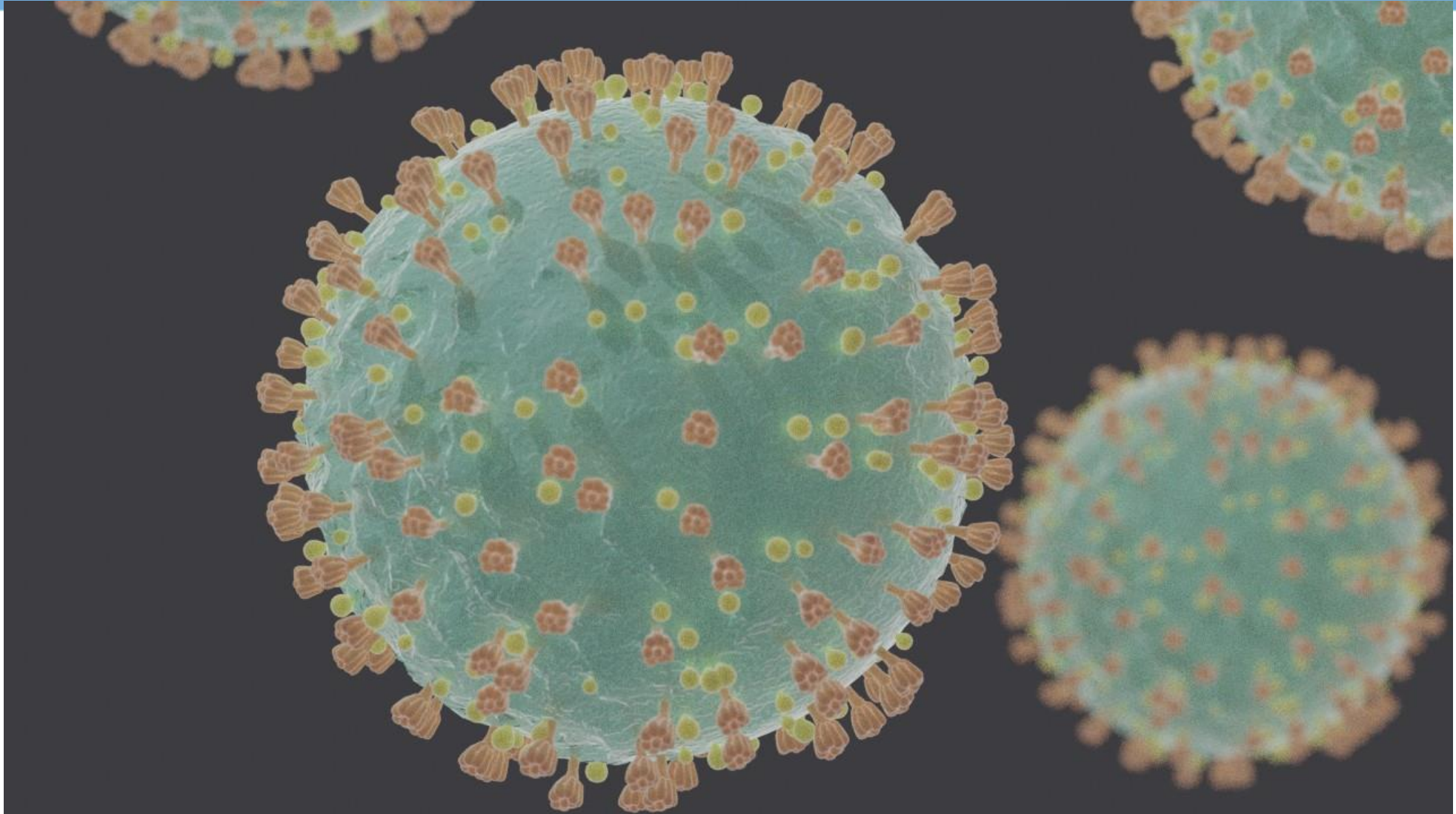


COVID-19 Update

Gregory Cherpes MD, NADD-CC
Medical Director
Office of Developmental Programs
Department of Human Services

Severe Acute Respiratory Syndrome coronavirus 2 (SARS-CoV-2)





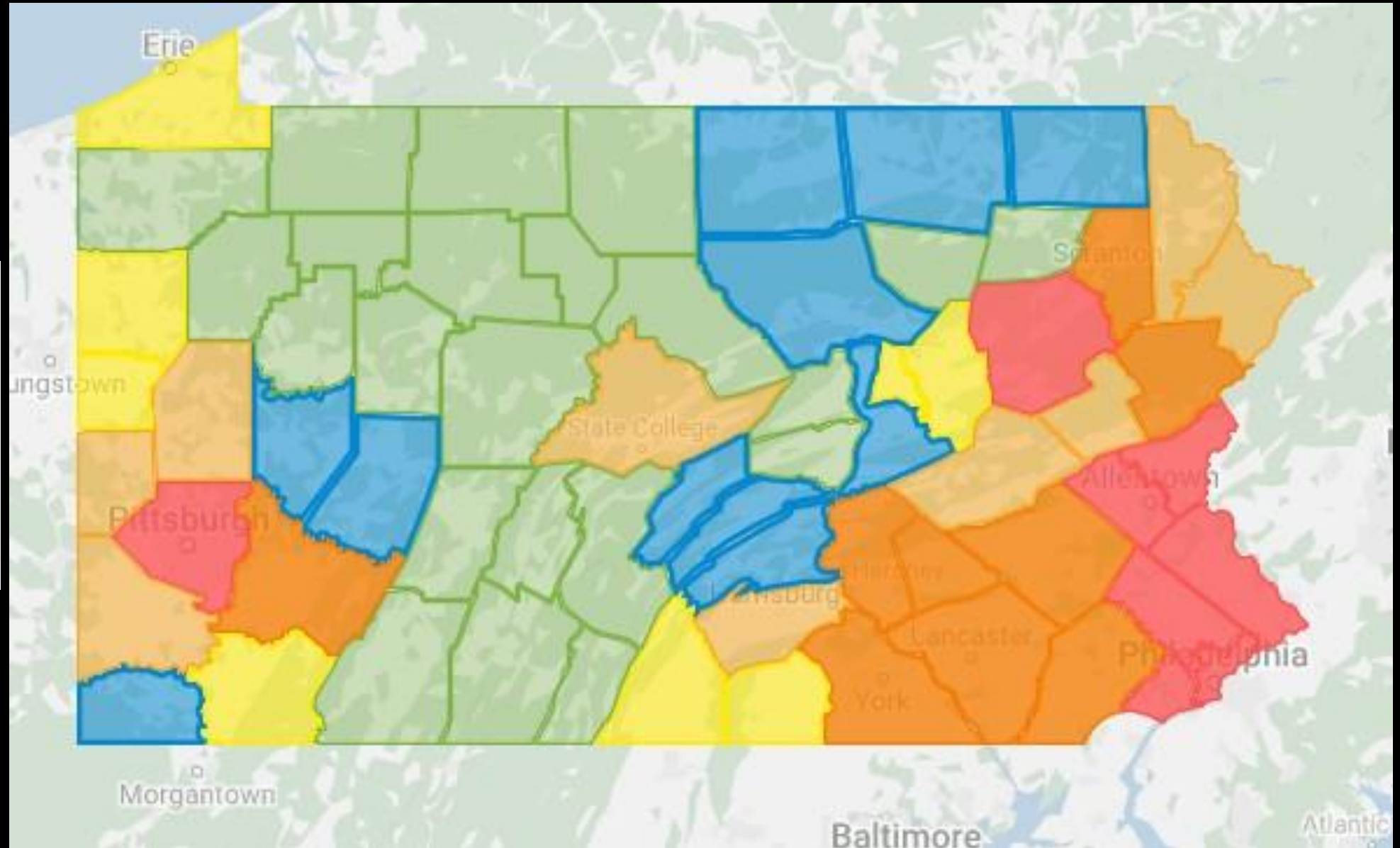


NORTH
AMERICA

EUROPE

AFRICA

SOUTH
AMERICA



Coronavirus Cases in Pennsyl...

▼

- 📍 1-10 cases
- 📍 11-28 cases
- 📍 29 - 107 cases
- 📍 116 - 369 cases
- 📍 490 - 610 cases
- 📍 689 - 4,012 cases

What are the symptoms of coronavirus?

- Symptoms of the COVID-19 can include:
 - Fever
 - Cough
 - Shortness of breath
-
- The symptoms may appear in as few as two days or as long as 14 days after exposure. Reported illnesses have ranged from people with little to no symptoms to people being severely ill and dying. Older adults and people who have severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

Emergency warning signs for COVID-19

- If you or someone you are caring for develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include*:
 - Difficulty breathing or shortness of breath
 - Persistent pain or pressure in the chest
 - New confusion or inability to arouse
 - Bluish lips or face

- *This list is not all inclusive.

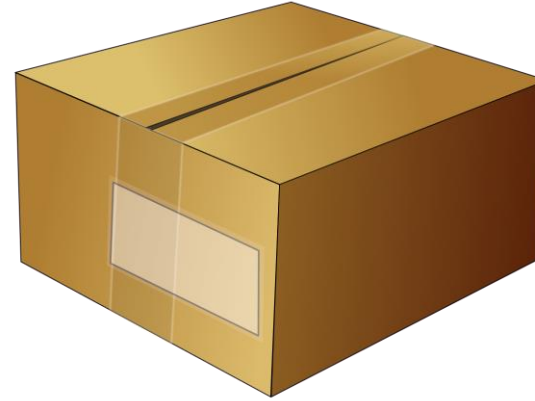
Steps To Protect Yourself and Others

- Clean your hands OFTEN
- Wash your hands with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Clean high touch surfaces often.

Surfaces



Latex and Aluminum
8 Hours



Cardboard
1 day



Countertops, Plastic,
Stainless Steel
3 days



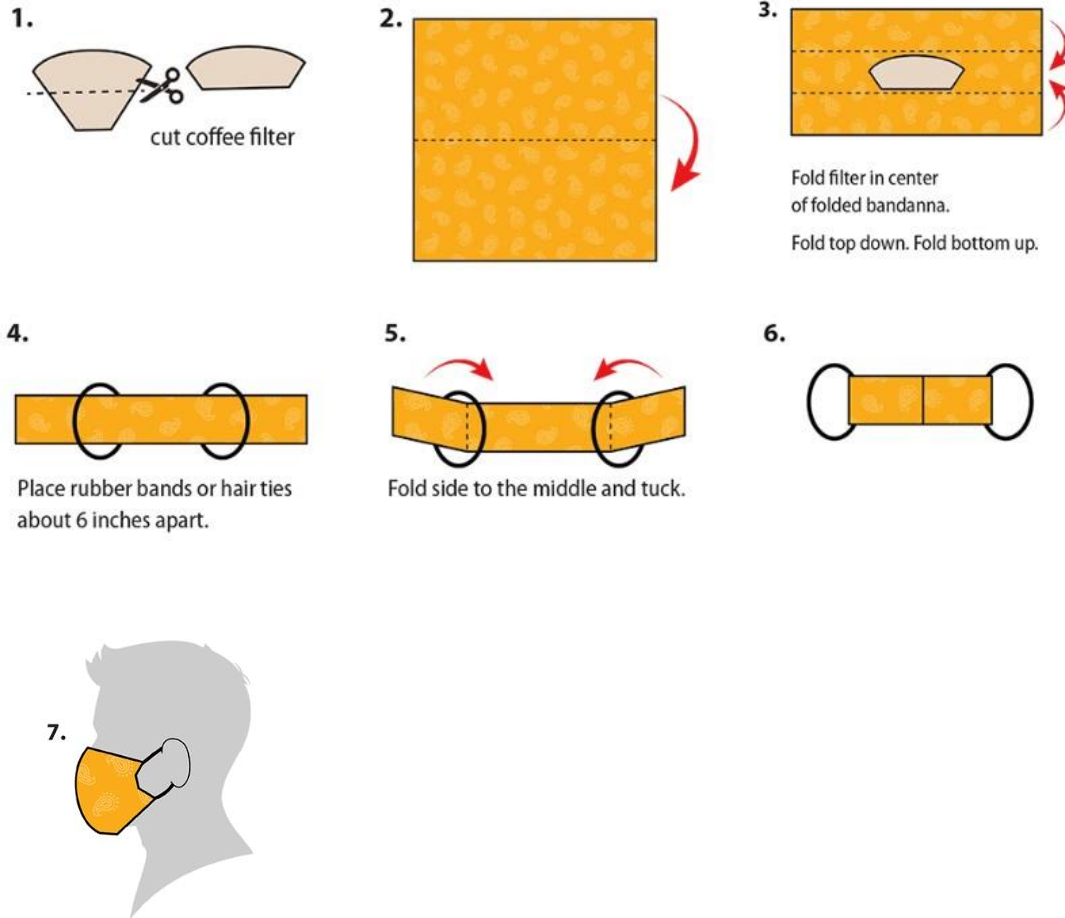
Wood and Glass
5 days



Steps To Protect Yourself and Others

- Social distancing – 6 feet away from others
- Wear a cloth mask when out of the home
 - Fit snugly but comfortably against the side of the face
 - Be secured with ties or ear loops
 - Include multiple layers of fabric
 - Allow for breathing without restriction
 - Be able to be laundered and machine dried without damage or change to shape
 - <https://www.nytimes.com/article/how-to-make-face-mask-coronavirus.html>
 - <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

Tutorial

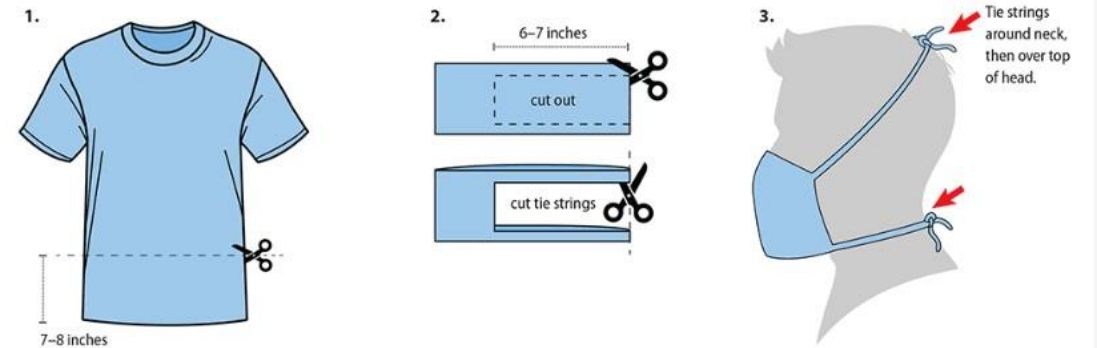


Quick Cut T-shirt Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial



Stay At Home Order

- Stay home as much as possible.
- Try to get groceries once per week instead of daily.
- Freedom of travel remains, but please refrain from non-essential travel.
- Essential travel includes things like commuting to an essential job, picking up supplies like groceries and medicine, and checking on family and pets in other households.
- Do not host or attend gatherings.

Questions about COVID-19?

- Call 1-877-PA-HEALTH (1-877-724-3258)
- Live, daily briefings from the PA Department of Health:
 - www.pacast.com/live/doh/
 - www.governor.pa.gov/live/
 - www.facebook.com/pennsylvaniadepartmentofhealth

Additional Resources



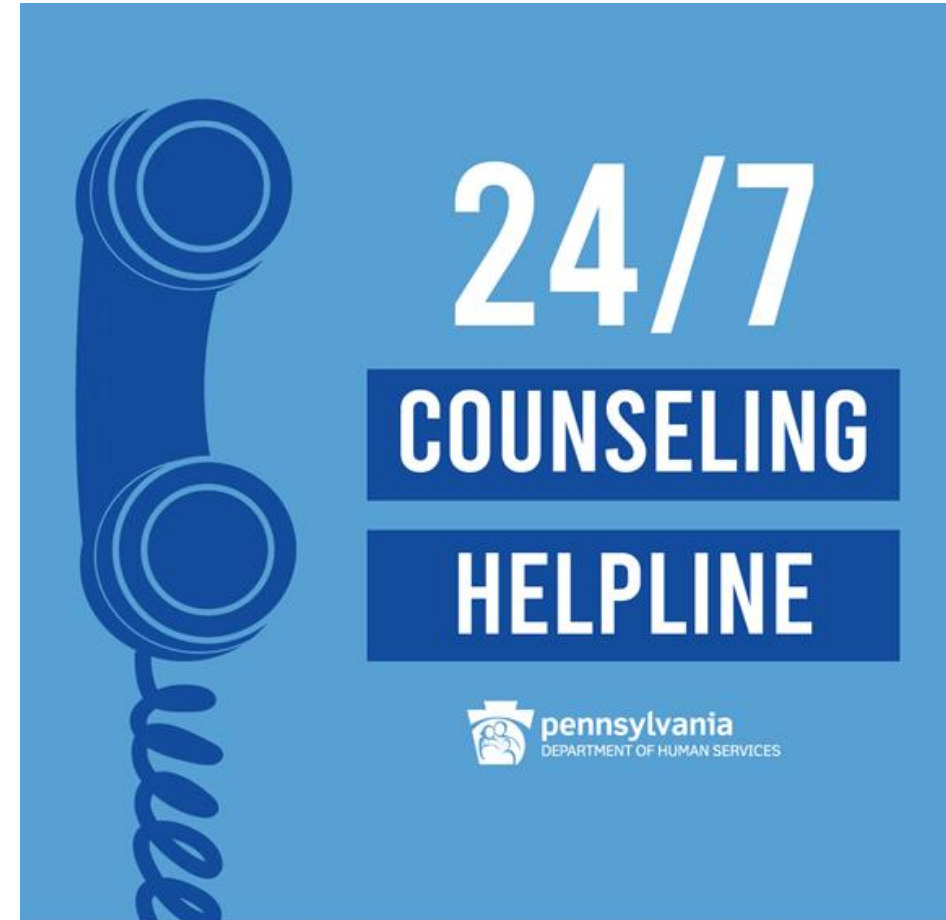
Autism and Intellectual Disabilities in Pennsylvania

Health Care Quality Units
Autism Services, Education, Resources, and Training

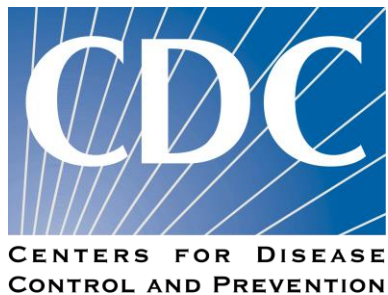
- Health Care Quality Units (HCQUs)
 - <https://www.myodp.org/mod/page/view.php?id=7699>
- Autism Services, Education, Resources, and Training (ASERT)
 - <https://paautism.org/resource/coronavirus-resources/>

The Statewide Support & Referral Helpline

- The toll-free, round-the-clock support line is officially operational.
- Dial 1-855-284-2494.
- For TTY, dial 724-631-5600.



- Many other resources also remain available to Pennsylvanians in need of support, including:
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Nacional de Prevención del Suicidio: 1-888-628-9454
- Crisis Text Line: Text “PA” to 741-741
- Veteran Crisis Line: 1-800-273-TALK (8255)
- Disaster Distress Helpline: 1-800-985-5990
- Get Help Now Hotline (for substance use disorders): 1-800-662-4357
- Pennsylvania Sexual Assault Helpline – 1-888-772-7227
- National Domestic Violence Helpline – 1-800-799-7233



<https://www.cdc.gov/coronavirus/2019-ncov/index.html>



www.health.pa.gov



<https://www.myodp.org/mod/page/view.php?id=26808>

