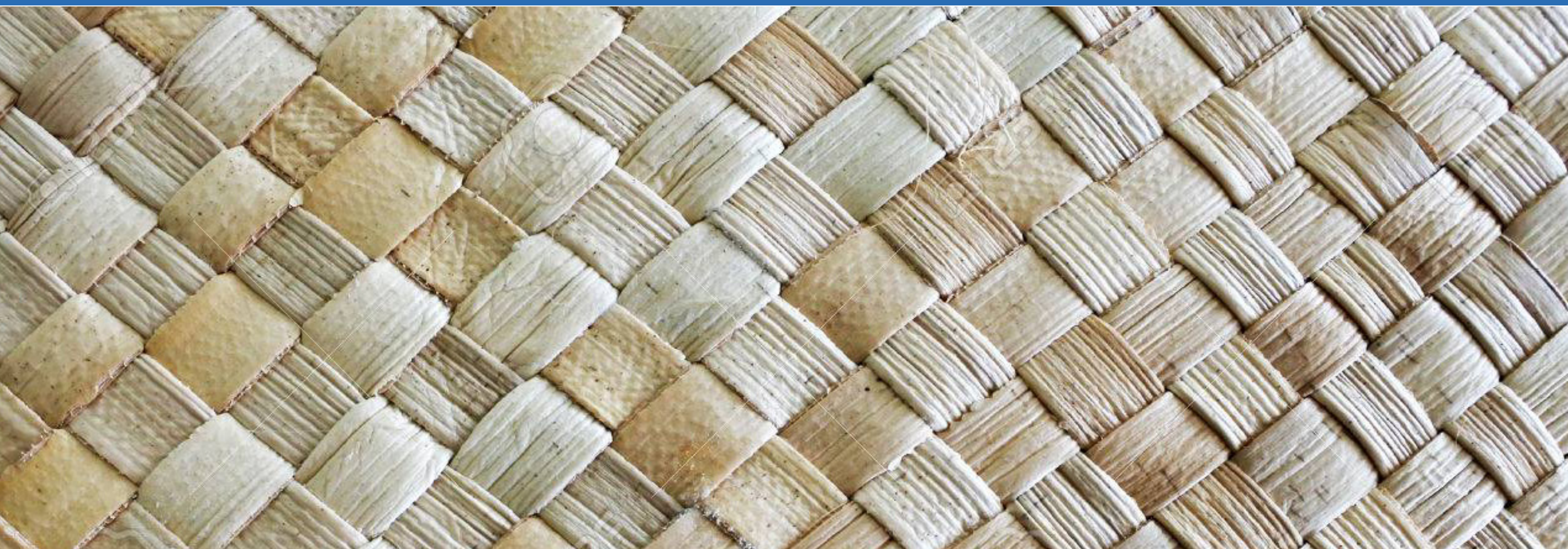
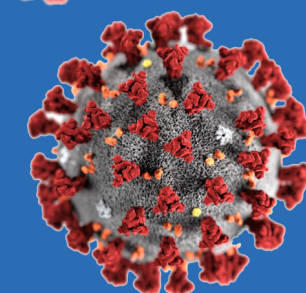
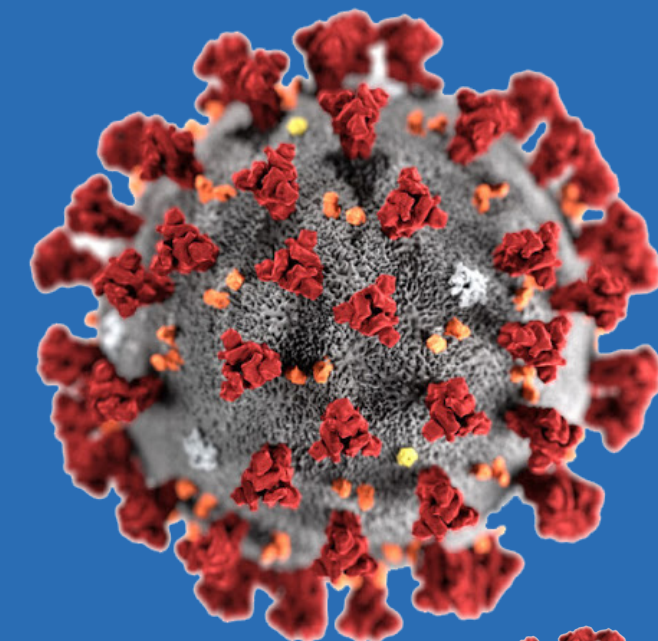


Pacific
Disability
Forum



Through our eyes

Learning about COVID-19







USING THIS FLIPCHART:

This flipchart was made by Pacific Disability Forum and WaterAid Australia, and was developed through broad consultation and testing with persons with disabilities in Fiji.

The flip chart has 3 sections:

- Understanding COVID-19
- Prevention measures
- Planning your safety

The flip chart is designed to be used by Organisations Disability Peoples along with civil society and government. Every effort should be made to ensure people with disabilities are leading and presenting as leaders and experts.

When using this flipchart, ensure that you:

- Ask people how they like to communicate.
- Your facial expression is very important.
- Have a friendly tone and an expressive face.
- Directly engage the person with disability.
- Use plain language without jargon.
- Check to see the person/people understand.

KNOW DISABILITY BETTER:



Physical impairment

Signs to identify

- This refers to someone who can not walk, is paralyzed, or has one of his or her limbs amputated, etc.
- Relies on mobility devices such as a wheel chair to move around.



Psychosocial impairment

Signs to identify

- This refers to someone who suffers from severe depression, anxiety, etc
- Signs may vary and this is an invisible disability



Hearing Impairment

Signs to identify

- This refers to someone who cannot hear or may have hearing problems.
- Hearing aids, uses sign language interpreter
- They can read, write and also lip read.



FACILITATION: UNDERSTANDING COVID-19

What is COVID-19 ? The Facts

- COVID-19 is a new infectious disease that spreads easily from person to person.
- The whole world is struggling with COVID-19.
- There is now vaccines available.

Who can get COVID-19?

Everyone is at risk of catching COVID-19, but people who are most at risk of suffering serious illness are

- older people (over 60).
- people who have medical problems - asthma high blood pressure, heart and lung problems, diabetes, or cancer.
- Some **people with disabilities** - lower immunity or lung/breathing challenges.

What does this mean for **people with disabilities?**

- Everyone needs to know about COVID-19 and how to be safe - including all people with disabilities.
- There are some additional prevention steps for some people with disabilities to practice.
- Some people with disabilities may need support to do prevention measures.



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SIGNS AND SYMPTOMS OF COVID-19





FACILITATION: SIGNS AND SYMPTOMS OF COVID-19

It is important to know the signs and symptoms of COVID-19, so you know if you might be sick and to get tested and isolate.

Symptoms:

COVID-19 can feel like a cold or flu. Sometimes people will be sick with no symptoms, but if you notice these symptoms:

- A high body temperature / fever
- A short breath
- A dry cough
- Feeling very tired

What to do if you or your family or support worker has symptoms?

- Isolate - stay away from others to limit possible spread
- Call the hotline to get support
- Get tested if possible, or follow health directions

There is a COVID-19 hotline - call if you are unsure about symptoms or how to get help.

SIGNS AND SYMPTOMS OF COVID-19

Signs and Symptoms

- High temperature
- Fever
- Short breath
- A dry cough
- Very tired



Please go to or get help to call or visit the nearest fever clinic. It is best to be safe.

COVID-19 HOTLINE: _____ (Insert hotline number for your country)



FACILITATION: PREVENTION MEASURES

STOP THE SPREAD

COVID-19 is easily spread from person to person, but there are important things you can do to reduce the chance of getting COVID-19.

Prevention measures include:

- Wash your hands with soap - Soap kills the virus that might be on your hands.
- Clean high touch surfaces - Cleaning with disinfectant kills the virus on surfaces.
- Cover cough and sneezes - covering your cough or sneezes stops you spreading droplets which could spread the virus.
- Social distance in public 2m - distance helps to stop droplets spreading between people.
- Wear a mask in public - Masks can stop virus droplets entering your mouth or escaping. Make sure to wash reuseable masks.
- Get vaccinated - Vaccinations protect us from many diseases like polio or even the flu.
- Every country will get vaccines at different times. Check with your medical professional or support as to when it is available.

Key messages

- Stop the spread - Do the preventative measures every day every time.
- Some people may need support to do these measures.
- Remember that prevention is key, but people may still get COVID-19.
- COVID-19 doesn't discriminate - ANYONE can get COVID-19 so we must take measures to be safe.



PREVENTION MEASURES - STOP THE SPREAD

- Wash your hands with soap.
- Clean high touch surfaces.
- Cover cough and sneezes.
- Social distance in public 2m.
- Wear a mask in public.
- Get vaccinated.



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FACILITATION: WASHING HANDS WITH SOAP AND WATER AND AVOID TOUCHING YOUR FACE

- COVID-19 is a virus, and it can be killed by hand washing.
- Keep your hands clean by washing them regularly with soap and water for at least 20 seconds.
- You can do this by wetting your hand first then you apply soap and make sure you rub your palms together, do the same to the back of your palm and between your fingers.

Make sure you wash your hands when you:

1. Touching your face or coughing and sneezing.
2. Before doing cooking and touching food.
3. After handling your mobility devices such as a wheelchair, white cane, hearing aid etc.
4. Return from outside.



If you need someone to help you wash your hands, make sure that your personal assistant washes their hands first and then wash yours. You may take more than 20sec if you need help.



PREVENTION ACTION: WASHING HANDS AND AVOID TOUCHING FACE

Wash hands by:

- Using soap and water.
- Wash for 20 seconds.
- Wash front, back and between fingers.

Wash hands after:

- Touching your face.
- Going out in public with others.
- Using the bathroom.





FACILITATION: COVERING UP WHEN SNEEZING OR COUGHING

COVID-19 is spread by droplets, so covering your mouth when you cough or sneeze will stop the droplets spreading.

Cover coughs and sneezes

- When you feel a cough coming, bend your elbow towards your face and cough/sneeze into it. OR
- Cough or sneeze into a tissue.
- Wash hands with soap or water afterwards.

- Remember it takes just 1 person to sneeze without covering his/her mouth and the virus spreads - it clings to utensils, your hands, tabletops and someone can even breathe it in and then the cycle continues and the virus infects more people.
- Use a tissue and dispose after use.



COVERING UP WHEN SNEEZING OR COUGHING

- Cough or sneeze into your elbow or tissue.
- To remember to do this - memorise the words “Cough & Dab” or “Sneeze & Dab”.
- If you use a tissue, throw it away after use and wash your hands.





FACILITATION: SOCIAL DISTANCE, AVOID CROWDED AREAS AND WEAR A MASK

COVID-19 can spread through coughing, sneezing and close contact, and spreads easily in small closed spaces like cars and houses.

- Keep your distance in public - 2 metres. This is social distancing.
- Avoid crowded places like mini buses, small spaces and events.
- Wear a mask at all times when leaving your home.
- By minimizing the amount of close contact we have with others, we reduce our chances of catching the virus.
- If you do this, you protect your family, friends and workmates or community.

If you need support from a personal assistant:

- Make sure that you practise hygiene - wash hands regularly
- They use a mask
- Wipe down high touch surfaces with disinfectant frequently





SOCIAL DISTANCE, AVOID CROWDED AREAS AND WEAR A MASK

- 2m apart with people outside your home.
- Avoid crowds - Markets, big events.
- Personal assistant - practise safe hygiene.



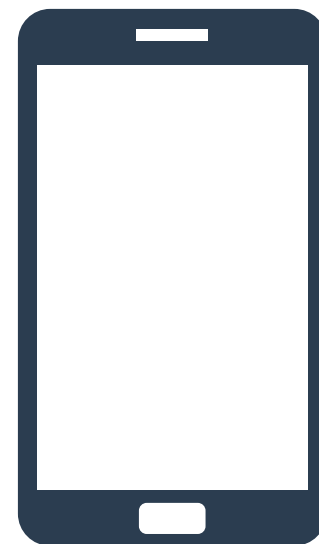


FACILITATION: CLEANING HIGH TOUCH ITEMS

The COVID-19 virus can transfer to surfaces through droplets, and can live up to 72 hours on plastic and stainless steel, up to 4 hours on copper, and up to 24 hours on cardboard. This means that we have to wipe down frequently touched surfaces regularly with disinfectant.

For persons with disabilities, this means that you have to wipe down your:

- Mobility devices including wheel chair, crutches, walking stick and hearing aids,
- Mobile phone.
- Support railings you use a lot.
- Benches and door knob around your office, classroom or home.

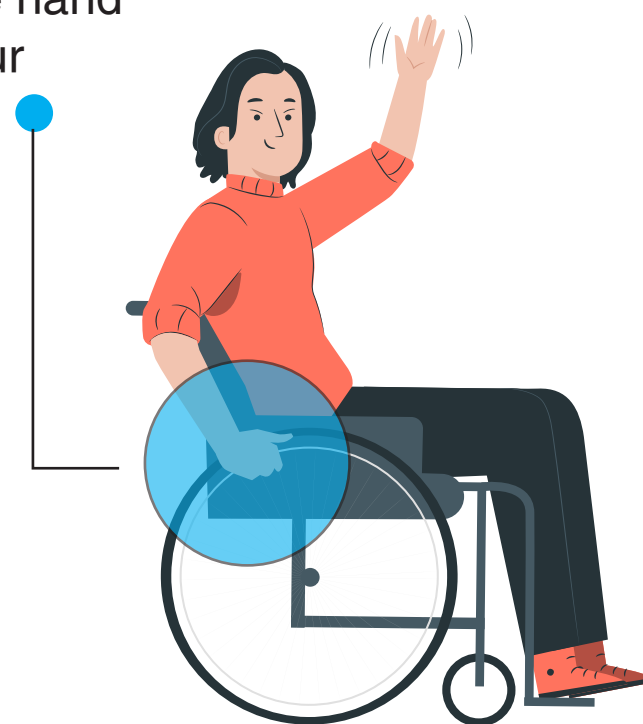


CLEANING HIGH TOUCH ITEMS

- Wipe down frequently touched surfaces **DAILY WITH DISINFECTANT**.
- Hand grips on your wheelchair, your white cane, door knobs, phone.



Wipe down
surfaces you touch
a lot like the hand
grips on your
wheelchair





FACILITATION: CARING FOR YOURSELF AND YOUR COMMUNITY

Everyone needs to know how to be safe and take steps to protect yourself and your community from COVID-19. Persons with disabilities may need support to be safe, so today we are going to talk about:

- Learning about COVID-19.
- Doing the actions to keep you and your community safe.
- Making a plan with your supports and community to be safe.

Key Messages:

- Some persons with disabilities and their families have experienced discrimination because of their disability, but this is never OK.
- Persons with disabilities and their families have the right to health and safety
- COVID -19 can be caught by anyone - it does not discriminate!
- Persons with disabilities have the right to access information about COVID-19 and be part of community planning and prevention, as well as get health care.
- Speak up about your rights and others' rights for a healthy community.



SUPPORTING EACH OTHER: LEAVE NO ONE BEHIND

- **CHECK ON YOUR FRIENDS AND FAMILY.**
- **INCLUDE EVERYONE IN AWARENESS AND COMMUNITY PLANNING .**
- **SUPPORT OTHERS WITH COVID-19 SAFE MEASURES LIKE HAND WASHING AND WEAR A MASK WHEN IN PUBLIC.**





FACILITATION: MAKING YOUR COVID SAFE PLAN

A strong community works together, and a plan will help ensure you get the support you need, and put your new knowledge to action!

Here are some things to think about: (Or refer to WHO COVID-19 planning checklist)

- My support network: Who supports me to be COVID-19 safe?
- What type of support do I need with the COVID-19 behaviors, and who will be that support?
- **Covid-19** safe actions: Do I have access to soap and water for hand washing and cleaning devices?
- Can I avoid crowds, and socially distance from others?
- If I was unwell or isolating, where would you do that?
- Isolating - do I have a place I could isolate? Who would support if it was for 14 days?
- If unwell - what services can I access locally?
- Do I have at least 2 weeks of essential I medication if there was a lock down /isolation?

1. COVID-19 hotline _____
2. Local doctor / nurse _____
3. National Council for Disabled Persons _____



MAKING YOUR COVID-19 SAFETY PLAN WITH YOUR HOUSEHOLD





This Flip Chart manual has been made a reality with the support of the Australian Government ANCP program. This Guide may be used or reproduced for further awareness in the community and is for non-commercial uses only.