**Info-sheet 1**

**What is Covid-19?**

Covid-19 is the short form of Corona Virus Disease 2019. It is a lung-illness that can spread from person to person.

**What are its symptoms?**

According to WHO, the main symptoms are fever, cough, breathlessness, high fever, running nose and diarrhoea in some cases. Symptoms may vary from mild to severe, Symptoms me appear two to fourteen days after the exposure.

**When to see a doctor?**

Go and see a doctor as soon as symptoms appear.

**How can it be transmitted?**

It is spread from someone infected with COVID-19 virus to those who are in close contacts with that person.

Contaminated droplets spread by coughing or sneezing, or by contact with contaminated hands, surfaces or objects.

**Is there a treatment?**

At present there is no specific antiviral treatment for COVID-19.

****

Many disabled people do have specific disabilities or chronic conditions that make the illness more dangerous for them.

Having a disability probably doesn’t by itself put someone at higher risk from corona virus.

If one is 60 and over and has heart disease, diabetes or respiratory disease one is more at risk.

A lot of persons with disabilities have lower immunity. This makes them more vulnerable to the Corona infection.



[**www.crossthehurdles.org**](http://www.crossthehurdles.org)