

COVID-19: What we know today

Boredom Busters

Anna Jeffries has been working on [a list of Boredom Busters for people and their DSPs who are at home](#). Here's the most recent list. Feel free to send us more ideas and we'll add them to the list!

Updated versions of this resource will be posted here (<http://lcountydd.org/community-resources-during-covid-19-situation/>).

Quarantining staff exposed to a PUI.

A frequent question from members is whether health care personnel who have been exposed to a person under investigation (PUI) for COVID-19 are required to be quarantined. The answer is no. The [Centers for Disease Control and Prevention \(CDC\) guidelines](#) are clear. Quarantine is required only for exposure to a confirmed positive COVID-19 case, and then only for workers who had prolonged, close contact with the patient. The extent that the workers and the patient used personal protective equipment also is relevant in determining whether quarantine is appropriate. The guidelines contain a table showing what should be done depending on the matrix of those factors. If your local health department attempts to quarantine workers exposed to a PUI who have not been confirmed positive, show them the table in the guidelines. If that does not work, contact OHCA, and we will ask the state Health Department to intervene.

COVID-19: A Provider's Response Paradigm

An OHCA member kindly [shared a description](#) of how they responded to a positive COVID-19 case in their facility. While it may not directly apply to most of our situations, it's good input into discussions about how to respond.

DODD Guidance memos

Here are the latest guidance messages and resources from DODD.

Guidance

[Guidance: Behavior Supports, Including Rights Restrictions](#)

[Guidance: Emergency Telehealth Rule Changes](#)

[Guidance: Expediting Background Checks for New DSPs](#)

[Guidance: Non-Medical Transportation Providers](#)

Resources

[Resilience Materials for COVID-19](#)

U.S. Dept. of Labor – info. on new requirements

The US Department of Labor (DOL) released some new resources (found [here](#)) on the Families First Coronavirus Response Act leave and sick time requirements for employers with fewer than 500 employees including a fact sheets, question and answers, posters and field assistance bulletins. The posters found on the website can be used to help satisfy the requirement to notify employees about the new benefit. Many of the questions we have received are addressed in the various resources; however additional guidance is still forthcoming.

COVID-19 and Mental Health

A PBS Newshour report looks at “Why Your Mental Health May Be Suffering in the COVID-19 Pandemic.” Noting that “this profound moment of worry, separation, lack of social interaction, job insecurity and possible illness — or worse — can be hard on everyone,” NewsHour asked experts for advice about how to manage the stress of life during the COVID-19 pandemic. [Click here](#) to read this report.