**Plain Language Resources on COVID-19**

**Compiled by Think College August 2019**

[8-page booklet written by self-advocates](https://selfadvocacyinfo.org/resource/plain-language-information-on-covid-19/) that answers questions like "What is COVID-19? If I am sick, when should I call a doctor? How can I not get it? What do I do if someone I live with gets sick?" [Link to Spanish version.](https://selfadvocacyinfo.org/resource/plain-language-information-on-covid-19-spanish-version/) (Green Mountain Self-Advocates)

["Words to Know about the Coronavirus" - 10 page booklet written by self-advocates](https://selfadvocacyinfo.org/wp-content/uploads/2020/04/Words-To-Know-About-the-Coronavirus-in-Plain-Language.pdf) that explains many of the words being used right now to talk about the virus and things we are being asked to do. (Green Mountain Self-Advocates)

["What in the World is Going On? Plain talk for Pandemic Times”](https://informingfamilies.org/wp-content/uploads/2020/03/COVID-19-Guide-Plain-Talk.pdf)**—**this guide was created with Ivanova Smith, a self-advocate and civil rights leader in Washington State, with the support of our colleagues at the Washington Council on Developmental Disabilities. Addresses how life is changing because of community places closing and social distancing, and how people can find support from each other, what changes they can expect in coming weeks.

[Downloadable and online-viewable PDF](https://urldefense.com/v3/__https:/informingfamilies.org/wp-content/uploads/2020/03/COVID-19-Guide-Plain-Talk.pdf__;!!PRtDf9A!889Gq92_PURwiAacrqwIMmN629kf76vkQXrSau0JeDvxoorXgI-y3tkr78YL9DUqAA$) (12 pages)

[YouTube video](https://urldefense.com/v3/__https:/www.youtube.com/watch?v=9Snbw3h2scE&feature=youtu.be__;!!PRtDf9A!889Gq92_PURwiAacrqwIMmN629kf76vkQXrSau0JeDvxoorXgI-y3tkr78byWp9OVA$) (6 minutes)

[Written Transcript](https://urldefense.com/v3/__https:/informingfamilies.org/wp-content/uploads/2020/03/Covid-19-What-in-the-World-transcript.docx__;!!PRtDf9A!889Gq92_PURwiAacrqwIMmN629kf76vkQXrSau0JeDvxoorXgI-y3tkr78YqpdtWQw$)

[“Plain Language Tips for Working with Staff During COVID-19”](https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Tips-For-Working-With-Support-Staff-During-COVID-19-March-30-2020.pdf) - Tips written by self-advocates. Includes checklists to help make sure your needs are met, you know how to stay safe, and you understand important words about COVID-19.

["Talking about Change: A Story about the Coronavirus"](https://coe-chd-static.uoregon.edu/resources/Talking%20About%20Change.pdf?mc_cid=5e7a605c9d&mc_eid=fa6483399c) - Easy read 13 page document that talks about how things may be changing right now and why; also gives questions to think about how you can cope with the changes and things you can still do to make you happy (Center on Human Development, University Center on Excellence in Developmental Disabilities, University of Oregon)

[A simple, easy-to-read web page](https://heller.brandeis.edu/lurie/news/covid-19.html) that answers a few basic questions about COVID-19, such as "What is it, how do people get it, how can I stay safe, and what happens when people get it?" Can also be downloaded as a PDF file. (Brandeis University)

[Coronavirus: What Is It and What Can I Do?](http://thearc.org/wp-content/uploads/2020/03/Coronavirus-What-Is-It-and-What-Can-I-Do-The-Arc-MD.pdf) – created by The Arc Maryland

[Coronavirus Prevention Flyer](http://thearc.org/wp-content/uploads/2020/07/coronavirus-prevention-updated-July-2020.pdf) – created by the New Jersey Self-Advocacy Project

Videos by California Self-Advocates

[Episode 1: How to Stay Healthy](https://youtu.be/pUZgWtRqN_U)

[Episode 2: What Should I Do If I Think I’m Sick?](https://youtu.be/FpPlTIV3qTk)

[Episode 3: What I Should Do If I Get Sick](https://youtu.be/rteP5FMraog)

[Episode 4: What To Do If a Caregiver or a Family Member Gets Sick](https://youtu.be/UWcQSWHb8O8)

[Episodio 1 – Cómo mantenerse saludable](https://youtu.be/ZeYXu9--FsQ)

[Episodio 2 – Lo que debo hacer si creo que estoy enfermo:](https://youtu.be/40iBc9qNx6w)

[Episodio 3 – Lo que debo hacer si estoy enfermo](https://youtu.be/1giIp8QjJCo)

[Episodio 4 – Lo que debo hacer si mi familiar o persona que me cuida se enferma](https://youtu.be/3RhvpRrLXok)

COVID-19 and You

[Watch on YouTube](https://youtu.be/Q5OanJNLrUw)

[View PDF](https://www.ohsu.edu/sites/default/files/2020-05/COVID-19%20and%20You.pdf)

How to be social while physically distancing

[Watch on YouTube](https://youtu.be/S36osYJ6e-c)

[View PDF](https://www.ohsu.edu/sites/default/files/2020-05/How%20to%20be%20social%20while%20physical%20distancing.pdf)