There are many types of human coronaviruses however COVID-19 is a new disease, caused by a novel (or new) coronavirus. 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:

• 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:

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

How does COVID-19 spread?

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-19?

• 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!

• 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

• The CDC recommends wearing a facemask in public settings where social distancing measures are difficult to maintain

References: