



OPTIONS
FAMILY OF SERVICES

Handbook

COVID-19

updated: 7.26.21



This Handbook belongs to: _____

Welcome!

In this packet you will find:

- Basic Information about COVID-19 (pg. 3)
- Frequently Asked Questions about COVID-19 (pg. 4)
- Precautions we can all take to stay healthy (pg. 5-7)
- Vaccine information (pg. 8)
- Guidelines (pg. 9)



Intro to COVID-19

What is COVID-19?

COVID-19 stands for Corona Virus 2019. This virus has made a lot of people sick. Scientists and doctors are trying to learn more so they can help people who get sick and help people stay healthy.

Everyone is at risk of getting COVID-19. You can get it from being close to someone with the virus. We are still learning about this virus and will update everyone as we learn. Some people have COVID-19 and don't get sick at all, but can still spread the virus to other people.

Symptoms of COVID-19 include:

- Fever
- Cough
- Having a hard time taking deep breaths
- Muscle pain
- Headache
- Sore throat
- Loss of taste and/or smell

Most people who have gotten COVID-19 have not gotten very sick, but some people get very sick and have to go to the hospital.

If you do get sick, it doesn't mean you have COVID-19. People can get sick from all kinds of germs. What's important to remember is that if you do get sick, your staff, supports, and doctors will help get you any help that you need.



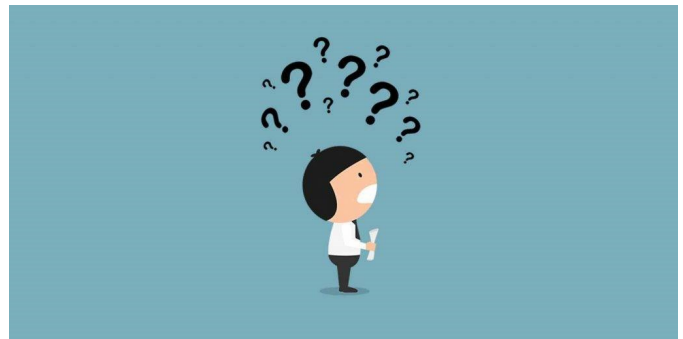
FAQ about COVID-19

How do I know if I have COVID-19?

You can get tested! Testing sites are on the website:

<https://www.emergencyslo.org/en/should-i-be-tested.aspx>

Ask your staff or supports to help you schedule a test in your area if you want to be tested.



What do I do if I get tested and I am COVID-19 positive?

Tell your staff, supervisor, or supports. They will help you follow the doctor's directions.

You will likely stay inside your home and away from the public for a period of time based upon public health instructions. Don't worry. We will support you.

FAQ about COVID-19 Precautions

When should I wear a mask and social distance?

If you are not vaccinated, you should wear a mask and social distance when indoors unless you are alone or while eating/drinking.

The best way to prevent getting COVID-19 is to get vaccinated. You could spread COVID-19 to others even if you do not feel sick.

While masking is not required if you are vaccinated, you may choose to wear one since it is possible to still get COVID-19. Some places may ask that you wear a mask like day program or the doctor's office. Most transportation services ask you to wear a mask. Some people will still wear their masks in stores or more crowded areas for extra protection.

How do I wear a mask?

Covers nose and mouth



Covers mouth but doesn't cover nose

Doesn't cover nose or mouth



Doesn't make the best hat either

Doesn't cover nose or mouth and it might be hard to see!

If you want to cover your eyes, wear protective goggles

Precautions

**Continue to wash your hands!
The virus is killed by hot water
and soap.**

- **How to wash hands:**

Lather with soap and warm water for about 20 seconds (how long it takes to sing happy birthday twice)

- **When to wash hands:**

Before and after: eating, leaving the house, using the bathroom, blowing your nose or touching your face at all, touching an animal, and whenever you feel necessary.

If soap and water are not available, you can use hand sanitizer. Make sure you have some just in case!



- **Clean/Sanitize things that might pick up the virus like your phone, bag, credit cards, or anything that might touch a surface when out in the community or at work.**
- **Wipe down surfaces in your house and workspace if these items come in contact with them too.**
- **Consider making a cleaning schedule to help you remember.**
- **If you have a cloth mask, wash it regularly. You can either wash it with your laundry or use soap and hot water and hang dry.**

When you are out and about

- You can choose to wear a mask, especially when you are in crowds of people.
- **DON'T** touch your face unless you just washed your hands or used hand sanitizer.
- Always wash your hands before you eat.
- Avoid crowded areas. If not, consider wearing a mask and distancing if possible.
- Wash your hands or use hand sanitizer more often.
- Stay home if you do not feel well.
- Make sure you have a mask with you, just in case you need one.
- If someone close to you is sick, put on a mask and do not spend time with them in the same area/room.



Vaccines

Vaccines are the best way to protect yourself from getting COVID-19 and spreading it to others.

Vaccines are available for everyone who is age 12 and up, and they are working on approving vaccines for kids younger than 12.

Even though it is possible to still get COVID-19 if you are vaccinated, the vaccine helps to keep you from getting really sick and going to the hospital. People who are vaccinated are less likely to spread COVID-19 to others as well.

It is important to get vaccinated because new versions of the virus called variants start to spread when there are not enough people vaccinated. One of the variants that is spreading quickly is called the Delta variant. It is much more contagious than the original virus— you can get it by being close to a person with the virus in seconds. So far, the vaccines work against this variant to protect people from getting really sick.

6 MYTHS about the COVID-19 Vaccine



MYTH
COVID-19 vaccine alters DNA

FACT
mRNA doesn't enter a cell's nucleus and cannot change DNA



MYTH
It isn't safe because of quick rollout

FACT
Thorough safety standards and trials were met



MYTH
Food allergy, immunocompromised, breastfeeding or pregnant people can't get the vaccine

FACT
These people can get the vaccine



MYTH
I'll get COVID-19 from vaccine

FACT
The vaccine cannot give you the virus - it protects you



MYTH
I've had COVID-19 so I don't need the vaccine

FACT
Natural immunity length is unknown - vaccine fights reinfection



MYTH
No need for mask or social distancing after vaccine

FACT
You must still take precautions to help end the pandemic

Guidelines

Although we have moved away from the Tier system, our state may continue to change their guidelines as we learn more about COVID-19. Things like wearing a mask and being socially distant may be recommended if COVID-19 starts to spread more.

It is important to know that licensed places such as ICF homes, day programs or other group homes may have rules that are different than people in the community. Masks may be required indoors and on transport.

Ask your staff or supports what the current rules are to follow to keep everyone safe.

We are happy to answer any questions that you have.



Ongoing updates can be found on OPTIONS website at

<https://optionsfs.org/covid-19-latest-updates.html>

We can do it!

This is not easy for anyone, and we are so proud of how amazing everyone at OPTIONS is doing to keep our community safe.

Keep up the great work! And remember that we are all in this together. Reach out to your staff or supports if you need extra support during this tough time.



Even though these rules have made life a little harder, following them is helping to keep everyone in our community safe. Washing your hands, sanitizing your items and home, wearing a mask, and limiting your time in public is all helping a lot!



SAVE THE WORLD