

A photograph of a woman with long dark hair smiling warmly and hugging a young girl with long hair from behind. The woman is wearing a light-colored sweater, and the girl is wearing a patterned top. The background is slightly blurred, showing what appears to be a home setting.

**COVID-19  
Vaccine for  
Individuals  
with  
Intellectual  
and  
Developmental  
Disabilities,  
Their Families  
and Caregivers  
in Missouri**

Choice is a powerful thing. We recognize the tremendous impact COVID-19 has had on our Missouri communities. You have the choice to help our society shape our new path forward beyond COVID-19.

# COVID-19 VACCINE ELIGIBILITY

Anyone age 6 months and older is eligible to receive the COVID-19 vaccine.



## WHERE TO ACCESS THE COVID-19 VACCINE



**Find how to get the vaccine near you:**

Go to the Missouri COVID-19 website at [www.MOStopsCOVID.com](http://www.MOStopsCOVID.com).



**Call your doctor, hospital or pharmacy.**

**Call your support coordinator.**

# ABOUT COVID-19

## What is COVID-19?

- It is a respiratory illness caused by the novel coronavirus and has been spreading around the world since 2020.
- COVID-19 is a disease that had never been seen before in humans, and it may cause serious illness and death in some people.



## How do you get COVID-19?

COVID-19 is spread mainly through close contact from person to person, including between people who are in close contact with each other (about 6 feet), as well as from surfaces (bathrooms, door handles, keyboards, etc.) contaminated with the virus.



When someone with COVID-19 coughs, sneezes, sings or talks they can transmit the virus to others and make them sick.



Germs get into your body through your mouth, nose and eyes.



**People who are infected but do not show symptoms can also spread the virus to others.**

# What happens if you have COVID-19?

You might experience some or all of these symptoms:



Coughing

Hard time breathing



Headache

Muscle or body aches

Nausea or vomiting



Diarrhea

Feeling tired

Sore throat



**If you have these symptoms, it does not mean you have COVID-19. Many people get a fever or cough. You might have a cold or the flu.**

A fever of 100.4° or higher



Congestion or runny nose

New loss of taste or smell



**How sick do you get with COVID-19?**

- Most people do not get very sick. It is like having a cold or the flu. Many symptoms are the same.
- Some older people and people with disabilities may get really sick. They may have to go to a hospital.
- Testing is the best way to know if you have COVID-19 or other infections.

# How can I stay healthy, or not get COVID-19?



**Get the COVID-19 shot by calling your doctor, pharmacy or hospital.** Register online at [MOSTopsCOVID.com/navigator](https://www.mostopsCOVID.com/navigator)



**Wash your hands often, especially after using the bathroom or being in public (like a store).** Wash your hands with soap and water for at least 20 seconds. If it helps, count to 20.



**Wear a face covering.** if you need to leave your home and go to a public place where people cannot stay 6 feet apart. Wear your mask over your nose and mouth and secure it under your chin.



**Stay at least 6 feet (about 2 arm lengths) from other people.**

**If soap and water are not available, use hand sanitizer that has at least 60% alcohol.** Know that washing with soap and water is still better.



**Cough or sneeze into your elbow or a tissue, then throw the tissue away, and wash your hands.** Coughing and sneezing into a tissue or your elbow stops germs from going into the air and onto your hands.



**Avoid touching your face by keeping your hands busy. (This will also help you cope with the pandemic.)**

- Tap your knee.
- Click a pen.
- Doodle.
- Squeeze a stress ball.
- Play a game on your device.





## **Make a plan in case you have to stay at home.**

- Ask a friend or family member to shop for groceries for you.
- Ask a family member, friend or neighbor to check on you.
- Create a backup plan for work so others know what to do while you are out.
- Make sure you know your doctor's phone number.
- Talk to your self-advocacy group, friends, family or support staff about your worries and concerns.

## **I have a job. I am worried about missing work.**

- If you are sick, stay home. Health comes before money.
- Tell your boss you do not feel well.
- If you are worried about money, talk to your family, friends or team.

## **Where can I go safely?**

- Stay away from large groups.
- Avoid movie theaters or malls.
- Try to avoid using public transportation.
- Go to the grocery store during the day when it is not crowded.
- Do not share food or drinks.
- Avoid crowded places and gatherings where it may be difficult to stay at least 6 feet away from others who are not from your household.

## **How do I say hello to my friends?**

- Smile, bump elbows, text, call or send a message.
- No handshaking, hugging or fist bumps.

## **Why is it important to do all of this?**

Some people such as your grandparents, people with disabilities and others who have weakened immune systems can get sick very easily and we want to protect them.

# What do I do if I am sick?

Call your doctor.

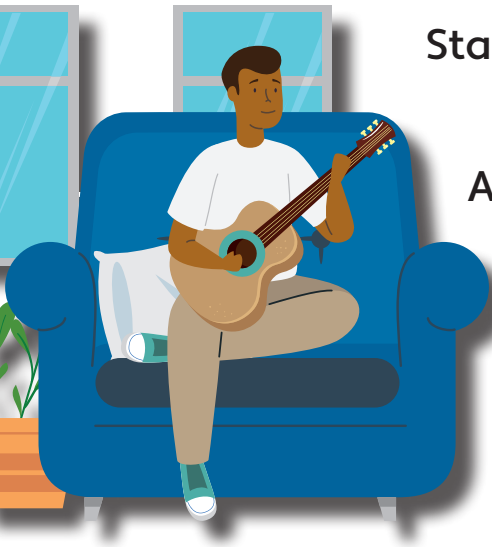
Do what your doctor says.



Stay home.

Avoid contact with others.

Keep objects and surfaces clean.



Use tissues, then throw them away.

Call your doctor again if you are getting worse.

Call 9-1-1 if you are having trouble breathing.



## What do I do if someone I live with gets sick?

- Stay at least 6 feet away from the sick person and wear a face covering.
- Separate the household member who is sick from others living in the household.
- Have only one person care for the person who is sick.
- Do not touch surfaces or food the sick person has touched.
- Keep washing your hands well.
- Do not share food or drinks.
- Call your case manager. There may be someplace else you can stay for a few days.

## If I am sick, when should I call my doctor?

If you have been:

- out of the United States.
- in contact with someone who has the COVID-19 virus.
- at a place where people with COVID-19 received medical care.

**Call your doctor first, before going to the office.**



**NEED MORE INFORMATION?**  
Visit [moddcouncil.org](https://moddcouncil.org)  
or [MOStopsCOVID.com](https://MOStopsCOVID.com)  
for links to **COVID-19** resources.

**BOOKLET  
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We appreciate permission to reproduce information from the plain language COVID-19 document, granted by the Self-Advocacy Resource and Technical Assistance Center (SARTAC), and to modify their original document to include information specific to Missouri.

Revised August 2022