
Care Considerations for COVID-19
Community Transmission Level: Moderate

Preventative Measures

- Is a plan available, implemented, and followed for COVID-19 testing before attending an indoor event or gathering?
- Are there policies on masking indoors and social distancing?
- Is a plan available, implemented, and followed for outings in the community?
 - Avoiding crowds
 - Avoiding poorly ventilated areas
- Are caregivers aware of current plans and policies?

Preparedness

- Do you have the necessary treatments for relieving symptoms (e.g., pain relievers), as directed by a healthcare professional?
- Are the necessary supplies to care for an individual with COVID-19 available?
 - Hand sanitizer
 - Masks
 - Thermometers
 - Tissues

Health and Wellness

- Are caregivers taking care of the whole person, both mind and body?
- Are individuals taking breaks from news and social media – staying informed but able to focus on other things?
- Are individuals maintaining social connections via phone, mail, internet, etc.?
- Are individuals getting daily physical activity?
- Are individuals participating in activities to relax and unwind, such as exercise, crafts, hobbies, or listening to music?

Resources

- Centers for Disease Control and Prevention (CDC) – COVID-19
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Pennsylvania Department of Health – COVID-19 in Pennsylvania
<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>
- Pennsylvania Department of Human Services, Office of Developmental Programs – Coronavirus (COVID-19)
<https://www.myodp.org/mod/page/view.php?id=26883>
- Kepro Health Care Quality Unit (HCQU)
<https://hcqu.kepro.com>
 - Informational resources
 - COVID-19 fact sheets
 - Rehearsal guides related to COVID-19
 - Activity books for self-advocates
 - Relevant external resources
 - Self-Advocate Trainings
 - Community: New Rules (COVID-19)
 - Coronavirus
 - Emergencies: How to Get Help
 - Exercise for Fun
 - Friends
 - Getting Along with People at Home
 - Healthy Eating
 - Healthy Living
 - Personal Hygiene
 - Personal Space
 - Relaxation
 - Self-Control: Dealing with Your Feelings
 - Sleep Well
 - Weighing a Healthy Weight
 - Provider Trainings
 - Coronavirus
 - Emergency Preparedness
 - Exercise for Mind and Body
 - Nutrition
 - Relaxation
 - Standard Precautions
 - Stress Management

Virtual trainings are presented via Microsoft Teams; online trainings, available at https://hcqu-training.kepro.com/content/pages/online_training_registration.aspx.

References

- Center for disease Control and Prevention. (2022, September 6). Self-Testing At Home or Anywhere. Retrieved September 26, 2022, from <https://www.cdc.gov/coronavirus/2019-ncov/testing/self-testing.html>
- Centers for Disease Control and Prevention. (2022, June 16). COVID-19 Treatments and Medications. Retrieved September 26, 2022, from <https://www.cdc.gov/coronavirus/2019-ncov/your-health/treatments-for-severe-illness.html>

Centers for Disease Control and Prevention. (2022, May 9). How to Protect Yourself and Others. Retrieved September 26, 2022, from <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

Centers for Disease Control and Prevention. (2022, March 25). Coping with Stress. Retrieved September 26, 2022, from <https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress/index.html>

Centers for Disease Control and Prevention. (2022, February 15). Care for Yourself. Retrieved September 26, 2022, from <https://www.cdc.gov/mentalhealth/stress-coping/care-for-yourself/index.html>

Mayo Clinic. (2022, August 20). Treating COVID-19 at home: Care tips for you and others. Retrieved September 26, 2022, from <https://www.mayoclinic.org/diseases-conditions/coronavirus/indepth/treating-covid-19-at-home/art-20483273>

SM 09/2022