

## COVID-19: What we know today

### **Screening, Quarantine and Recovery Area Plans- with thanks to Montgomery County Board of D.D.**

It is critical that all providers screen individuals you serve at least daily for temperatures and COVID-19 symptoms, and employees at the beginning of every shift change. Proper handwashing and sanitation procedures should also be in place.

It is also critical that EVERY provider have quarantine and recovery area plans. For info. on these you can visit the CDC website for guidance, including the following pages:

Guidance: <https://www.cdc.gov/coronavirus/2019-ncov/community/retirement/index.html>

Planning and Preparedness: <https://www.cdc.gov/coronavirus/2019-ncov/community/retirement/faq.html>

What to do if you are caring for someone at home with COVID-

19: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>

Disinfecting your facility if someone is sick: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-building-facility.html>

### **Keeping DSP's Family Members Safe**

[This document offers suggestions on how DSPs can protect their families from work-related risks of infection.](#)

### **COVID-19 and Anxiety**

[Ohio Department of Health Director Amy Acton, M.D. offers recommendations for coping with anxiety related to the COVID-19 outbreak.](#)

### **Recipe Help!**

This site has you put in whatever ingredients you have available in your fridge or pantry- and then, using the ingredients you have, it gives you recipes for things you can make.

With people really having to tighten their budgets right now w/ layoffs and limited supplies it would be useful to people we support.

<https://www.supercook.com/#/recipes>