

Covid 19 – Looking after yourself – a guide for people on the autistic spectrum

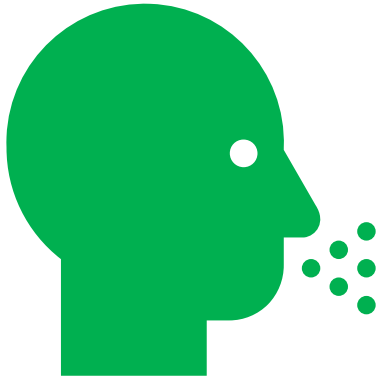
Authors: Dr Sarah Scrivener MA MB, BCHIR, FRCP, DM. Consultant Respiratory Physician. Portsmouth Hospitals University NHS Trust.

Dr Abigail Tolland, Clinical Psychologist, Autism Hampshire.

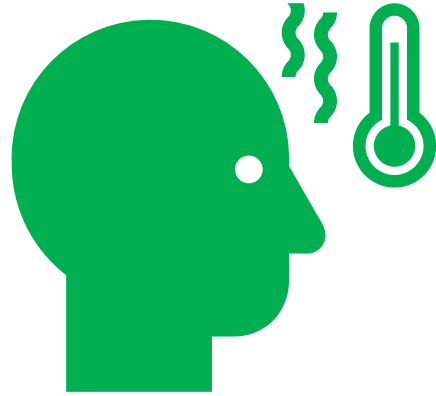
Co created with Claire Murphy (slide design) and Sophie Quintin.

Information correct as of 19th October 2020

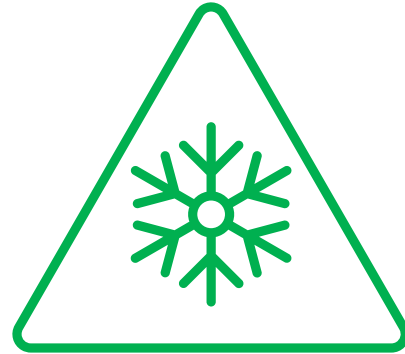
Self-care



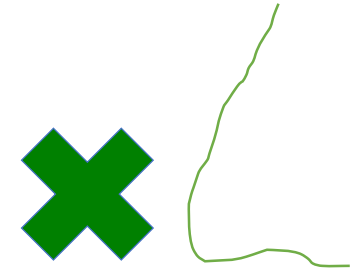
Cough



High fever



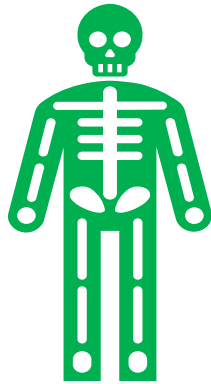
Shivering



Loss of smell and taste



Headache



Muscle pain



Fatigue



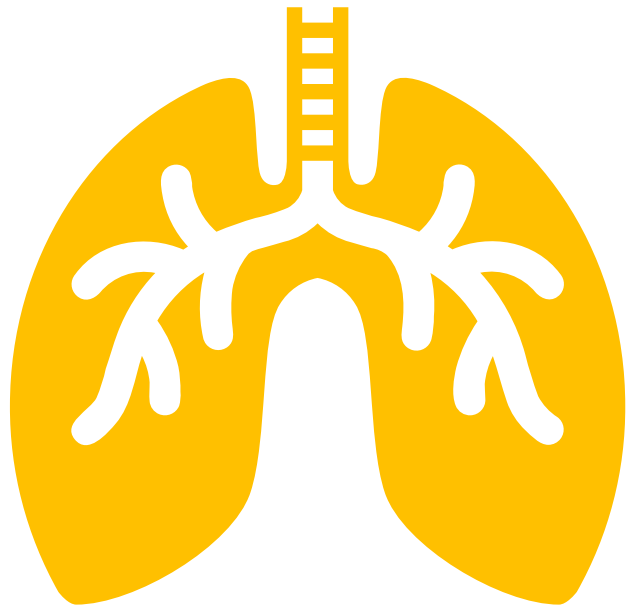
Stomach cramps

Stay home & isolate

Consider getting a
test.

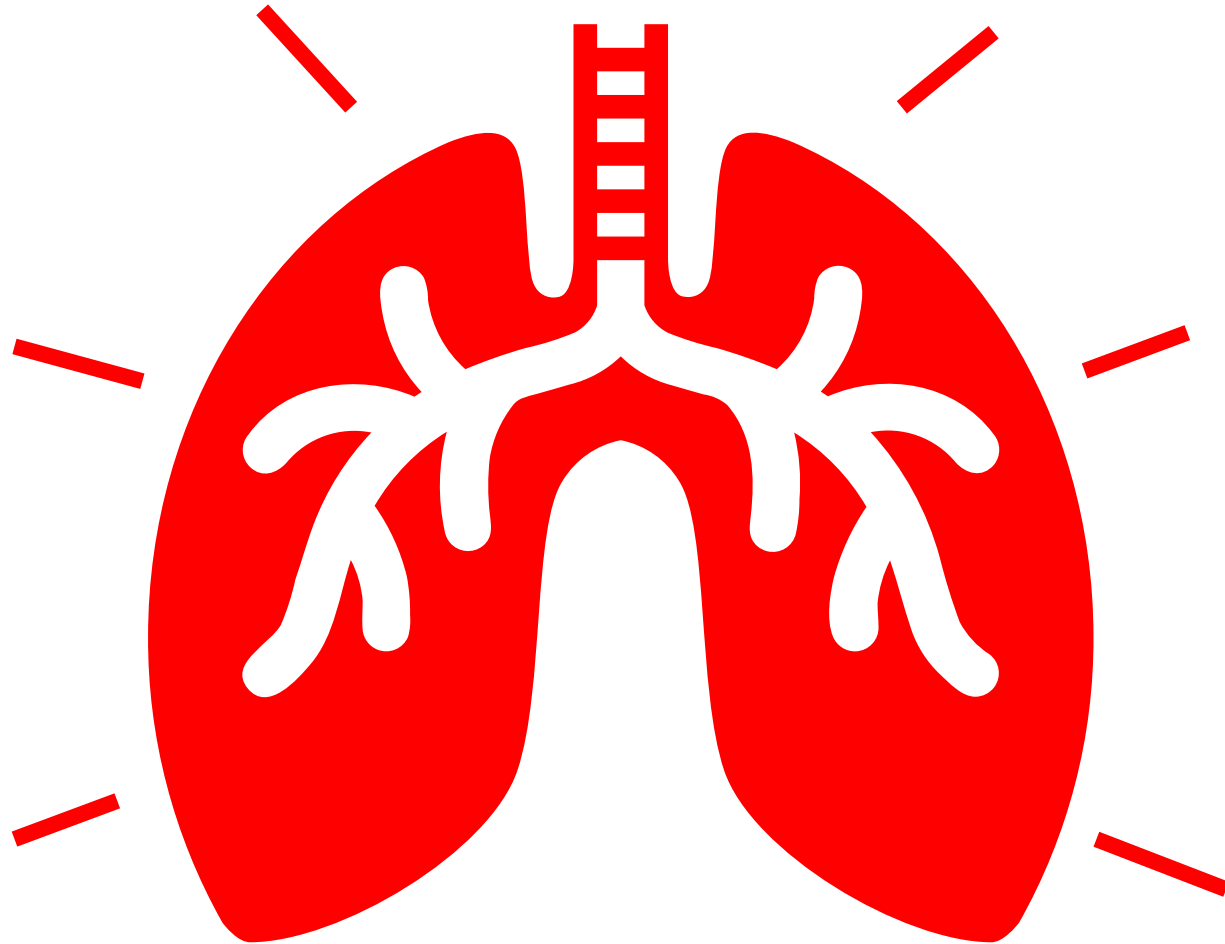
Tell someone you
trust that you are ill.





Phone 111

For breathing difficulties or if you or someone else are concerned about your health.



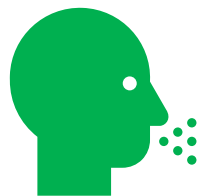
Phone **999**

If you
experience
severe breathing
difficulties or if
you collapse or
can't stand up.

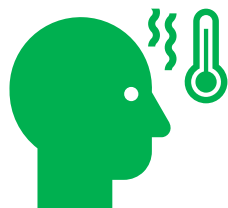
Self-care

Phone 111

Phone 999



Cough



High fever



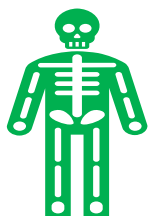
Loss of smell/taste



Head ache



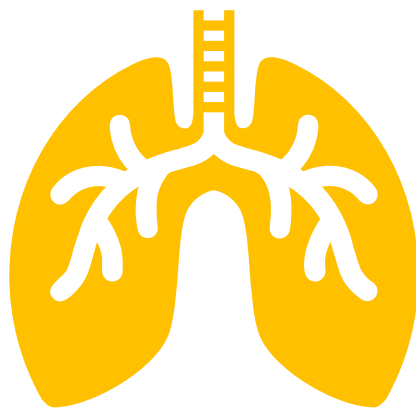
Fatigue



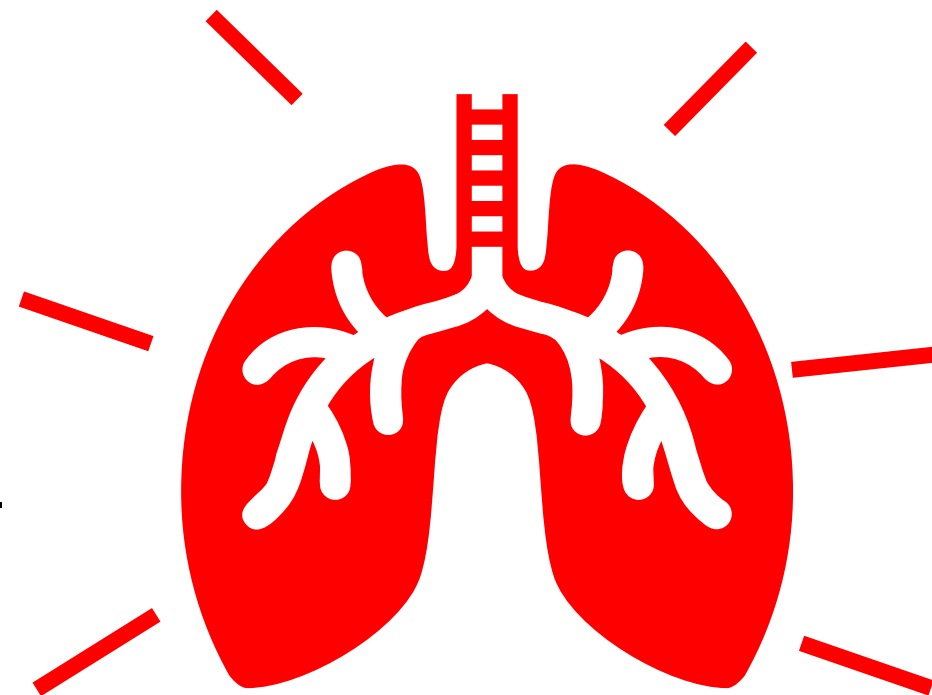
Muscle pain



Stomach cramps



For breathing difficulties or if you or someone else are concerned about your health.



For severe breathing difficulties or collapse.

Acknowledgments

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- PowerPoint Icons