

COVID-19 Fall 2022: How to Stay Safe

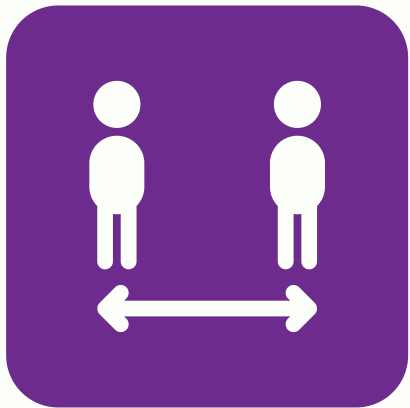


How to stay safe during COVID-19

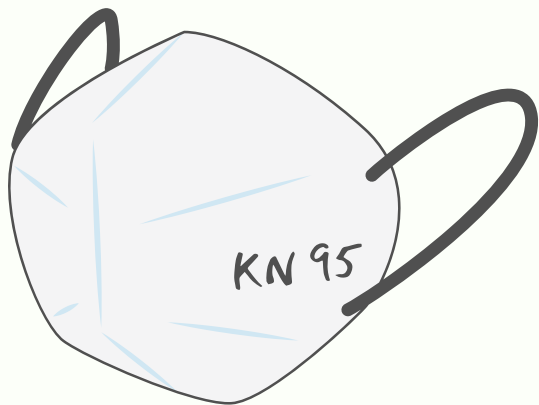


Get all of your COVID-19 vaccines.

This includes the new bivalent **COVID-19 booster shot**.



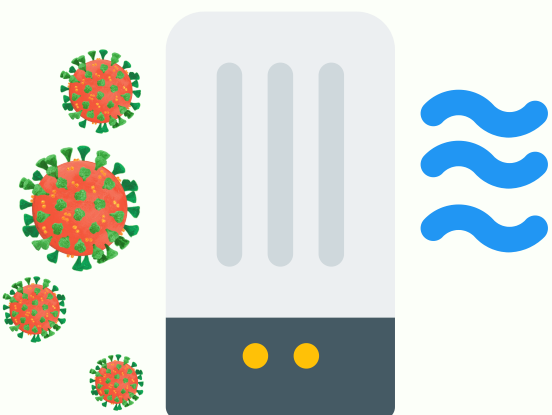
Try to stay away from other people who are sick.



Wear a **good fitting mask** that covers your nose and chin.



Stay home when you are sick.

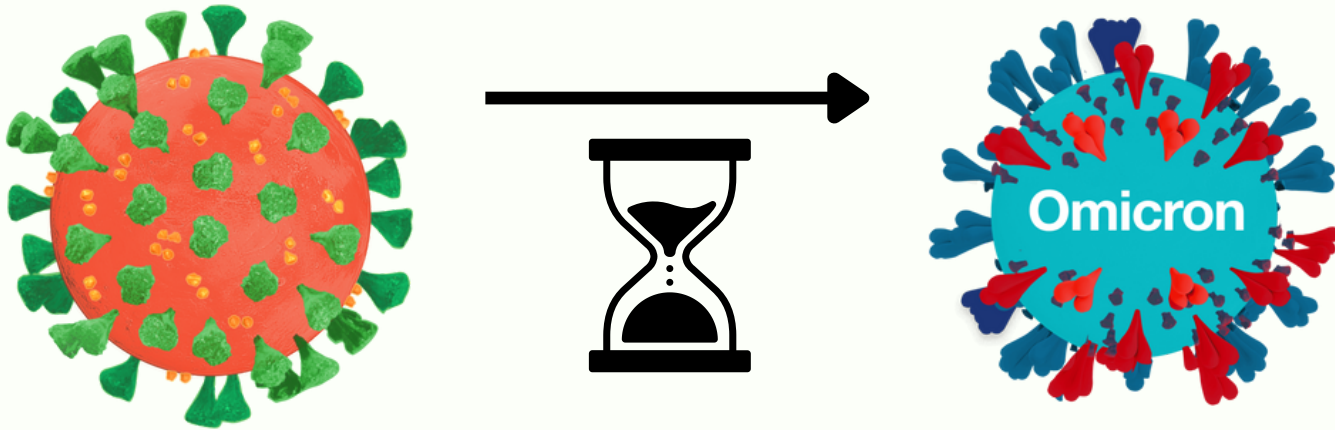


Keep **indoor air safe**:

1. Open windows
2. Clean the air with air purifiers
3. Try to meet people outside instead of inside

If many people have COVID-19 vaccines, why are people still getting COVID-19?

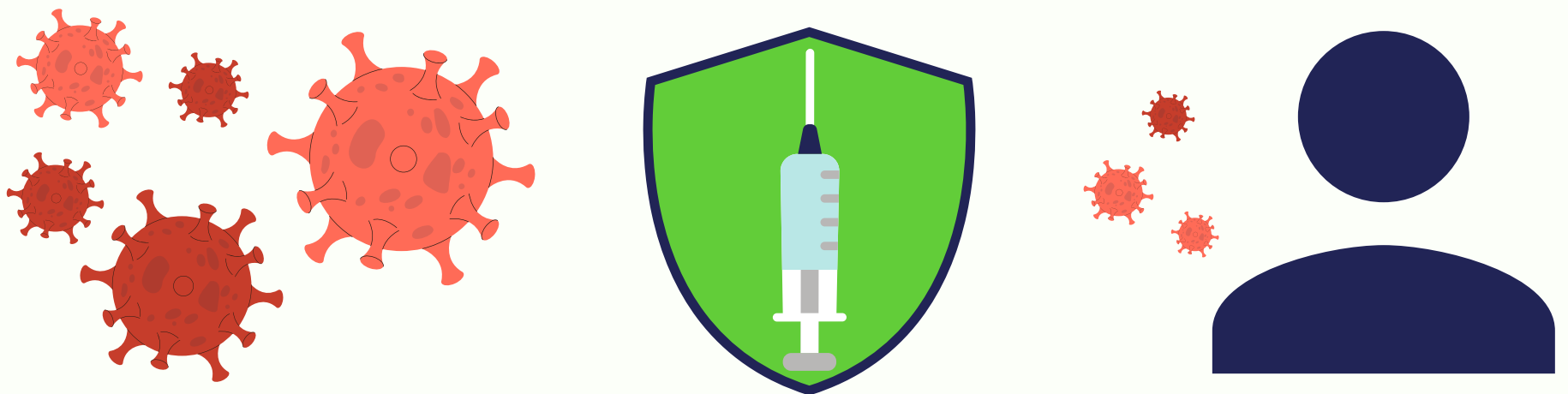
Viruses change over time.



This means the COVID-19 virus has also changed.

The most recent type of the COVID-19 virus is called the **Omicron** variant.

Vaccines protect people from getting very sick.



COVID-19 vaccines **protect people from getting very sick** from the COVID-19 virus.

You can catch COVID-19 and spread the virus even if you have the vaccines. It is still important to get your vaccines.

What if someone who supports me gets COVID-19?

When a person has COVID-19 they should try to stay home and away from other people for even if they are not feeling sick.



If your support worker is sick you can:



Ask for a different person to help you.



Talk to them on a video or phone call.

If you need to meet your support worker in person, you should both wear good masks and keep a distance.



This guide was created by staff at the Health Care Access Research and Developmental Disabilities Program (H-CARDD) and CAMH.

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