

# PREVENTIVE MEASURES FOR PEOPLE WITH DISABILITIES AGAINST THE CORONAVIRUS (COVID-19)



Persons with disabilities are more at risk of the Coronavirus (COVID-19) pandemic because of the barriers that prevent them from accessing and implementing relevant information about safety and personal hygiene aimed at limiting the spread of the disease.

Many people with disabilities rely on physical contact with the surrounding environment or assisting persons, making physical distancing more challenging. In addition, some may have exacerbating existing health conditions; particularly those related to respiratory function, immune system or heart disease caused by certain disabilities, which add to their vulnerability to infection.



#### **If you are a person who is blind or visually impaired:**

- You should avoid touching surfaces of all kinds. If you need to do this, you should wash or sanitize your hands.
- Avoid putting the white cane in other people's hands and you should disinfect it completely after each use.
- Avoid using printed braille used by the others because the papers may transmit the virus. Use alternative formats for receiving information or the readers on your phones.
- If you are a person with impaired vision, you should sanitize your glasses and reading amplifiers regularly.



#### **If you are a person who is deaf or hearing impaired:**

- You can follow the news (such as on Qatar TV) and data (such as the WHO COVID-19 website) that are translated in sign language to keep you informed of the guidelines and instructions issued by the authorities.



#### **If you are a person with a physical disability:**

- You should frequently sanitize the wheelchair, walker, or crutch and wash your hands after using it.
- If you lean on walls or furniture, be sure to wash your hands or use hand sanitizer after each time they come in contact with the surrounding surfaces.



#### **If you have a Prosthesis, Orthotics or Splints:**

- you must sanitize it before and after use; and leave it in a place where it cannot be reached or touched by others.



#### **For people with an intellectual disability and their carers:**

- You should sanitize hands, tools and educational material that may be used to strengthen skills
- Carers should simplify instructions for sanitization and the physical distancing requirements through images and games.
- With the importance of staying at home, it is advised to create an empty space inside the home that allows the person to move around easily to compensate for the deprivation of outside activities.



#### **If you are a person with a mental health disability:**

- You can follow online services that provide psychological support. Call the **government COVID-19 helpline 16000** and ask to speak to a mental health professional.
- Ensure that you have enough supply of necessary medicines that you need to take regularly; you can speak to your mental health professional for repeat prescriptions.
- Visit the government covid-19 website for more information and helpful advice on coping with stress and anxiety: [www.moph.gov.qa](http://www.moph.gov.qa)

To avoid contracting the virus, follow the guidance on basic protection measures against COVID-19, such as avoiding crowded environments where possible and minimize physical contact with other people. Practice good hand hygiene and ensure that assistive products used and frequently touched surfaces are disinfected regularly. Adopt a healthy diet to boost the immune system and make sure care givers are healthy and follow all protection measures as well.



For more info. on coronavirus disease 2019 (COVID-19)  
visit [www.moph.gov.qa](http://www.moph.gov.qa) or call 16000