

*Abstracts of the Scientific Awards of XXXIX COMU 2020 - Research Classified -  
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## **Guidance for Down Syndrome Population on Prevention of SARS-CoV-2 and Promote Their Protagonist in the Campaign**

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**Introduction:** SARS-CoV-2 is an etiology response to cause COVID-19. A variable clinic disease classify as pandemic by the Word Health Organization. People with Down Syndrome (DS) are part of the risk group with a severe evolution form of COVID-19, because of the genetic alteration that's caused a trisomy of chromosome 21, then may have immune system deficiency, heart disease, anatomical changes - even at respiratory system, and metabolics changes. A prevention campaign on cardiovascular risk was developed, but analyzing the circumstances was decided developed a campaign focus on people with intellectual disability, especife to DS persons, to prevent COVID-19. Aimed they understand about the pandemic, the stimulation of hygiene habits, the practice of physical exercises, the healthy eating habit and the status of mental health during social distance. And focus on the goal of self-determination, in being the protagonist of their own lives, encouraging make decisions to go against the health promotion, not just on COVID-19 situation, but even on prevention cardiovascular disease, which this public are prone to have. The capacity to discuss and enjoy an actual environment in which they are part and be able for social participation is an important way to reduce the culture of exclusion, that they're submitted in various aspects.

**Methodology:** Structured in videos, booklet, and animation the knolleged for DS and they're coexistence circle accost the DS specificities and the general information about the pandemic disease. Most of the videos are led by young people attended at Down Syndrome Foundation (FSD), focused on their inclusion, capacity, autonomy and empowerment. These videos addressed the importance of stay home and healthy during quarantine, and what do for it. The pioneering spirit of the COVID-19 prevention project for people with DS, occupying a protagonist's place, obtained significant attention from the media.

**Results:** The goal of visibility for the Down population is reached, promoting their ability to social awareness. In addition people without DS can, also, learn from the message and apply the prevention habits daily. A complete analyzation under people reached is not possible once the media used do not have the resource available, as radio and social mídia.

**Discussion:** Even with the viral behavior of the material campaign, an important limitation is the lack of autonomy that remains in target people to research or access the developed content. Even because the circumstances not allowed the group to activate search for them. The extension group is composed by a professor doctor and university extension academics, graduates in journalism, medicine, psychology, physiotherapy, nutrition and occupational therapy courses; with support from tutors: doctors, nutritionist, physical educators, communicators, psychologist. And with the support from audio visual volunteer and designers. Featuring an interdisciplinary and volunteer team. With Down Syndrome Foundation and Brazilian Society of Cardiology support. The project not demanded any financial involvement or physical resources.

Media publications were based on their interest to inform. So there is no interest conflicts on this campaign.

**Conclusion:** The success was considered by having no young person on FSD contaminated with COVID-19, until the last research.

**Keywords:** Coronavirus; Down syndrome; Prevention; Inclusion.