

COVID 19 AND PEOPLE WITH I/DD

Based on reports to Regional Centers – as of 6/23/2020

Statewide: Total Regional Center Population: 353,991

Total (reported) Positive/Confirmed COVID Cases : 596

Deaths: 52

Regional Center of the East Bay

Total Population 21,388

Total (reported) Positive/Confirmed COVID Cases : 14

Deaths :1

COVID REQUIREMENTS

- Alameda and Contra Costa have gradually relaxed shelter in place orders, but continue to recommend limiting social contacts to consistent groups of up to 12 people.
- The Governor and County Health Officers now recommend wearing face coverings when outside, in all public areas, especially when physical distancing of thirty feet is not possible, there are some exceptions..
- Face coverings help reduce the spread of coronavirus especially when combined with physical distancing and frequent hand washing.

COVID TESTING

- Hospitalized patients, Healthcare workers, first responders, social service employees, and other essential jobs
- Any symptomatic person, People exposed to infected individuals, in places where COVID-19 risk is high
- Asymptomatic residents or employees of group living facilities; After positive cases have been identified in a facility; Before resident admission or re-admission to a facility
- Lower risk, people without symptoms of illness can also get tested now in both counties
- Check <http://www.acphd.org/2019-ncov/testing.aspx> for Alameda County testing resources
- Contra Costa testing info <https://www.coronavirus.cchealth.org/get-tested>

WHAT TO DO IF TESTING RESULTS ARE POSITIVE

Stay home and Isolate from others for at least 10 days from the date of test - even if you don't feel sick so you don't get anyone else sick.

Most people will only have mild symptoms and will feel better after home care (rest, drink fluids, take Tylenol for fever)

Encourage family and close contacts to get tested and quarantine until they know the results of their test. It can take up to 14 days to become sick from COVID after being exposed.

If you feel sick with symptoms including cough, difficulty breathing, fever, chills, sore throat, headache, muscle pain or loss of taste or smell, isolate or stay at home until you feel better.

Contact your doctor or health care provider to let them know about these symptoms, worsening of symptoms, to ask for advice

RISKS AND BENEFITS OF RESUMING ACTIVITIES

- People with the following conditions are at a higher risk of becoming seriously ill from COVID: asthma, auto immune disorders, cancer, diabetes, heart condition, high blood pressure, kidney disease, obesity, pregnancy, regular use of nebulizer, oxygen, ventilator or fed through a tube.
- Older people have a more difficult time getting better when they get COVID
- Consider that the more high risk conditions you have will put you at a higher risk of becoming ill if you get sick and this risk increases when going out in the community

PERSONAL PROTECTIVE EQUIPMENT

- Wearing personal protective equipment will help prevent the spread of COVID and protect you from inhaling this airborne virus
- For those who won't wear masks, face coverings of softer materials or face shields might be better tolerated and offer similar protection.
- Keeping hands clean (with warm soap and water or hand sanitizer) and keeping surfaces clean (wiping down frequently touched surfaces daily) are a few ways to protect your self from becoming ill
- Checking body temperatures regularly, ie daily, when going out in the community is one way to monitor your health