COVID-19 (Person friendly information about virus)

Staying up to date on the latest information about COVID-19 can be challenging. We’re keeping our eyes out for information specifically related to COVID-19 for individuals with intellectual and developmental disabilities.

- **COVID-19 Information by and For People with Disabilities**
  - To access in Spanish
- **Social Distances Resources**
  - Check out the Video
  - Check out a PowerPoint
- **Tips for Staying Healthy**
- **Maryland Developmental Disabilities Council - COVID-19 Resources**
- **The Arc Maryland - Coronavirus-What-Is-It-and-What-Can-I-Do**
- **Administration for Community Living COVID-19 Update 3/26/2020**
- **Maryland Department of Health FAQ COVID-19 Mental Health, Stress and Anxiety**
- **(COVID-19) Frequently Asked Questions**
- **CDC Recommendations on How to Make A Mask**
- **CDC Recommendations on Visiting Parks and Recreational Facilities**
- **Guidance for Direct Service Providers, Caregivers, Parents, and People with Developmental and Behavioral Disorders**
- **People with Developmental and Behavioral Disorders**