

Communication During a Pandemic for Self-Advocates

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Effective communication during a pandemic is a two-way process. The same message sent from the messenger must be understood by the receiver. During a pandemic, self-advocates communicate two ways through practice guidelines of acceptance and respect, honesty, knowledge of the person, and willingness to give peer support.

KEY TAKEAWAYS

- Communication process refers to the exchange of information (a message) between two or more people.
- Preparing for an emergency is necessary in case you are unable to receive help from Emergency Workers right away.

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