There are many types of human coronaviruses however COVID-19 is a new disease, caused by a novel (or new) coronavirus.¹ COVID-19 can be more serious for those with chronic medical conditions.

Down syndrome and COVID-19

- Ensure the entire family is frequently washing hands with soap & water
- Keep a distance from those who are sick
- Be cautious with elderly friends and relatives
- Monitor the CDC website since COVID-19 updates evolve daily

You may be at a slightly increased risk, specifically if your child has a history of:²

- Congenital heart disease
- A tracheostomy
- Lung disease

What are the symptoms of this Coronavirus?

- Fever
- Cough
- Shortness of breath, or difficulty breathing
*Symptoms may appear 2-14 days after exposure

Per the CDC website:³

“If you think you have been exposed to COVID-19 and exhibit symptoms, call your healthcare provider immediately.”

How does COVID-19 spread?⁴

COVID-19 is spread mainly from person-to-person*

- Between people who are in close contact with one another (within about 6 feet)
- Through respiratory droplets produced when an infected person coughs or sneezes
*It may be possible that one can get COVID-19 by touching infected surfaces

How to prevent COVID-19⁵

- Avoid touching your eyes, nose and mouth
- Stay home when you are sick
- Cover your cough or sneeze with a tissue and dispose of tissue immediately
- Clean and disinfect frequently touched objects and surfaces
- Avoid public areas and public transportation
- Avoid sharing personal household items: glasses, bedding, utensils and towels

WASH YOUR HANDS!⁶

- Wash your hands often with soap and water for at least 20 seconds
- Wash especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing
- If soap is not available, use an alcohol based hand sanitizer with at least 60% alcohol

FACEMASKS

- A facemask will not protect from respiratory diseases
- Facemasks should only be used by people who show symptoms of COVID-19 to help prevent the spread of the disease

www.ndss.org

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