



Guide to Coronavirus/COVID-19

The Georgia Council on Developmental Disabilities (GCDD) wants to keep you informed and prepared during the Coronavirus/COVID-19 pandemic. We have created this guide of frequently asked questions and resources for Georgians with developmental disabilities, their families and the individuals and organizations who support them.

What is COVID - 19/Coronavirus? COVID-19, also known as the coronavirus is a respiratory virus that was first identified in Wuhan, China in 2019.

How does COVID-19 spread? It is primarily spread through respiratory droplets. That means the small droplets from your sneezes or coughs. To become infected, you generally must be within six feet of someone who is contagious and come into contact with these droplets. It may be possible to become infected by touching a surface or object that has the virus on it and then touching your mouth, nose, or eyes.

What are the symptoms?

Symptoms of the virus appear within two to 14 days after exposure and include fever, cough, and shortness of breath.

How is COVID - 19 treated? Is there a vaccine? There is currently no approved medication or vaccine for COVID-19. People who have corona virus are advised to rest, drink lots of fluids, and take over the counter medicines that help with fever and other symptoms. For people who don't get better and whose breathing gets worse, hospitals provide care to help with breathing and other parts of the body that are hurt by the virus.

How can I protect myself and my family from the virus?



Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, sneezing, using the bathroom, and before eating or preparing food.



Avoid touching your eyes, nose, and mouth with unwashed hands.



Stay home if you are sick. If you must leave home while you are sick, wear a mask to protect others. Arrange for friends, family or support staff to gather food or medicines you need.



Sneeze or cough into your elbow or cover with tissue, then throw tissue in garbage.



Clean frequently touched surfaces (door knobs and counters) often. Use a household cleaning spray or wipes to disinfect these areas.

What to do if:

You think you have symptoms:

Do not go to your doctor's office. Call your doctor's office or the Georgia Department of Public Health at 844- 442-2681

You or a family member are having a mental health crisis:

Call Georgia Crisis & Access Line: 1-800-715-4225

You want up to date information on the COVID-19 virus in Georgia:

Visit the Georgia Department of Health's website at <https://dph.georgia.gov/novelcoronavirus>

You want up to date information on the COVID-19 virus across the US:

Visit the Centers for Disease Control's website at <https://www.cdc.gov/>