

The New Jersey Department of Human Services
Division of Developmental Disabilities

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CORONAVIRUS DISEASE
(COVID-19)
UPDATE FOR FAMILIES AND
PROVIDERS

March 9, 2020



Today's Webinar Will Provide Information on...

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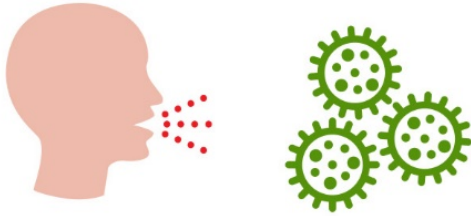
- COVID-19
- State Updates
- Prevention, Planning, and Preparation
- DDD Guidance Documents
- Signs, Symptoms, Testing, and Treatment
- Common Questions
- Important Resources





WHAT IS NOVEL CORONAVIRUS / COVID-19?

Novel (meaning “new”) coronavirus is a virus strain that has only spread in people since December 2019. Health experts are concerned because little is known about this new virus and it has the potential to cause severe illness in some people.



HOW DOES NOVEL CORONAVIRUS SPREAD?

The virus is thought to spread mainly from person-to-person.

- **Between people who are in close contact with one another (within about 6 feet).**
- **Through respiratory droplets produced when an infected person coughs or sneezes.**

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

WHAT ARE THE SYMPTOMS?

People who have been diagnosed with novel coronavirus have symptoms that may appear in as few as two days or as long as 14 days after exposure to the virus. Symptoms may include fever, cough, and shortness of breath.

HOW SEVERE IS NOVEL CORONAVIRUS?

Health experts are still learning about the illness caused by the new virus. People infected have had illness that has ranged from mild (like a common cold) to severe pneumonia that requires medical care in a hospital. So far, deaths have been reported mainly in older adults who had other health conditions.

New Jersey's COVID-19 Current Stats*

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- Presumptive Positive Tests: 11
- Negative Tests: 35
- Tests in Process: 14
- Persons Under Investigation: 24

**These statistics are changing frequently. This update is as of 1:00 p.m., Monday, 3/9/20.*

For regular updates, check: <http://nj.gov/health>



Prevention

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- Hand washing and disinfecting of frequently used surfaces are two of the most important things that we can all do to protect ourselves and prevent the spread of the disease.
- Wash hands frequently with soap and water for at least 20 seconds, especially before eating; after going to the bathroom; and after blowing your nose, coughing, or sneezing; and after touching surfaces in public places.
- When soap and water are unavailable, use a hand sanitizer that contains at least 60% alcohol.

Prevention: Proper Handwashing

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Follow Five Steps to Wash Your Hands the Right Way:

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

Prevention: Cleaning & Disinfecting

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- Review the CDC's detailed recommendations for homes, healthcare facilities and other settings:
www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html#disinfect
- Clean and disinfect frequently used surfaces and objects using EPA SARS-CoV-2 qualified products, following label instructions on use and contact time:
www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2

Prevention: Avoid Spreading & Contracting

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- Avoid touching eyes, nose, and mouth with unwashed hands.
- Cover nose and mouth with a tissue when coughing or sneezing, and then throw the tissue into a trashcan, and wash your hands.
- Review the CDC's guidance on what to do if you have a respiratory infection, like COVID-19 or the flu, or are in contact with an individual who does:

www.cdc.gov/coronavirus/2019-ncov/community/index.html



DDD Guidance: Planning and Preparation

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- **Today, 3/9/20, the Division has issued the following guidance documents:**
 - Coronavirus Disease 2019 (COVID-19) Guidance For New Jersey Community Providers of Services for Individuals with Intellectual and Developmental Disabilities:
www.nj.gov/humanservices/ddd/documents/COVID-19-guidance-for-community-providers.pdf
 - COVID-19 Guidance for Individuals and Families of Individuals with Intellectual and Developmental Disabilities:
www.nj.gov/humanservices/ddd/documents/COVID-19-guidance-for-individuals-and-families.pdf



Planning and Preparation: Families & Providers

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- As always, maintain extra food and water at home in case your usual routine must change.
- For individuals taking prescription medications, ensure there are refills available. If not, contact your health care provider, pharmacist, or insurer to obtain.
- Make sure you have a working thermometer and over-the-counter medications like decongestants, expectorants, and analgesics (ibuprofen, acetaminophen).



Planning and Preparation: Families & Providers

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- If possible, identify a room or area of the household that can be used to separate someone who is sick. A health care provider may make this recommendation based on the person's diagnosis.
- Make sure you have a backup plan in place in case an individual's primary caregivers or support staff are unable to provide care. Talk to family, relatives, and friends about how they can help.

Planning and Preparation: Families & Providers

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- Update emergency contact lists with information for local health officials, individuals, family members and friends who may need to be reached in an emergency.
- Ask employers and service providers about what plans they have in place if an employee or program participant is suspected or confirmed of having COVID-19.
- Plan for the possibility that events, services and programs may be modified or cancelled.

Planning and Preparation: Providers

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- Update emergency management plans for infectious disease and COVID-19 response.
- Develop a plan for screening staff, participants and visitors for signs and symptoms of illness, including review of sick-leave policies.
- Identify essential vs. non-essential staff roles and plan for staff coverage through cross-training.
- Know when and who to notify about a suspected case of COVID-19 or other infectious disease, including notification of local and state health officials.

Planning and Preparation: Providers

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- Plan for isolating people with suspected or confirmed COVID-19 and providing personal protective equipment and training, if recommended by a health care provider.
- Have an emergency communications plan so that accurate information can be quickly shared.
- Communicate plans related to modifying or cancelling events, programs, and non-essential services.

Signs and Symptoms

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- COVID-19 presents with signs and symptoms that may be indistinguishable from much more common respiratory viruses.
- At this time, respiratory illnesses are still more likely to be due to common viruses (e.g., influenza, common cold) than COVID-19.
- If a community has cases of COVID-19, local health officials will help identify those individuals and will follow up on next steps.

Signs and Symptoms

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- The following COVID-19 symptoms may appear within 2 to 14 days after exposure (www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms.pdf):
 - ✦ Fever
 - ✦ Cough
 - ✦ Shortness of Breath

Testing

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- Contact a health care professional if you, your loved one, employee, or an individual in your care develops these symptoms—especially if they have been in close contact with a person who has travelled internationally in the last 14 days; who is known to have COVID-19; or if they live in or have recently been in an area with ongoing spread of COVID-19.
- If you are seeking COVID-19 testing from a hospital or physician's office, call them first to explain your symptoms and ensure they can perform the test.

Treatment

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HOW IS NOVEL CORONAVIRUS TREATED?



There is no specific treatment for coronavirus. Most people with mild coronavirus illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. However, some people develop pneumonia and need medical care or treatment in a hospital.

For more information: <https://www.nj.gov/health>

FAQ

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Are State offices still open?

- Yes, State offices are open as usual. Although working conditions may change in the future based on direction from the federal or state officials, all critical functions will continue to be performed.
- DDD On-Call and other phone lines will still be answered as usual.

FAQ

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Will enforcement of licensing and other program guidelines change?

- All licensing and program guidelines remain in effect, and routine licensing will continue unless or until there are recommendations otherwise from federal, state or local authorities.
- Inspectors will continue to focus on health and safety, including hygiene, cleaning/disinfecting, sanitation, and necessary medication and supplies, including thermometers on site.
- Failure to meet guidance for hygiene, cleaning/ disinfection, sanitation, and other aspects of client safety will result in both immediate and prospective negative licensing action.
- Investigations of abuse, neglect and exploitation will continue unchanged, as will site visits pursuant to Komninos Law.

FAQ

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Will Support Coordination visits continue to be face-to-face?

- Support Coordination visits will continue as usual unless or until there are recommendations otherwise from federal, state or local authorities.
- An individual or their guardian may request to conduct their quarterly or annual Support Coordination visit by phone instead of in-person due to COVID-19 concerns.

FAQ

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If someone in my community has COVID-19, can we go into the community or group settings?

- The CDC recommends taking everyday precautions when evaluating your daily routine. Local governments and public health authorities may issue guidance on community events in your specific area. You should also review the guidance that the CDC has released for at-risk individuals to see if it applies to you or someone in your care:
www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html
- At this time there are no statewide restrictions on community activity or gatherings. However, the Governor; New Jersey Department of Health; or other federal, state and local public health agencies may issue new requirements or recommendations in the days, weeks and months ahead.

FAQ

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Can I take my family member home from a residential provider?

- As always, families can take their loved ones home for a visit. Families and providers should have a preparedness conversation, and residential providers may need to screen individuals for health risks before their return.
- Individuals choosing to switch to in-home supports will require a service plan revision.

FAQ

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Is there a way to purchase hand sanitizer, personal protective equipment (PPE) and similar supplies?

- At this time, these items are only available through the normal retail channels. The Division will advise if federal, state or local partners are able to make them available in the future.
- Please be aware that use of PPE without proper training can increase the risk of infection and transmission.

FAQ

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How do I ask a public health question about COVID-19?

- Administrators for New Jersey businesses who want additional guidance on how to manage the risks posed by COVID-19 are invited to contact the Department of Health at 1-800-222-1222 or via email at NCOV@doh.nj.gov.
- Calling the hotline is the best, fastest way to get answers to your questions about COVID-19. Trained healthcare professionals are standing by to answer questions about coronavirus. By email, please allow up to 48 hours for a response.



FAQ

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How will the State keep individuals, families, and providers up-to-date as the situation evolves and changes?

- Please refer to the Department of Health's COVID-19 webpage: www.nj.gov/health/cd/topics/ncov.shtml
- The Division will periodically update its website, send out information in emails, and schedule webinars as needed.
- If you are not already subscribed to DDD News, email DDD.Communications@dhs.nj.gov and include "Division Update Subscribe" in the subject line.

Important Resources

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- Review the most up-to-date information
 - NJ Department of Health:
www.nj.gov/health/cd/topics/ncov.shtml
 - ✦ 24-Hour Hotline: 1-800-222-1222
 - Contact Information for all local health departments in NJ:
 - ✦ <http://localhealth.nj.gov>
 - U.S. Centers for Disease Control & Prevention:
 - ✦ www.cdc.gov/COVID19
 - Subscribe to the CDC's COVID-19 newsletter:
 - ✦ <https://tools.cdc.gov/campaignproxyservice/subscriptions.aspx>

And Remember...

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FOLLOW THESE SIMPLE STEPS TO **STAY HEALTHY**

**WASH YOUR
HANDS**



**COVER YOUR
COUGH**



**STAY HOME
WHEN SICK**



#PREVENTCORONAVIRUS

Thank You

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This webinar will be
posted online
following its conclusion.

