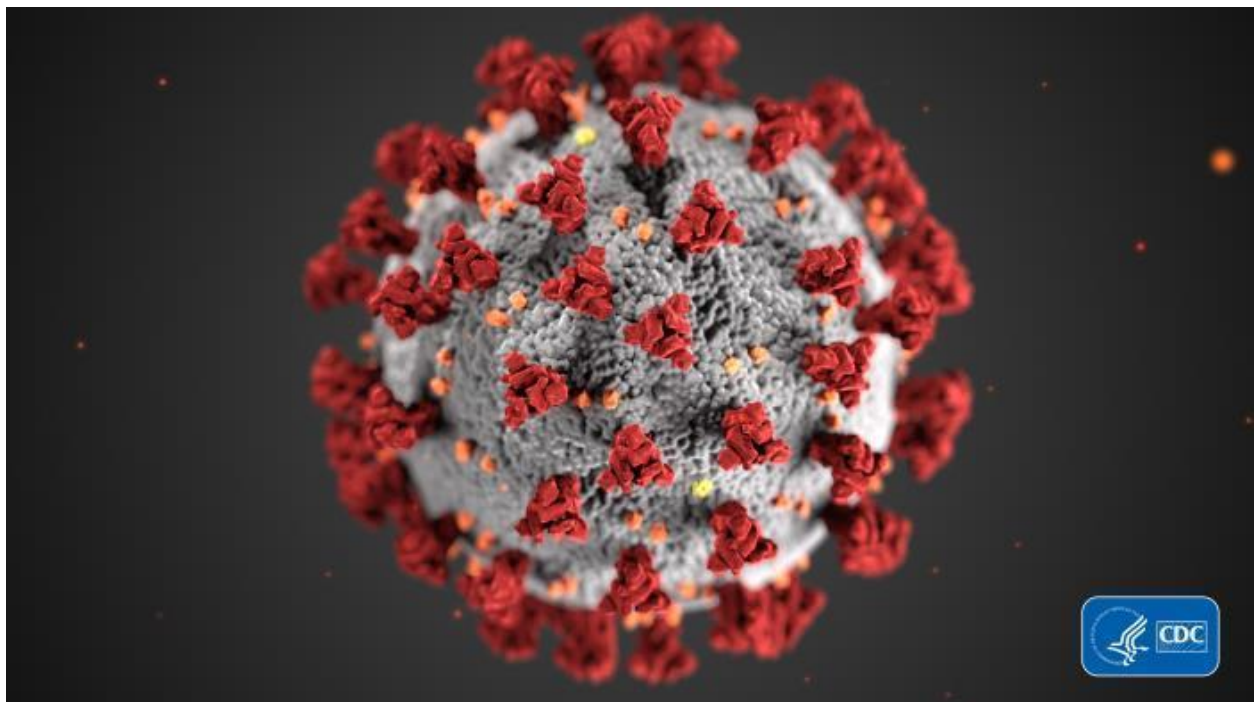


COVID-19 (Coronavirus)



COVID-19 is a disease that has caused millions of deaths worldwide since 2019. According to the Centers for Disease Control and Prevention (CDC), the virus causing COVID-19 spreads primarily through tiny respiratory droplets produced when an infected person coughs, sneezes, sings, talks, or breathes. Infection occurs when these droplets and particles are inhaled or land on the eyes, nose, or mouth; touching the face with hands that have the virus on them can also lead to infection.

Symptoms of COVID-19:

The ZOE Health Study released an updated list of reported COVID-19 symptoms. The study included three groups – fully vaccinated, partially (1 dose) vaccinated, and unvaccinated. Four of the five most common symptoms remain the same

- Sore throat

- Runny Nose
- Persistent cough
- Headache

The ranking of the symptoms varies across the groups. However, one group, the unvaccinated, reported another symptom – **fever**. And those who are fully vaccinated reported having a **blocked nose**.

Because the symptoms of COVID-19 can be mistaken for a cold, flu, or rhinovirus, you must call your doctor or get tested for COVID-19 if you have any of the listed symptoms.

COVID-19 Vaccines:

The best way to avoid infection and prevent the communal spread of COVID-19 is to get vaccinated against the disease. The U.S. Food & Drug Administration (FDA) has authorized or approved Pfizer, Moderna, and Novavax COVID-19 vaccines as safe and highly effective in preventing severe cases that cause hospitalization or death.

The FDA has limited the use of the Janssen (Johnson & Johnson) COVID-19 vaccine. The limitations include those 18 years or older who can't access other approved vaccines that aren't clinically appropriate for them or who chose to have the Johnson & Johnson vaccine because they wouldn't receive a different COVID-19 vaccine.

All FDA approved and authorized COVID-19 vaccines are free.

The CDC recommends that everyone six months and older be fully vaccinated against COVID-19 to protect against the disease and help stop the pandemic. In addition, boosters are recommended for everyone five years or older.

Adults may receive any of the vaccines. Children between the ages of 5 and 17 may receive the Pfizer vaccine. Children 6 through 17 may receive the Moderna vaccine. The bivalent vaccine is approved for adults and children 5 through 11 years old. Dosages are determined by age, not size or weight. Children ages 5-11 will receive two 10-microgram doses administered 21 days apart; this dosage is one-third of the adolescent and adult doses.

COVID-19 Boosters:

The CDC recommends everyone get a booster shot.

The CDC has approved an updated (bivalent) booster dose of the COVID-19 vaccine.

The CDC has approved mix-and-match booster doses for those eligible for a booster. This means that a person can receive a booster of a COVID-19 vaccine that is different than the COVID-19 vaccine they received for their primary series or initial booster.

The CDC recommends that people ages five years and older receive one updated (bivalent) booster at least two months after their last COVID-19 vaccine dose, whether that was:

- Their final primary series dose, or
- An original (monovalent) booster

People who received more than one original (monovalent) booster are also recommended to get an updated (bivalent) booster.

The recommended vaccination schedule from the Centers for Disease Control and Prevention is available at: <https://www.cdc.gov/vaccines/covid-19/downloads/COVID-19-immunization-schedule-ages-6months-older.pdf>.

For more information on the COVID-19 vaccine, please see our COVID-19 Vaccine fact sheet at: <https://www.ChristopherReeve.org/factsheets>.

How to Reduce Risk of Infection and Communal Spread:

- Get vaccinated.
- Remain up to date with booster shots.
- Unvaccinated individuals should wear a mask in public.
- The CDC recommends that fully vaccinated individuals wear a mask indoors in areas of substantial transmission or if an underlying medical condition weakens the immune system.

Cover mouth and nose before coughing and sneezing and keep hands clean to prevent the spread of germs that cause respiratory infections, including the coronavirus. Wash hands with warm water and soap for at least 20 seconds or use an alcohol-based sanitizer, especially after leaving a public place and before touching your face.

- Ask caregivers to wash their hands as soon as they arrive at your home and before touching or feeding you.
- If family members become sick, have them move to a separate room, if possible, while they recover to limit your exposure to the disease.
- Get tested if exposed to someone with suspected or confirmed COVID-19. Fully vaccinated individuals should get tested 3-5 days after exposure and wear a mask in public indoor settings until they receive a negative test result. To prevent potential spread and infection, people who are not fully vaccinated should immediately quarantine and be tested.

How to Prepare for COVID-19 Outbreaks in Your Community

- Stay up to date on vaccinations, including for the flu. The Centers for Disease Control and Prevention recommends everyone six months and older receive a yearly flu vaccination.
- Stock up on medications and essential household items, including medical supplies, pantry staples, and pet food so that you can limit public outings during a local outbreak.
- Arrange for back-up care in case a primary caregiver or attendant becomes sick.
- Arrange for back-up transportation in case your local provider is affected.

Insurance and COVID-19: What to Know:

Testing

- The Families First Coronavirus Response Act, passed by Congress on March 18, 2020, requires Medicaid, Medicare, and most private insurance companies to provide free coronavirus testing and waive any co-pay fees or deductibles. The law mandates coverage of services, including doctor's office, urgent care, telehealth, or emergency room visits, related to administering or determining the need for a test.
- Medicare Part B covers all costs for coronavirus testing, including co-pays and deductibles.
- You are still eligible for free testing if you don't have insurance. The law includes emergency funding to directly reimburse doctors and medical facilities for tests and test-related services performed on anyone uninsured. An increase in Medicaid funding also allows states to cover uninsured residents and temporarily enroll them in the program to be tested.

The law mandates free testing – **not free treatment** – for COVID-19. Therefore, treatment costs will vary depending on individual coverage plans.

Insurance Expansion and Changes

Both Medicaid and Medicare are making changes in response to COVID-19, including:

To continue providing Medicaid services and supports for people who are quarantined and already meeting an institutional level of care, states (using the authority outlined under Section 1915 (c)Appendix K regarding action in emergencies) can authorize healthy family members living in the home to serve as a provider and receive funding as a "live in caregiver." Home-delivered meals, such as Meals on Wheels, could also be added to provide one meal per day to the individual. In addition, other services could be added, including private duty nursing, and

payment rates could be increased to offset the increased health risk to providers and appeal to a larger provider pool.

Medicare has temporarily expanded its coverage of telehealth services to help people access doctors and other health providers (including nurse practitioners, clinical psychologists, and licensed clinical social workers) without having to go to a doctor's office or hospital and risk exposure to COVID-19. Specific services available remotely include evaluation and management visits, mental health counseling, and preventive health screenings.

For more comprehensive information and updates about changes to these programs during the outbreak, please visit Medicaid's COVID-19 Frequently Asked Questions at: <https://www.medicaid.gov/state-resource-center/downloads/covid-19-faqs.pdf> and the Medicare and Coronavirus web page at: <https://www.medicare.gov/medicare-coronavirus#400>.

Additional Resources Resources on COVID-19 Vaccines

Centers for Disease Control and Prevention: COVID-19 Vaccines

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>

Food and Drug Administration: COVID-19 Vaccines

<https://www.fda.gov/emergency-preparedness-and-response/coronavirus-disease-2019-covid-19/covid-19-vaccines>

Post-Polio Health International: COVID-19 Vaccine Information for Polio Survivors

<https://post-polio.org/covid-19-vaccine>

World Health Organization: COVID-19 Vaccines

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/covid-19-vaccines>

Resources on Coronavirus Related to People with Disabilities:

AAHD: Wheelchair Users and Assistive Technology: Precautions for COVID-19

https://www.aahd.us/wp-content/uploads/2020/04/WC_COVID-19-Precautions.pdf

ACL: What Do Older Adults and People with Disabilities Need to Know

<https://acl.gov/COVID-19>

American Heart Association: Coronavirus Precautions for Patients and Others Facing Higher Risks

<https://www.heart.org/en/around-the-aha/coronavirus-precautions-for-patients-others-facing-higher-risks>

Christopher & Dana Reeve Foundation: COVID-19 and Spinal Cord Injury web pages

<https://www.christopherreeve.org/living-with-paralysis/health/secondary-conditions/covid-19-and-spinal-cord-injury>

Christopher & Dana Reeve Foundation blog: Early Days: How COVID-19 is Changing Life for People Living with Paralysis

<https://christopherreeve.org/blog/life-after-paralysis/early-days-how-covid-19-is-changing-life-for-people-living-with-paralysis>

Christopher & Dana Reeve Foundation webinar: Nurse Linda on COVID-19

<https://www.youtube.com/watch?v=IVi3GS2t1lw>

Christopher & Dana Reeve Foundation blog: SCI, Flu and Coronavirus

<https://www.christopherreeve.org/blog/life-after-paralysis/the-flu>

Equal Employment Opportunity Commission: What You Should Know About COVID-19 and the ADA, the Rehabilitation Act, and Other EEO Laws

<https://www.eeoc.gov/wysk/what-you-should-know-about-covid-19-and-ada-rehabilitation-act-and-other-eeo-laws>

Forbes: 5 Things to Know About Coronavirus and People with Disabilities

<https://www.forbes.com/sites/andrewpulrang/2020/03/08/5-things-to-know-about-coronavirus-and-people-with-disabilities/#3db2b0e1d21f>

Multiple Sclerosis Association of America: M.S. and Coronavirus

https://mymsaa.org/news/the-coronavirus-and-ms-what-you-need-to-know/?utm_source=latest_news&utm_medium=email&utm_campaign=coronavirus

New Mobility: Assessing the Impact of COVID-19 July 2020 p.8-10

<https://newmobility.com/2020/07/assessing-the-impact-of-covid-19/>

Shepherd Center

<https://news.shepherd.org/making-masks-more-inclusive-modifications-meet-patients-specific-needs-and-protect-from-illness/>

Info on masks, including how to make ones for ventilator users

Siegel Rare Neuroimmune Association: COVID-19 and Rare Neuroimmune Disorders

<https://wearesrna.org/covid-19/?emci=b8f5c898-c96a-ea11-a94c-00155d03b5dd&emdi=45430135-cc6a-ea11-a94c-00155d03b5dd&ceid=7838229>

STAT News Breakdown of Coronavirus Risk Factors by Demographics

<https://www.statnews.com/2020/03/03/who-is-getting-sick-and-how-sick-a-breakdown-of-coronavirus-risk-by-demographic-factors/>

University of Montana Rural Institute fact sheet titled How Will the COVID-19 Recession Impact People Living with Disabilities in Rural America?

https://scholarworks.umt.edu/ruralinst_employment/43/

Resources on Coronavirus Related to Caregivers/PCAs:

ARCH Respite: Voluntary National Guidelines for Providing and Receiving Respite Care Safely During the COVID-19 Pandemic

<https://archrespite.org/national-respite-guidelines-for-covid-19>

Caregiver Action Network: Tips for Family Caregivers and COVID-19

<https://caregiveraction.org/covid-19>

Josh Basile Facebook Page: Video on How PCAs Should Disinfect Themselves When Entering Your Home

<https://www.facebook.com/josh.basile/videos/10109068997203758/>

Resources on Coronavirus for Military and Veteran Personnel and Caregivers

AARP: "*Lessons from Military Caregivers Amid Coronavirus*" by Lee Woodruff

<https://elizabethdolefoundation.us7.list->

[manage.com/track/click?u=1264f553ca2c7c22346332b6e&id=d17748d5a3&e=e2b3ed3a6f](https://elizabethdolefoundation.us7.list-manage.com/track/click?u=1264f553ca2c7c22346332b6e&id=d17748d5a3&e=e2b3ed3a6f)

COVID-19 Hidden Heroes Resource Hub

<https://elizabethdolefoundation.us7.list->

[manage.com/track/click?u=1264f553ca2c7c22346332b6e&id=ae70c0dfa6&e=e2b3ed3a6f](https://elizabethdolefoundation.us7.list-manage.com/track/click?u=1264f553ca2c7c22346332b6e&id=ae70c0dfa6&e=e2b3ed3a6f)

The Elizabeth Dole Foundation offers a dedicated webpage with the most up-to-date information for military and veteran caregivers.

COVID-19 Tips for Military and Veteran Caregivers

<https://elizabethdolefoundation.us7.list->

[manage.com/track/click?u=1264f553ca2c7c22346332b6e&id=6b83f897fa&e=e2b3ed3a6f](https://elizabethdolefoundation.us7.list-manage.com/track/click?u=1264f553ca2c7c22346332b6e&id=6b83f897fa&e=e2b3ed3a6f)

10 Things You Need to Know About the Coronavirus

<https://elizabethdolefoundation.us7.list->

[manage.com/track/click?u=1264f553ca2c7c22346332b6e&id=3e65006d2c&e=e2b3ed3a6f](https://elizabethdolefoundation.us7.list-manage.com/track/click?u=1264f553ca2c7c22346332b6e&id=3e65006d2c&e=e2b3ed3a6f)

Disabled American Veterans (DAV) COVID-19 Relief Fund

<https://www.dav.org/COVIDrelief/>

The DAV offers a COVID-19 Relief Fund to provide up to \$250 to service-connected disabled veterans who have lost employment.

Paralyzed Veterans of America: COVID Resources

<https://pva.org/covid-19/>

Paralyzed Veterans of America: COVID Resources Paralyzed Veterans of America: Emergency Checklist

<https://pva.org/covid-19/>

Veterans Administration: Coronavirus FAQs: What Veterans Need to Know

<https://www.va.gov/coronavirus-veteran-frequently-asked-questions/>

Resources on Coronavirus for Children:

Coronavirus: A Book for Children (Free downloadable PDF from publisher Nosy Crow)

<https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/>

A Kids Book About COVID-19 Free downloadable book for kids, written by Malia Jones, a social epidemiologist, focuses on facts like hand washing, how a virus works, how germs spread, and how we can work together. Also available in Spanish.

Time for Kids is for children in K-6th grade and has several articles on COVID-19 by grade level, and their digital library (it's free for the rest of the 2019-2020 school year):

https://click.everyaction.com/k/17178684/185267460/820805815?nvep=ew0KICAiVGVuYW50VXJpljogIm5ncHZhbjoyL3Zhbic9FQS9FQTAwMi8xLzYwODc2liwNCiAgIkRpc3RyaWJ1dGlvbIVuaXF1ZUkljogljZTlwZDAyLWVmODAtZWExMS1hOTRjLTAwMTU1ZDAzYjFIOClSdQogICJFbWFpbEFkZHZHJlc3MiOiAibWZvbniY2FAY2hyaXN0b3BoZXJyZWV2ZS5vcpciDQp9&hmac=azl5TuWlNyr9SubXj1fmuGiduO-l_uSAjjRXZWbp7k8=&emci=cc41b068-db80-ea11-a94c-00155d03b1e8&emdi=9de20d02-ef80-ea11-a94c-00155d03b1e8&ceid=7838229

Resources on Coronavirus in General:

CDC: COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Center for Medicare and Medicaid: Coverage and Benefits Related to COVID-19 for Medicaid and CHIP

<https://www.cms.gov/files/document/03052020-medicare-covid-19-fact-sheet.pdf>

Food and Drug Administration: COVID-19 Educational Resources

<https://www.fda.gov/emergency-preparedness-and-response/coronavirus-disease-2019-covid-19/covid-19-educational-resources>

National Governors Association: Coronavirus: What You Need to Know

<https://www.nga.org/coronavirus/#actions>

National Institutes of Health: Coronavirus Disease 2019 (COVID-19) Treatment Guidelines

<https://covid19treatmentguidelines.nih.gov/>

World Health Organization Recommendations

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

ZOE Health Study: What Are the Most Common COVID Symptoms?

<https://health-study.joinzoe.com/blog/covid-new-top-5-covid-symptoms>

Resources on Long COVID

RECOVER: Researching COVID to Enhance Recovery

www.recovercovid.org

The National Institutes of Health created the RECOVER initiative to learn about the long-term effects of COVID.

Survivor Corps: Post COVID Care Centers

www.survivorcorps.com/pccc

It provides a clickable state map to enable one to find the PCCC closest to them.

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