



# North Los Angeles County Regional Center

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Dear Consumers, Families and Service Providers,

## **Coronavirus Disease 2019 (COVID-19) Information and Resources:**

NLACRC is dedicated to providing you general information on Coronavirus Disease 2019 (COVID-19) and available resources as they become available.

Information has been broken down into the following categories to help you find the information you need:

- Definition and extent - Coronavirus (COVID-19)
- Preventative Measures – CDC Recommendations
- NLACRC Vendors – Preparing for Visitors
- Additional Resources

### **Definition and extent - Coronavirus (COVID-19)**

The coronavirus (COVID-19) is a virus that generally spreads person to person between people in close contact with one another, but can also be contracted by touching an infected surface or object and then touching one's mouth, eyes, or nose. The virus can cause fever and respiratory issues, such as coughing and breathing difficulties. Recovery time depends on the strength of the person's immune system.

A few cities and counties in CA have declared state of emergencies for abundance of caution not due to any immediate threat to CA or US residents. The Center for Disease Control (CDC) wants the public and healthcare facilities to prepare for Coronavirus (COVID-19) however, there is no need to panic.

### **Preventative Measures – CDC Recommendations**

The CDC recommends the following everyday preventive actions to help prevent the spread of illness, including respiratory diseases, such as using Universal Precautions, they are as follows:

- Wash your hands often with soap and water for at least 40 to 60 seconds, especially after going to the bathroom; before eating, if hands are visibly dirty, after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, rub hands with sanitizer until dry.
- Please have staff stay home when they are sick. This will prevent the spread of all illnesses to others in the workplace and community.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.
- Clean and disinfect objects and surfaces that are frequently touched, use a regular household cleaning spray or wipe.

### **NLACRC Vendors– preparing for visitors**

Questions that can help you when inviting visitors into your facility/program:

- Have you or anyone in your household traveled to a high-risk area like China, Iran, South Korea, Italy, or Japan recently? [This list may increase so check in frequently on the CDC website or NLACRC website].
- Are you or anyone in your household currently ill with a respiratory illness?
- If the answer to either of the above questions is “yes”, and most importantly if someone is ill with a respiratory illness, you may wish to consider asking them to wear a mask (health and safety of the residents trumps all).