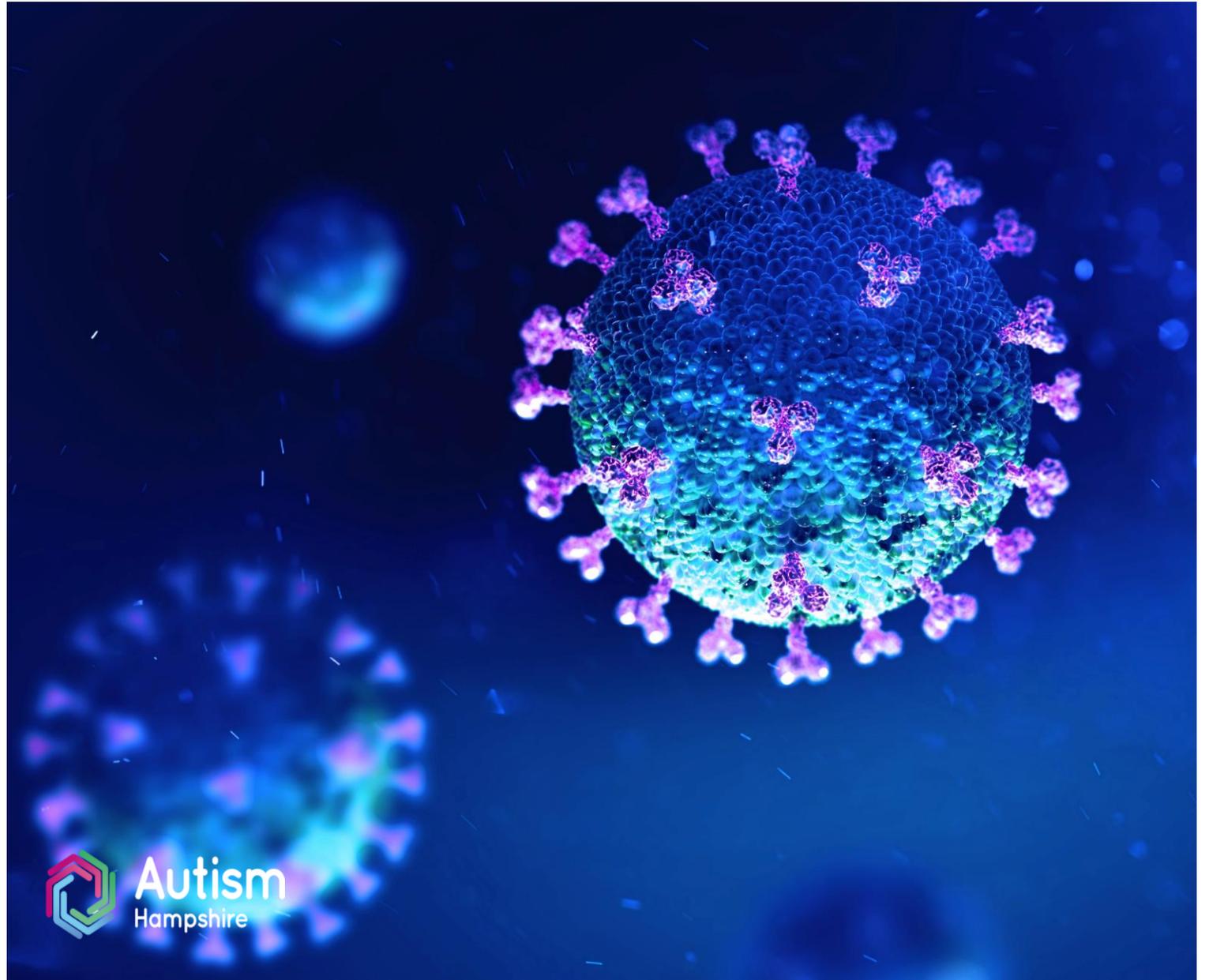


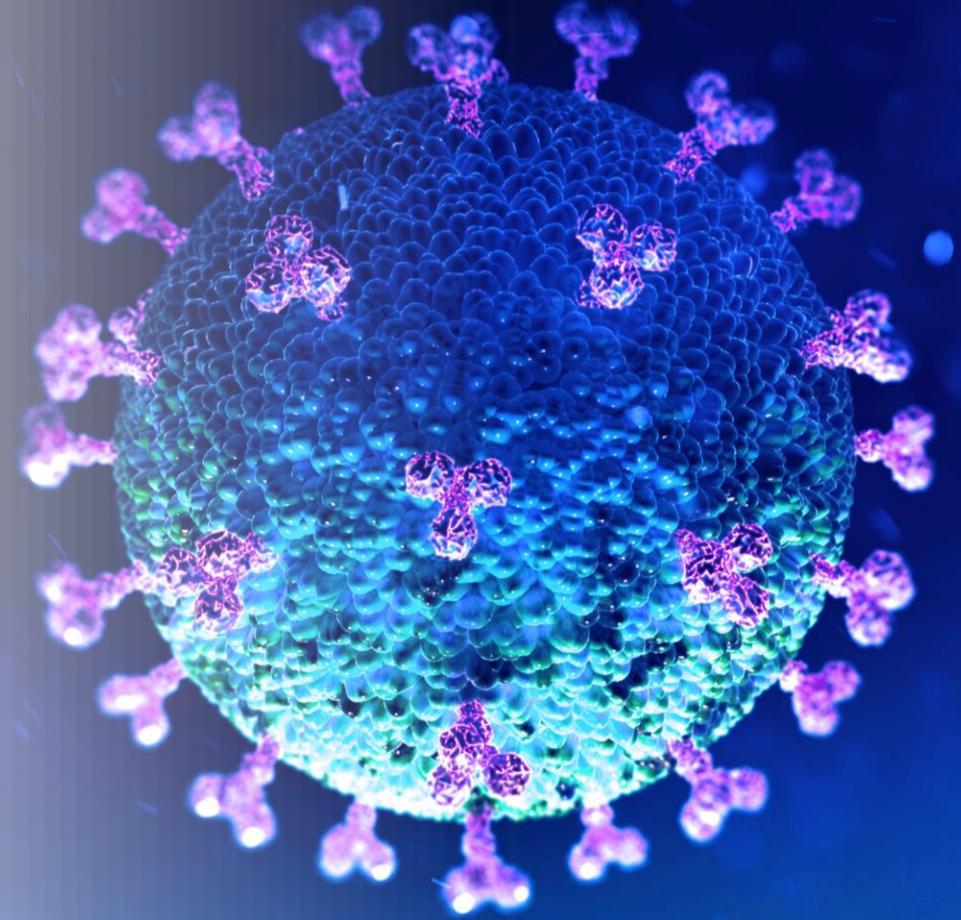
A guide to Covid 19 (coronavirus) for people on the autistic spectrum

Keeping
yourself and
others safe this
winter.

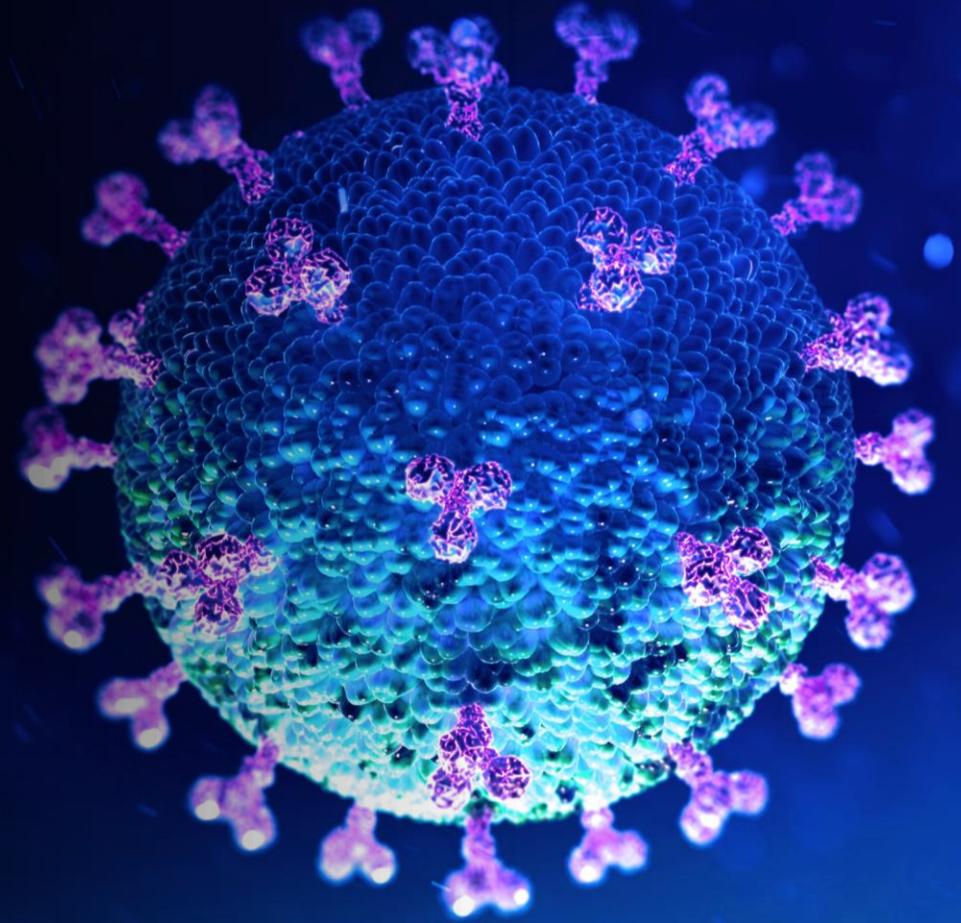


Authors

- 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.



There are a lot of confusing messages in circulation about Covid 19 so we are working in partnership with the NHS to give you clear information.



It is important to remember that Covid 19 very rarely gets serious or requires hospital treatment.



You can help keep yourself and others safe by regularly washing your hands, wearing a face covering and maintaining a 2 metre distance.



**We must
keep on protecting
each other.**



HANDS



FACE



SPACE

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

If you have any of the following conditions, you may choose to take extra precautions to keep yourself safe...

Diabetes (particularly if it is poorly controlled)

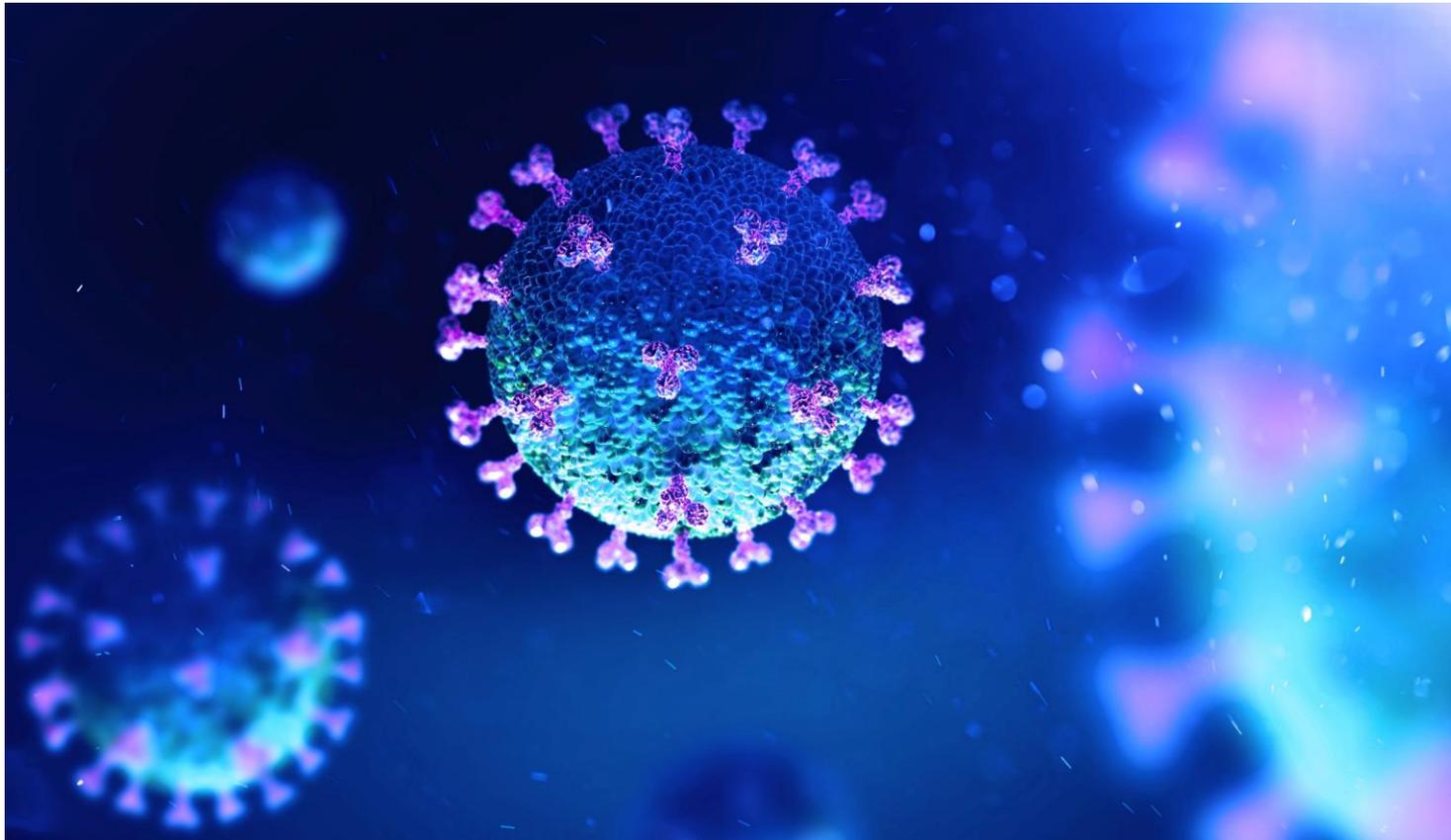
Kidney problems

High blood pressure, if you are taking multiple tablets to control it

Significantly overweight

Or if your GP or Specialist has told you to self isolate or shield.

How can I tell if I might have Covid 19?



One of the challenges with Covid 19 is that the main symptoms (high fever, new continuous cough and a loss or change in taste and smell) are similar to many seasonal illnesses.

We spoke to respiratory consultants working in local hospitals and they have given us a more detailed description of what might be Covid 19. If you experience any of the following symptoms, then you may want to consider getting a Covid test and staying at home and away from other people. Please also see the section about how to look after yourself at home.



Cough

A cough can be caused by many different illnesses, such as a cold or chest infection. It is sensible to avoid other people to stop it from spreading.

Shivering
and unable
to get warm



If you are unable to get warm, it can be a sign of a high fever.

If you have a thermometer, follow the instructions and take your temperature. If it is 38 degrees or above, then taking Paracetamol will make you feel better.

Loss of sense of smell and taste



If you are not enjoying your food, it tastes funny or you think it is off, odd or not right, it may be a sign of Covid 19.



Autism
Hampshire



Headache

If you notice a new headache it is sensible to stay away from others in case it is any early sign of covid 19.

Sore muscles



If you find that your muscles are sore when you haven't done any exercise, it may be a sign of Covid 19.



Autism
Hampshire



Fatigue

If you find you need to sleep in the daytime, (when you don't usually) are sleeping more than usual or want to go back to bed as soon as you have got up, it may be a sign of Covid 19.

Tummy cramps



If you have tummy cramps
or loose stools, it might be
Covid 19



Autism
Hampshire

If you think it is Covid 19, try and get a test. You must self-isolate while waiting for the result. If it is positive, you must self-isolate for at least 10 days. If you still feel unwell after 10 days, continue to self-isolate until you feel able to go out again.



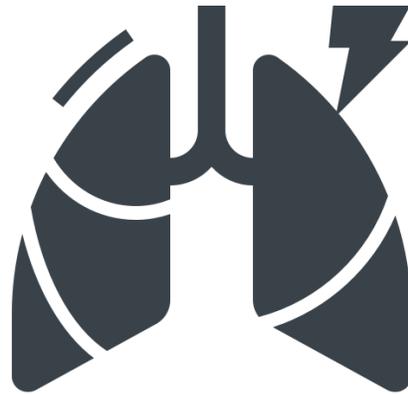
When do I need to call a doctor?



If you get any of the following symptoms, or if you or someone else are concerned about your health, please call **NHS 111** who can arrange for you to see a doctor.

It may help to prepare for the call by writing down the symptoms that you are experiencing.

Breathing difficulties



If you get out of breath when you go up the stairs or after making the bed or walking between rooms (if this is unusual for you).

If you feel a weight on your chest or have difficulty breathing. Your chest may also feel tight.

If you cough so much that you are unable to get your breath.

If you get any
of the following
symptoms,
please call **999**



If you are too weak to get out of bed, have a heavy feeling on your chest and are breathless.

If you are breathless when you are sitting or standing still.

How do I look after myself at home if I have/think I have Covid 19?



Drink plenty of fluids. 2 litres a day of non-alcoholic fluid. If possible, include a variety of drinks, such as water, squash, juice, tea, coffee or fizzy drinks. Try to make sure there are some caffeine free drinks.

Keep wrapped up warm.

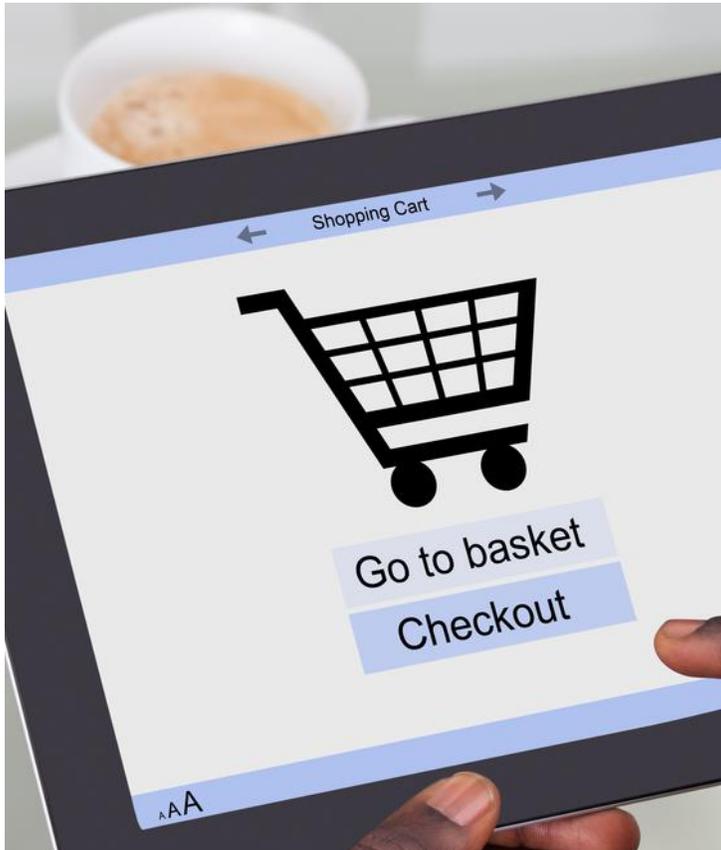
Sleep if you feel like sleeping.

Eat a small amount as your appetite allows.

If you can't get warm and you have a fever, take Paracetamol or ibuprofen and follow the instructions on the box or bottle.

Tell someone that you are ill so they can check on you and get your shopping or prescriptions, if needed.

Things you can do to prepare in case you become ill this winter...



Organise online food shopping, if you are able to.

Ensure you know whom to contact if you become unwell and keep their contact details easily available.

Have food in the freezer and tinned and long-life items in the cupboard.

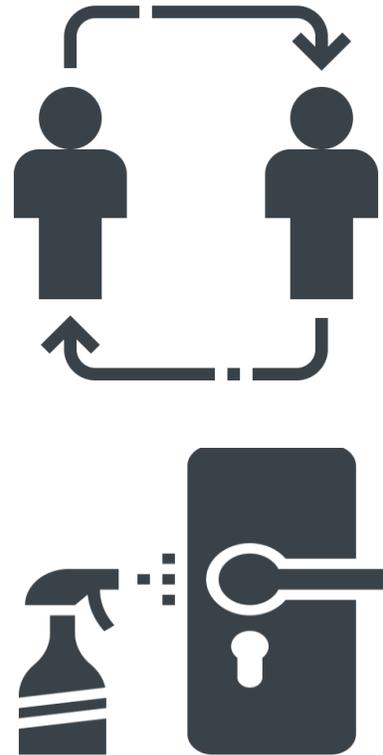
How can I protect other people?

HM Government 

We must keep on protecting each other.

 **HANDS**  **FACE**  **SPACE**

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES



If you have any of the symptoms that we have listed, it is important to try and get a test for Covid 19. If you are unable to get a test, it is important that you stay at home for at least 10 days or until you feel better. It is also important that anyone else in your household self isolates for 14 days. If they develop symptoms in that time, they will then need to isolate for a further 10 days.

If you live with other people and become ill with symptoms of Covid 19, it is important that you stay away from other people in your household as much as possible.

Wash your hands regularly, especially before preparing or eating food.

If possible, use separate bathrooms, if this is not possible, use separate towels and wipe down the taps, toilet flush and light switches after use.

Wash up your own plates and cutlery after eating, in hot soapy water.

Acknowledgments



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