



Approved 7/23/2020

## **INFORMATON FOR LCARC IHCS 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

### **COVID-19 can be spread:**

- In the air through a cough or sneeze
- Close personal contact (hugging, shaking hands, etc.)
- Touching an object with the virus on it
- Fecal contamination

### **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

### **Reporting Symptoms**

- Families will immediately inform staff and program specialist if the individual or family member displays symptoms.

### **Actions Taken to Keep the Individuals Safe**

- All actions that the agency have in place are detailed in the agency IHCS Readiness Plan. The IHCS Readiness Plan is provided during the first scheduled service or prior to service at the family's request.

### **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/>

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