

Covid-19 Information & Guidance

FOR FAMILIES AND PEOPLE SUPPORTED *3/10/2020*

The Arc Southern Maryland is closely following informational guidance from the Maryland Department of Health, DDA and Maryland State Department of Education. We have begun planning for situations in which we may need to close program sites, self-isolate, or quarantine. We will continue to communicate as new information and decisions are available.

- **Employment & Day** may need to temporarily change or discontinue services based upon the status of the employment site, or in the event public locations in southern Maryland are closed. People who receive employment or day services should stay home if they are sick
- **Community Living/Residential** may need to ask families who are able to take their loved one home, if that will be in the best interest of the person supported. Individuals may need to be isolated in their bedroom if they are sick. We will work to create new staffing patterns to maximize coverage and procedures to protect both the people we support and our employees.
- **Personal Supports** may be advised to temporarily stop providing Personal Supports, We will not provide Personal Supports to individuals who are sick.

We have provided guidance to our employees about steps they should take to help keep people we support healthy, as well as to keep themselves healthy, which include frequent cleaning of surfaces and reminders to practice Universal Precautions.

- **Behavioral Supports** may be advised to temporarily stop providing Behavioral Supports. We will not provide Behavioral Supports to individuals who are sick. Staff should complete work via phone or video conference when possible. Prior to visiting a site, staff should call ahead to ensure there are no health concerns. *Staff are required to report for work, unless they are sick*, and may be reassigned.*

The best prevention is staying healthy. In general, people can protect themselves and others against respiratory viruses by following these precautions.

- Wash your hands frequently using soap and warm water for at least 20 seconds.
- Cover your nose and mouth with a tissue while coughing or sneezing.
- Avoid close contact with people who are sick.
- If you are sick, stay home from your work or day program.
- Avoid touching your eyes, nose or mouth.

We will share additional updates with families and people supported through email addresses and through posts to this page on our website: <https://thearcsomd.org/news-events/COVID19>