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INFORMATION FOR LCARC ADULT TRAINING FACILITY AND COMMUNITY PARTICIPATION FOR FAMILIES & INDIVIDUALS

Symptoms of COVID-19

- Reported symptoms of COVID-19 vary significantly from case to case. The severity of these symptoms ranges from very mild to severe.
- Some reported symptoms include:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Vomiting or nausea
 - Diarrhea

Reporting Symptoms

- Before sending your family member to day placement at the Adult Training Facility or receiving staff in your home, inform our staff and program specialist if the individual receiving services or family member they live with:
 1. Displays symptoms of COVID-19 or has a confirmed case of COVID-19.
 2. Has been around someone that is confirmed or suspected to have COVID-19 in the last 14 days.
 3. **Has visited any state outside of Pennsylvania for more than 24 hours, in the past 14 days. You do not need to inform us if you were traveling to or from PA for purposes of work, for medical reasons, for military obligations, or to comply with a court order.**

COVID-19 can be spread:

- In the air through respiratory droplets or small particles such as those in aerosols when an infected person coughs, sneezes, sings, talks or breathes.
- Close personal contact (within 6 feet or 2 arms lengths, **for a total of 15 minutes within a 24-hour period**)
- Touching an object with the virus on it

How to prevent the spread of COVID-19

- Wash your hands frequently for 20 seconds or longer with antibacterial soap and warm water or use hand sanitizer with a 60% or higher alcohol content.
- Avoid close contact with people by maintaining social distance of 6 feet or more.
- Wear a cloth mask or face covering that covers your mouth & nose at work and in public places.
- Cover coughs and sneezes.
- Regularly disinfect your home, phone, and other items that you frequently touch

Actions Taken to Keep the Individuals Safe

- All actions that the agency have in place are detailed in the agency COVID-19 Protocol for CPS in and out of the facility. The COVID-19 Protocol for CPS in and out of the facility is provided during the first scheduled service or prior to service at the family's request. A copy of these plans can also be found on the LCARC website.

Mental and Physical Health Resources

- If you need mental, physical, or behavioral support during this time, you can call the ODP Warm Line at 1-855-284-2494 or utilize the below links.
- [Available Behavioral Specialists List](#)
- <https://aidinpa.org/>

Contact: Sharron Poloka (w)724-658-5715 or (c) 724-944-2990

Allan Seybolt (w)724-658-5715 or (c) 724-698-3453