Golden Gate Regional Center
Supporting Lives of Liberty and Opportunity

Information Regarding the Coronavirus Disease 2019/2020

The World Health Organization (WHO) has identified and named the recent public viral outbreak of the coronavirus as the Coronavirus Disease 2019 (COVID-19). The coronavirus itself is a large family of viruses that, while not new, has different strains. The COVID-19 strain is a newly identified strain that causes respiratory illness similar to the flu, with symptoms including fever, cough, and/or shortness of breath.

GGRC leadership is closely monitoring information about COVID-19 in all three counties. If you have questions regarding COVID-19, please reach out to your county public health department for the most current information using the links at the end of this message.

PREVENTION AND STAYING HEALTHY

Centers for Disease Control and Prevention (CDC) recommend everyday preventive actions:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and 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. Always wash hands with soap and water if hands are visibly dirty.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
    - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
    - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).

FAQs ABOUT COVID-19

- How will GGRC provide information and updates on COVID-19?
    - GGRC will provide communication and updates regarding COVID-19 on our website www.ggrc.org. For emergency correspondence, GGRC will send information via the Everbridge notification system.

- What if I or someone I support has symptoms?

- If a person develops symptoms of COVID-19, including fever, cough, or shortness of breath, and has reason to believe they may have been exposed, they should call their health care provider or local health department before seeking care, unless it's an emergency situation. Contacting them in advance will make sure that people can get the care they need without putting others at risk.

- Has there been any information from community care licensing about COVID-19?
  - Yes. Please click on the link below for Provider Information Notice (PIN) Summary from Department of Social Services. www.cdss.ca.gov/Portals/9/CCLD/PINs/2020/ASC/200228-Coronavirus-PIN-COVID-19-ASC-Facilities.pdf?ver=2020-02-28-173955-647

GGRC SERVICE PROVIDER INFORMATION

1. If your program staff or an individual served has been exposed to or diagnosed with COVID-19, please contact your local County GGRC office and ask to speak to the Office Manager.

   Marin Office   **San Francisco Office**   **San Mateo Office**
   (415) 446-3000   (415) 546-9222   (650) 574-9232

2. Submit a Special Incident Report if you become aware that an individual served by your program has become **diagnosed** with COVID-19.

3. Additional precautionary measures may need to be considered when supporting individuals who have complex medical needs or are elderly.

4. As a GGRC Service Provider, if you will be implementing or have implemented any precautionary measures that **may impact** your GGRC services, please contact GGRCservices@ggrc.org .

Note: Golden Gate Regional Center will update information as available. Please refer to your local county Health Department and the CDC (Centers for Disease and Protection) for the most up to date information. Links are available in the Resource section on page 3.

Please See Page 3 for Additional Resources

RESOURCES

- County Public Health Departments
  - San Mateo County: www.smchealth.org/coronavirus
  - San Francisco County: www.sfdph.org/dph/alerts/coronavirus.asp
  - Marin County: www.marinhhs.org/coronavirus

- Centers for Disease Control and Prevention
  - Information regarding COVID-19: www.cdc.gov/coronavirus/2019-ncov/index.html
  - Interim Guidance for Preventing the Spread of COVID-19 in Homes and Residential Communities: www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fguidance-prevent-spread.html
  - Interim Guidance for Implementing Home Care of People Not Requiring Hospitalization for COVID-19: www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-home-care.html
  - Interim Guidance Public Health Communicators Get Your Community Ready for COVID-19: www.cdc.gov/coronavirus/2019-ncov/php/public-health-communicators-get-your-community-ready.html

- California Department of Public Health
  - www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx

- California Department of Developmental Services
  - www.dds.ca.gov/corona-virus-information-and-resources/