

COVID-19 & Disability

Social distancing and self isolation can be difficult for many with **Autism Spectrum Disorder** who depend on others for support.

People with Autism are children and adults with a wide range of learning, behavioural, and communication issues.

People with Autism are additionally vulnerable for social, psychological and economic reasons.

If you are a care giver of a child or family member with autism:

It's important to talk with them about coronavirus. They need to have proper information, but without scaring them.

Do not rely for childcare upon those who are advised to be in the stringent social distancing category such as grandparents, friends, or family members with underlying conditions.

Ensure children are not mixing socially in a way which can continue to spread the virus. They should observe the same social distancing principles as others.

Focus on activities that kids enjoy during the time of lock down. Positive reinforcement can be helpful to bring down behavioural difficulties.

Routines and rituals can bring stability and order for a person with an ASD.

Why self care for care givers of persons with disabilities.

Remember if one is resilient, then those who are depending for care would cope up better.

What happens when you get COVID-19

People with COVID-19 generally develop signs and symptoms, including mild respiratory symptoms and fever, on an average of 5-6 days after infection (mean incubation period 5-6 days, range 1-14 days). Most people infected with COVID-19 virus have mild disease and recover.

How long Corona Virus last on surfaces?

It is not certain how long the virus that causes COVID-19 survives on surfaces, but it seems to behave like other coronaviruses. Studies suggest that coronaviruses (including preliminary information on the COVID-19 virus) may persist on surfaces for a few hours or up to several days.

Visuals like social stories can help people with autism navigate these confusing times to establish a new set of routines.

Allot extra time in your schedule to accommodate changes.

Use time tables, clocks and charts to explain what times schedule changes will occur.

Make small changes as an initial change, to avoid feeling overwhelmed

Reward flexibility.

Create a calm down or decompression routine.



www.crossthehurdles.org

Can babies get Corona Virus Disease?

We know it is possible for people of any age to be infected with the virus, but so far there are relatively few cases of COVID-19 reported among children.

What is Social Distancing?

It means staying at home and having a distance of 1.5 km from others if you need to go out. Avoid touching others and shaking hands.