

Coronavirus disease 2019 (COVID-19) & Influenza (the flu) have received attention recently in the news. A dedicated multidisciplinary team from across The MENTOR Network continues to meet regularly to ensure we are well prepared to respond to symptoms associated with these diseases and prevent the spread of the viruses that cause them through awareness and education.

Below are resources for you to learn more about these diseases. Your local government health agencies will have specific information for your geographic location and should continue to be a source of information for you.

Our focus remains on the health and safety of the individuals we support, their families and guardians, and our staff and independent contractors. In addition to the three directives below, please take precautions listed on page two of this information sheet so that we may make our best effort to promote health and awareness. If you have concerns or questions regarding staff or others who may have been exposed to COVID-19, please contact your manager.

- If someone we serve experiences symptoms associated with COVID-19 or the flu—a fever and symptoms of respiratory illness, such as cough or difficulty breathing—follow protocol associated with your program AND inform your manager or program contact immediately. (CDC considers a person to have a fever when he or she has a measured temperature of at least 100.4 °F [37.8 °C]. Fever may also be considered to be present if a person has not had a temperature measurement, but feels warm to the touch or gives a history of feeling feverish.)
- Employees who have symptoms of acute respiratory illness are recommended to stay home and not come to work until they are free of fever, signs of a fever, and any other symptoms for at least 24 hours, without the use of fever-reducing or other symptom-altering medicines (e.g. cough suppressants). Employees should notify their supervisor and stay home if they are sick.
- Notify your program contact or supervisor if you have recently (within the past 4 weeks) traveled to any country with a CDC travel warning, found here: www.cdc.gov/coronavirus/2019-ncov/travelers/index.html.

Influenza Resources

The CDC has a dedicated website for news and information regarding the flu: www.flu.gov

Coronavirus Disease 2019 (COVID-19) Resources

This is an emerging, rapidly evolving situation and we will provide updated information as needed. For general information about COVID-19 from the CDC:

www.cdc.gov/coronavirus/2019-ncov/index.html

How COVID-19 Spreads

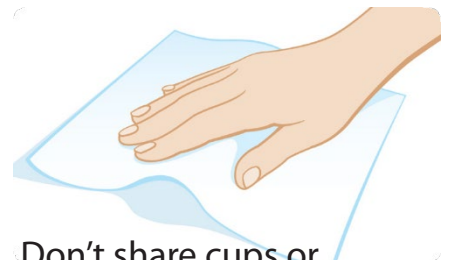
Current understanding about how the virus that causes COVID-19 spreads is largely based on what is known about similar coronaviruses. COVID-19 is a new disease and there is more to learn about how it spreads, the severity of illness it causes, and to what extent it may spread in the United States. The disease is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching his or her own mouth, nose or possibly eyes.

What YOU Can Do to Prevent the Spread of Viruses and Control Symptoms

In addition to the steps listed below, all employees of The MENTOR Network should be using universal precautions at all times in coordination with specific guidelines related to your worksite and role.

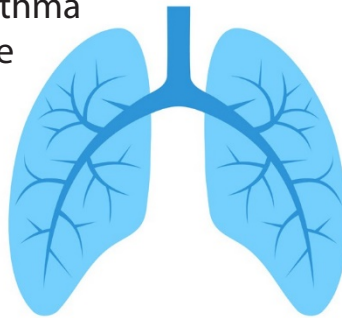


Wash your hands often and encourage others to do so. Use soap and water, and wash for at least 20 seconds. Carry hand sanitizer when you are out and about and away from sinks.



Don't share cups or spoons, knives and forks, and wipe down toys and shared surfaces like doorknobs often.

If an individual we serve has asthma or any other lung disease, make sure he or she is taking all medication as prescribed, especially any respiratory "controller" medications used to prevent symptoms.



Demonstrate and educate others to cover coughs and sneezes with a tissue or the inside of the elbow, not the hand.



A **NO HANDSHAKE POLICY** is in effect throughout The MENTOR Network to prevent the spread of viruses.

Encourage and consider getting a flu vaccine this season for you and your family. Promote and support individuals we serve to receive the flu vaccine, under the direction of their physician, and review all age and medical condition appropriate vaccines.

