



# COVID-19 PANDEMIC AND FLU SEASON: DON'T LET UP!

COVID-19 and the flu are serious health risks to people/ individuals served by DDS. We know that COVID-19 and the flu are spread through close contact with someone who is infected, including those who are not experiencing any symptoms of the illness. As we live more indoors and cold and flu season starts, DDS wants to remind you about what you can do to slow the spread of COVID-19 and protect yourself from getting the flu.



## PLANNING FOR SUCCESS

All Regional Centers (RC) and service providers should keep practicing their plan for keeping employees and those being served by the RC healthy.

This plan should include:

- **Daily protocol** (temperature check, symptom survey, questions regarding interaction with those with COVID-19).
- **Having a plan** for when a staff member tests positive for COVID-19.
- **Keeping facilities clean** is vital to slowing the spread of COVID-19.

**The CDC has put together guidelines on best practices for cleaning areas with frequent use:**

<https://bit.ly/3kpXSQG>

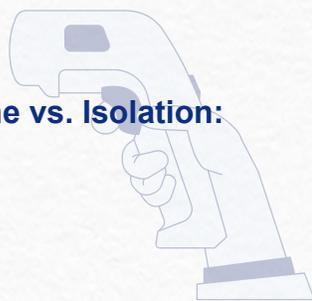
**FAQ for Service Providers:**

<https://bit.ly/31mkgSb>

**Social Distance vs. Quarantine vs. Isolation:**

<https://bit.ly/3kd1jtH>

<https://bit.ly/33tnINp>



## REMEMBER WHAT YOU CAN DO

- Remind staff to get their flu shot.
- Remind staff and coworkers that COVID-19 can spread to others even if the person infected feels great.
- Instruct staff to stay home if they do not feel well.
- Masks should be worn anytime staff is in a shared space or public area.
- 6 feet of physical distancing should be maintained wherever possible.
- Frequently touched surfaces, including doorknobs, light switches, sink handles, and refrigerator/microwave doors should be disinfected daily.
- Remind staff to wash their hands frequently or use hand sanitizer.

## SCREENING QUESTIONS

COVID-19 Industry Guidance (bullet points from pages 4 and 5 can be adapted into employee screening questions)

<https://bit.ly/2Pol56g>

# TESTING AND EQUIPMENT

## COVID-19 Testing

Testing is available throughout the state.

**Learn about the types of tests and how to get tested:**

<https://bit.ly/2PoYQhP>

**Search this map to find a location to get tested for COVID-19:**

<https://bit.ly/2XxFN9s>

**Health Plan Coverage of COVID-19 Testing  
Frequently Asked Questions and Answers:**

<https://bit.ly/3fycyJR>

# REMEMBER TO GET YOUR FLU SHOT

Getting the flu shot each year helps protect you and others around you.

**Seasonal flu shot information from the CDC:**

<https://bit.ly/37KvpRt>

## RESOURCES

**California Surgeon General's Playbook:  
Stress Relief During COVID-19:**

<https://bit.ly/3gwP6xD>

**Coping With Job Stress and Building Resilience:**

<https://bit.ly/30t0gOz>

**Tips for Caregivers:**

<https://bit.ly/2De8ZeP>



# TAKING CARE OF YOUR MENTAL AND EMOTIONAL HEALTH

Staff members play an important role in the well being of themselves and those served by an RC. This can be mentally and emotionally draining, so reminding staff that taking time to care for themselves is especially important right now.

## Tools for Health

- Keep in touch with others
- Healthy food and water
- Quality sleep
- Ask for help
- Physical activity
- Avoid too much news



# PERSONAL PROTECTIVE EQUIPMENT (PPE)

PPE should be available to all essential workers. RC's can assist in providing staff and service providers with necessary PPE. Service providers should contact their RC if in need of supplies. Local public health departments may also provide PPE.

Equipment needed: masks (N95 if available), gowns, gloves, and face shields.

**List of Regional Centers:**

<https://bit.ly/2Xx94AX>

**List of Public Health Departments:**

<https://bit.ly/3kn4RKf>

