

Parents or caregivers of children with disabilities can follow these quick steps to ensure continuity of care for the person they care of, in the context of the COVID-19 epidemic:

Limit your potential exposure to COVID-19

✓ Avoid crowded places as much as possible and minimize physical contact with other persons. Use the places where a work program for people with disabilities is available.

✓ Shop online or ask for support from family or friends to avoid traveling.

✓ If possible, work from home, especially if you normally work in a busy environment.

✓ Try to get the ones you need, such as food, cleaning supplies, medicines and medical equipment to reduce the frequency of visiting public places.

✓ Make sure that when moving devices are used, they are frequently disinfected; These include: the wheelchair, walking sticks, pre-chairs or any other product that is frequently used and used in public spaces.

Make a plan to ensure continuity necessary care and assistance services

✓ Make sure those in your household, including friends and other close family members, know all the important information they would need in case you have to quarantine or get sick. These may include information about health insurance, the medicines you take (if any) or the care needs of those in your care (other children, elderly parents or pets).

✓ Broaden the number of the people you can call if you need to enter quarantine or you get sick.

✓ Identify the relevant organizations in the community you can call if needed.

✓ Write down all the details needed to care for the disabled child. If you already have a support person, talk to her in advance about everything to do.

✓ Make sure you have the telephone number of telemedicine services and emergency telephone lines if you have any questions or need non-urgent medical assistance.

✓ Write down the contact details of doctors, polyclinics or hospital, pharmacy, etc.

-Write down the name and dosages of the medicines. Try as much as possible to get enough drugs in the house for a week or two. Contact your doctor to get a prescription online.

-Try to have soap and disinfectant supplies so you don't have to shop often.

- If necessary, make a plan for the reception of home care professionals. Use disinfectants to maintain hygiene and ask visitors to wash their hands or use a disinfectant.

✓ If you have this possibility, use the technology to keep in touch with your loved ones, to prevent isolation from affecting your morale.