



Connecting Individuals with Disabilities to Their Community

COVID-19 Memo for Individuals

March 13, 2020

To all individuals supported by Community Bridges RDS:

There have been many questions about the Coronavirus (also called COVID-19). The following advice and information may help answer some of these questions.

Experts say that Coronavirus is not dangerous to most people, but there are some people who are at higher risk. Coronavirus may be more serious for people who are older, and people with health conditions like lung conditions, heart conditions, and diabetes.

This information is to help you:

- Avoid getting sick,
- Avoid spreading this illness to other people, and
- Know what to do if you get sick.

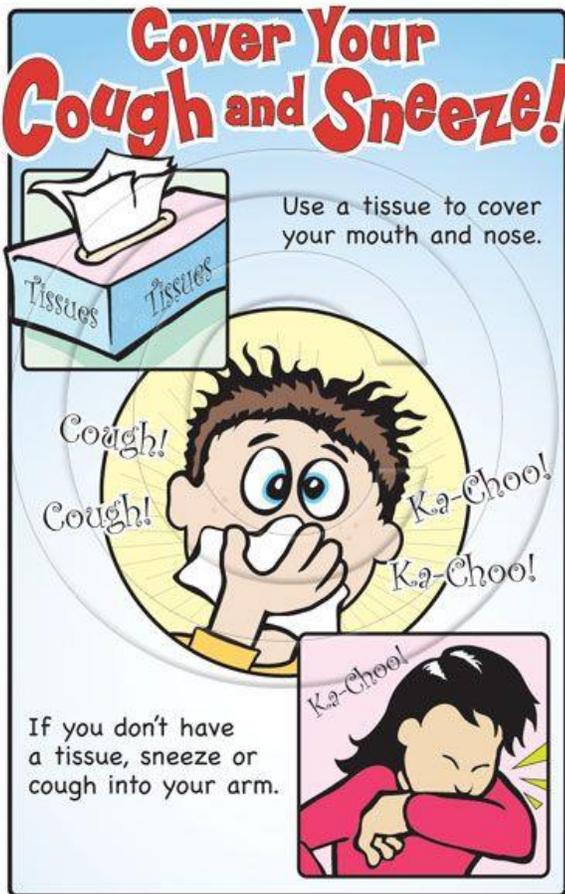
It is also important to prepare for what might happen in case:

- You get sick,
- Your staff become sick, or
- There are changes in your community- for example, if some stores close down or run out of supplies.

In order to help keep everyone healthy and safe, there may also be some temporary changes to your services.

Prevention: Ways to avoid getting sick and spreading illness.

- Avoid contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not available, use hand sanitizer.
- Avoid touching your eyes, nose, and mouth.



- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipes.
- Cover your cough or sneeze with a tissue or your elbow, then throw tissue in the trash. Avoid coughing into your hands or the open air.
- Stay home when you are sick.



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How to Prepare: *In case you become sick, your staff are sick, or there are changes in the community.*

- Stay up to date with reliable new sources, such as the website of your local health department. (<https://www.dhhs.nh.gov/dphs/cdcs/2019-ncov.htm>)
- Stock up on supplies you may need if you are not able to get to a store or pharmacy, or stores run out of something. Examples include:

- o Health and Medical Supplies:

- 30 day supply of prescription medication.
- Over the counter medication (e.g., cough and cold, antidiarrheal).
- Prescribed medical supplies (e.g., glucose, blood pressure monitoring equipment).



- o Groceries:

- Consider keeping a 14-30 day supply of nonperishable foods at home. These items can also come in handy in other types of emergencies, such as power outages or snow storms.
- Canned items, frozen foods, and dry food ingredients.
- Bottled water.



- o Personal and Household Cleaning Items:

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- Soap and hand sanitizer.
- Tissues, toilet paper, garbage bags, diapers, personal products.
- Laundry detergent, dish soap, household cleaners.





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What to do if you feel sick:

- Common symptoms of Coronavirus (COVID-19) include: fever, cough, shortness of breath, faintness.

- **First: Call your doctor for advice.** If you do not have a doctor, you can call your local board of health for advice. The NH Division of Public Health contact number is: 603-271-4496.
 - o Medical professionals can give you advice over the phone. This advice may **not** be to visit a doctor's office.

- ***Please inform Community Bridges RDS if you are feeling sick. This is very important so that we can make a shared decision about participating in services, in order to protect your health and the health of those around you.

Some of these guidelines may change as we learn more about this situation. Please feel free to reach out with any questions you may have!

Sincerely,

Kyle Morse

Director of Program Development
Community Bridges Residential & Day Services



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In the event of symptoms or confirmed diagnosis of Coronavirus/COVID-19, scheduled services may be interrupted.

Program Type	Suspected Illness (Symptoms Consistent with COVID-19)	Confirmed Diagnosis of COVID-19
Staffed Residence	<ul style="list-style-type: none"> - Residential services will continue to be provided. - Some CPS activities will be offered in the home, if and when possible. - Community access may be interrupted for that individual as well as their housemates. - Medical professional/health department guidelines will be followed regarding self-quarantine measures. - Staffing ratios may be reduced, with consideration of safety and quality. 	<ul style="list-style-type: none"> - Residential services will continue to be provided. - Some CPS activities will be offered in the home, if and when possible. - Community access will be suspended for that individual as well as their housemates. - Medical professional/health department guidelines will be followed regarding isolation measures. - Staffing ratios may be reduced, with consideration of safety and quality.
Enhanced Family Care Services (EFC)	<ul style="list-style-type: none"> - Residential services will continue to be provided by the EFC providers as family unit. - Community access may be suspended. - Medical professional/health department guidelines should be followed regarding self-quarantine measures. - In cases where services/meetings are interrupted, regular remote check in's will be conducted. 	<ul style="list-style-type: none"> - Residential services will continue to be provided by the EFC providers as family unit. - Community access will be suspended. - Medical professional/health department guidelines should be followed regarding isolation measures. - In cases where services/meetings are interrupted, regular remote check in's will be conducted.
Community Participation Services (CPS)	<ul style="list-style-type: none"> - Services may be put on hold. This determination will be based on evaluation of risk to individual, employees, and community. - Timeline for any service suspension will be primarily based on self-quarantine measures as defined by medical professionals/health department. Availability of healthy staff may also be a consideration. - In cases where services are suspended, regular remote check in's will be conducted. 	<ul style="list-style-type: none"> - Services will be put on hold. - Timeline for any service suspension will be primarily based on isolation measures as defined by medical professionals/health department. Availability of healthy staff will also be a consideration. - In cases where services are suspended, regular remote check in's will be conducted.



Connecting Individuals with Disabilities to Their Community

<p>Community Support Services (CSS)</p>	<ul style="list-style-type: none"> - Services conducted in person may be suspended or reduced. This determination will be based on evaluation of risk to individual, employees, and community. - Some remote support may be available, as needed and appropriate. Prioritized supports will involve supporting access to supplies and resources needed for health and safety. - Timeline for any service suspension will be primarily based on self-quarantine measures as defined by medical professionals/health department. Availability of healthy staff may also be a consideration. - In cases where services are suspended or reduced, regular remote check in's will be conducted. 	<ul style="list-style-type: none"> - Services conducted in person may be suspended or reduced. This determination will be based on evaluation of risk to individual, employees, and community. - Some remote support may be available, as needed and appropriate. Prioritized supports will involve supporting access to supplies and resources needed for health and safety. - Timeline for any service suspension will be primarily based on isolation measures as defined by medical professionals/health department. Availability of healthy staff will also be a consideration. - In cases where services are suspended or reduced, regular remote check in's will be conducted.
<p>Supported Employment Services (SEP) and other Employment Supports (VR, SDS Contracts)</p>	<ul style="list-style-type: none"> - All services conducted in person will be put on hold. Some remote support may be provided, as needed and appropriate. - Timeline for any service suspension will be primarily based on isolation measures as defined by medical professionals/health department. Availability of healthy staff may also be a consideration. 	<ul style="list-style-type: none"> - All services conducted in person will be put on hold. Some remote support may be provided, as needed and appropriate. - Timeline for any service suspension will be primarily based on isolation measures as defined by medical professionals/health department. Availability of healthy staff will also be a consideration.

Subject to change based on updated state and federal government directives.