



Ways to Help Keep you Healthy

The Missouri Division of Developmental Disabilities and You



Missouri Division of
**Developmental
Disabilities**



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Who is this booklet for?

This is a Booklet Series for you! Someone who is getting supports and services from the Missouri Division of Developmental Disabilities.



These booklets are written using words and pictures to help you understand information that you need to know. You might be able to read this information by yourself. You might also want someone to read this with you.

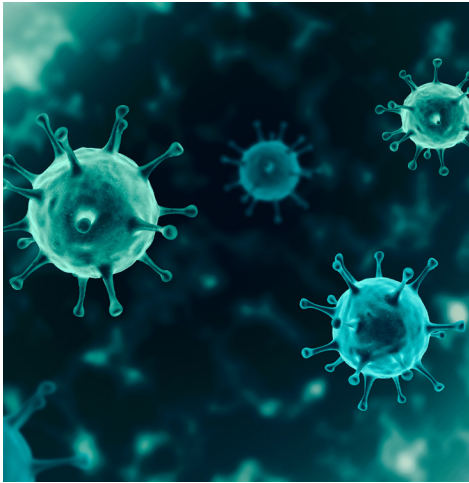


The information in this booklet comes from the State of Missouri and other reliable places.



This booklet is to help you learn more about staying healthy.

What is a Virus?



A virus is a type of germ.

A germ is a tiny living thing that gets into your body and can make you sick. Some examples of a virus are the common cold, the flu, and COVID-19.



Viruses and germs can spread quickly and easily between people who are close to each other.



Some people with disabilities are more likely to get very sick from a virus. They need to be extra careful.

How Do I Get a Virus?



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



Viruses and germs are spread mainly through close contact with other people.



Germs can come out when someone who is sick coughs, sneezes or talks. This can spread the virus to others and make them sick.

How Would I Know if I Have a Virus?



A symptom is a sign that you are sick or might have a virus.



If you have a virus, you might have some or all of these symptoms.

- cough
- hard time breathing
- feel tired
- fever higher than 100.4
- runny nose
- sore throat
- body aches



If you have these symptoms, you may have a cold, the flu, COVID-19, or some other type of illness. You could spread your sickness to other people.

What Should I Do if I Have a Virus?



If you are sick, you should stay home if you can.



If you are sick you could tell someone who can help you. You can also call and talk to your doctor about how you are feeling.



You could see a doctor in person. You might also see a doctor through a camera on your phone or computer.

What Should I Do to Avoid Getting a Virus?



Stay at least 6 feet (about 2 arm lengths) from other people. Try to avoid being around people who are sick.



Cough or sneeze into your elbow or a tissue. Throw the tissue away and wash your hands.



Avoid touching your face by keeping your hands busy. Wearing a mask is a good way to cover your mouth and nose.

What Should I Do to Avoid Getting a Virus?



Wash your hands often for at least 20 seconds. This is very important after you use the bathroom or have been out in public.

Use hand sanitizer, if it is available.



Clean things that are touched a lot in your home. This could be door handles, surfaces, remote controls, sinks, and more.



Talk to your doctor to discuss if vaccines are right for you.

Resources

Call your doctor. Your doctor is:

Call your Support Coordinator. Your Support Coordinator is:

Other health resources for you:

Websites:

Healthy Habits to Help Protect Against Flu

<https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm#:~:text=Cover%20your%20mouth%20and%20nose,flu%20cough%2C%20sneeze%20or%20talk.>

Common Colds: Protect Yourself and Others

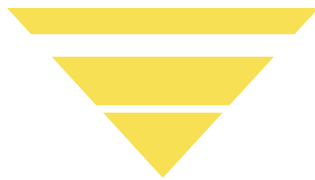
<https://www.cdc.gov/features/rhinoviruses/index.html>

Germs: Understand and Protect Against Bacteria, Viruses, and Infection

<https://www.mayoclinic.org/diseases-conditions/infectious-diseases/in-depth/germs/art-20045289>

Good Habits to Help Keep You Healthy

The Missouri Division of Developmental Disabilities and You



**Missouri Division of
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The information in the Missouri Division of Developmental Disabilities and You Series comes from:

- *The Missouri Division of Developmental Disabilities*
- *The Missouri Developmental Disabilities Council*
- *State of Missouri*

