

Mental health and COVID-19: When you have to stay home

Easy read: Information for people with developmental disabilities and their families

COVID-19 is an illness caused by a virus, like a cold or flu. Some people may not know they have it at all. Other people might have a fever or a cough, or a hard time breathing. They may feel weak in their muscles. For some people, COVID-19 can be very dangerous.

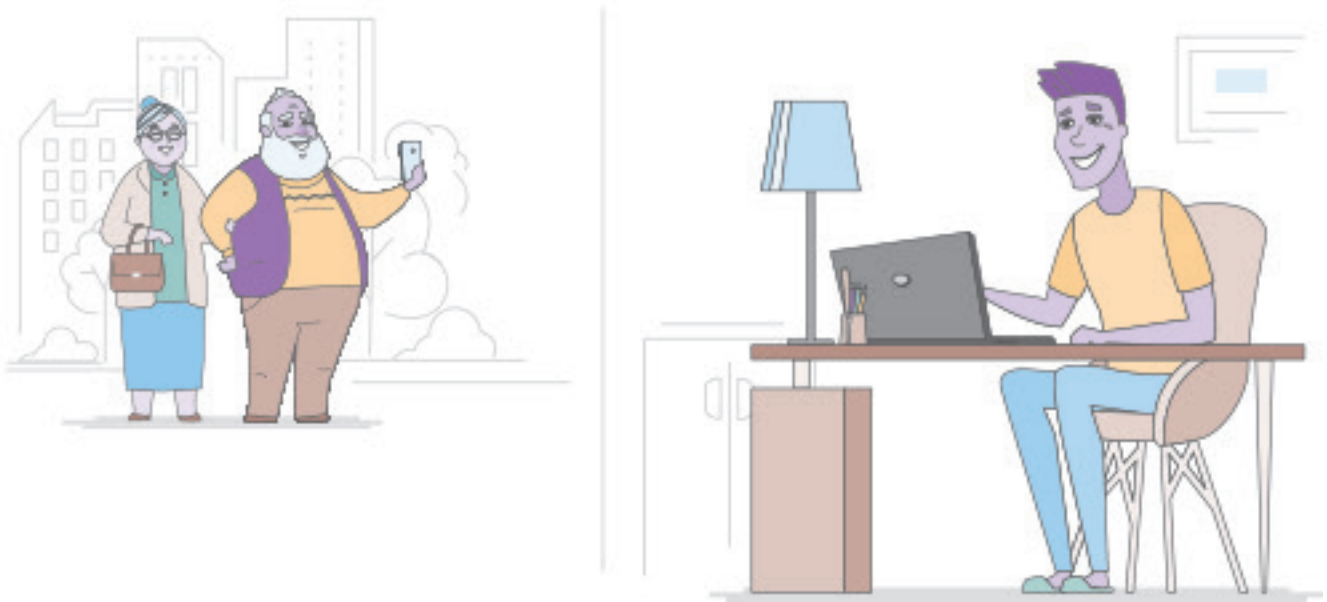
You may see lots of information about COVID-19, but it is not always easy to understand, and it can be confusing. Here is some good information for people with developmental disabilities and their families:

- Read **COVID-19 questions and answers from people with disabilities**.
- Watch a **video version of our Q&A** about COVID-19.
- Read **COVID-19 Q&As from families**.

What to do when you have to stay home

When someone is sick with COVID-19, they should stay away from other people so they don't get sick too. You might be sick and live with other people, or someone else in your home might be sick. When that happens the person who is sick should try to stay by themselves in one part of the home and not spend time with the other people.

Being at home all the time can be really hard. You might feel sad, scared or mad that this is happening. It can be hard to sleep.



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This information sheet is not a screening tool for COVID-19 symptoms, or a resource for if you are having a mental health crisis. If you are in crisis, please call 911 right away or go to your nearest emergency department.

For more information, visit www.camh.ca/covid19

Here are some things you can try to do if you have to be all alone:

Keep busy

What is an activity you can do? A craft? Cleaning something? Watching something on TV or online?



Take care of yourself

Don't forget to eat, brush your teeth, get sleep, shower and get dressed. Is there something nice you can do for yourself?



Prepare ahead

Ask a family member or friend to help you get groceries. You can also ask your pharmacy to deliver medications you may need. Keep a list of important phone numbers.



Talk to people

Just because you can't be with other people doesn't mean you can't talk or write to them. Use a phone, a computer or tablet.



How can I help somebody when they are home alone?

- Call them on the phone or computer to talk to them.
- Be a good listener.
- Try to help them get good food.
- Bring them activities to do, or send them links to online activities or fun things to watch.
- Think of ways to keep them busy.
- Make a schedule, such as having different people call at different times, or watching different things at different times.
- Make sure they are taking their medicine.
- Keep in touch with their doctor.
- See if they want to connect with other people online. Options include **Big White Wall** (in Ontario) and **Kids Help Phone**.